

# Skerryvore Practice Newsletter

July 2009

[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk)

Issue 18

## SWINE FLU UP-DATE

*Swine flu is a new type of influenza currently circulating throughout the world. Clinically it is a milder 'flu' than we usually see, and it is affecting predominantly younger people. The main concern is not the seriousness of the infection but the disruption it might cause if a large number of working age people are absent at the same time. At the time of writing, there are no documented cases on Orkney.*

*If you have severe flu-like symptoms with a fever, and symptoms such as cough, sore throat, joint pains and aching limbs then please speak either to ourselves or NHS24 by phone. In an attempt to slow the spread of the infection we are keen to keep patients at home, at least until we clarify the likelihood of the infection being present.*

*The best source of advice and information is the government leaflet distributed to all houses in the county last month. If you have access to a computer, the NHS24 website contains the very latest advice.*

*A special H1N1 vaccine is being manufactured currently and will be available over the coming months, in addition to the normal winter flu vaccine. The vaccine programme will start with those most vulnerable to the infection, but will eventually be available to all. Vaccinating such a large number of people will be a unique challenge but NHS Orkney and the practice are well prepared*

*Dr. Iain Craighead, GP*



## MIDNIGHT WALK

Well done to the members of the Skerryvore Practice Team who took part in the CLAN 123 walk on 6/7<sup>th</sup> June. 10 of your ladies started off at midnight and took part in the 14 mile walk which took around about 4 hours.

## SKERRYVORE UP-DATE

We are delighted to announce that Dr. Antje Haut who has been with us for 6 months will join the Practice as a Partner in August

Dr. Antje Haut and Dr. Huw Thomas have also joined the Balfour Hospital Obstetrics Team and will work along side Dr. Peter Fay and Dr. Mhari Linklater.

*Congratulations to them both from all at Skerryvore.*

## REPEAT PRESCRIPTIONS ON-LINE



Log on to our web page at [www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk) double click on *Your Prescription* and follow the instructions.

We will then process your request and put it to the chemist.

**Please remember that 48 hours notice is required for all prescription requests**

## WASTED GP/NURSE TIME



If you have an appointment for either the doctor or the nurse and will be unable to attend please let us know so we can offer the appointment to someone else.

Last month approximately **20 hours** of GP/Nurse time was wasted because patients did not attend.



## TAKING MEDICINES ON HOLIDAY

Many of you will be planning a holiday this year, here are some **dos** and **don'ts** about taking your medicines on holiday:

- **DO** plan ahead if you are going away on holiday if you need to take regular treatment for a medical condition.
- Phone the practice well in advance to order you repeat prescription.
- Make sure you will have enough supplies to last the duration of your trip, and a wee bit extra in case of unexpected delays. You don't want to spend your holiday chasing round looking for a Doctor!
- **DON'T** pack your medicines in your suitcase, keep it in hand luggage. It's not that unusual for cases to be delayed or even lost without trace! This is especially important for diabetics as insulin will freeze and be spoiled if stored in the hold of a plane. Diabetics who need insulin and syringes should carry these with them at all times, BUT they must have an explanatory Doctors letter to take with them into the main cabin of the aeroplane.
- **DO** consider making up a little first aid kit to take with you. What to choose to take might depend on where you are going and whether you would have easy access to medical care if you became ill. Painkillers, anti-diarrhoeals, insect repellent, antiseptic and plasters all might come in handy. If you are travelling with children think about taking some Calpol.
- **DON'T** travel abroad with "Controlled Drugs" such as morphine, or other drugs that could be subject to abuse without a Doctors letter.

**IF YOU ARE UNSURE WHETHER ANY OF THIS APPLIES TO YOU, PLEASE ASK US FOR ADVICE BEFORE YOU TRAVEL**

## CONGRATULATIONS!

We would like to say a big congratulations to our medical secretary Nicky Stewart who has had a new baby boy called Murray, both mum and baby are doing fine and we look forward to her return in 2010.

## TRAVEL VACCINATIONS



If you are lucky enough to be going on a holiday abroad this year and think that you need vaccinations for travel, please contact the reception and give us your holiday details.

We will need:

- Countries you will be travelling to
- Date of Departure
- Length of Stay
- Accommodation Type
- and Purpose of Visit

as all of these things will affect the types of vaccination that you require. We will check your records and consult the national database for the most recent advice.

We will then give you a phone and let you know if you require any further vaccinations, and arrange an appointment with the nurse to have this done.

Please allow plenty of time before travel as some courses can take several weeks to complete.



## USEFUL TELEPHONE NUMBERS

Skerryvore Practice	888240
Balfour Hospital	888000
NHS 24	08454 24 24 24
Community Nurses	888191
King Street Dentist	875348
Station Dentist	879683