

Skerryvore News

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Issue 14



NEW PARTNER

Skerryvore Practice are delighted to announce that they have recruited an additional partner to their practice. Dr Sarah Stevenson has over recent months worked as a GP registrar with the practice and now on completion of her training is to join the Practice working 3 days per week. Dr Stevenson was brought up in Evie and attended the Stromness Academy. She is married to local farmer, Dave Scarth and they have a 10 month old son Alex. Dr Stevenson said "I'm honoured to have been asked to join the partnership. Skerryvore is an excellent practice to work in, they have a highly motivated and efficient team. I'm looking forward to strengthening relationships with patients and colleagues".

Upgrade of Premises

We have been in discussion with the Health Board about the possibility of our premises being refurbished. We are pleased to say that plans for this have been agreed and submitted for planning permission. We remain hopeful that work can begin over the summer months. These changes will inevitably result in some disruption which we hope will be kept to a minimum but the end result will see the Practice having its own wing within the building, including its own waiting and office areas. We will keep you informed of progress and in the meantime all donations which we receive for our patient fund will be used to purchase items which will enhance our patients comfort and care once this upgrade is nearing completion.

A note from the Health Visitor....



As Health Visitor we support parents with children but particularly pre-school children.

The Health visitor first makes contact with the woman antenatally and then between 10 and 14 days after the birth of the baby, when the midwife stops visiting.

The health visitor is a registered nurse and is often a midwife. She gives advice on feeding, weaning, immunisations and development of children. She also runs parenting skills courses. These are most beneficial at around 2 years of age before bad habits become hard to change.

The only formal assessment is done by the GP at 6-8 weeks. Previously all children had developmental screening at certain ages now nationally these are discontinued and there is more emphasis on health promotion, group work and support for vulnerable families. This support can happen at any time and it is important that parents feel they can ask for the support of the health visitor whenever that is needed.

The health visitors run clinics on Tuesdays from 10am to 12 noon in the Child Health Clinic at the Health Centre, and on Thursdays from 2pm to 3.15pm at the Lambaness Sheltered Housing Sitting Room, Papdale East, Kirkwall. Both clinics are just drop in clinics, no appointment necessary. Or you can contact them by phone on 888115. The immunisation clinic is on a Wednesday from 10am-12pm, appointments sent when immunisations are due.

We would like to welcome back treatment room nurse Louise Stevenson after her maternity leave and wish Karen Leask, who covered for her, all the best.

Do we have your correct details?

It is **very** important that we have your correct address details. Regulations now state that if we or the health board try to contact you and the letter is returned and we fail to be able to contact you, after a six month period we are obliged to remove you from our practice list. So if you have any change of details please let us know as soon as possible.

Holiday Vaccinations

If you are lucky enough to be going away on a foreign holiday this year and wonder if you need any vaccinations, just give us a phone. The information that we will need to know is : Name, Date of Birth, Contact No., Destination, Accommodation Type, Date leaving, Purpose of visit and length of stay, as all these things will effect the types of vaccination that you require. We will then give it to the doctor to check what you have had already and what is needed for your selected destination. If anything is required we will give you a phone and you will be asked to make an appointment with the practice nurse to have what is needed. (Some are on prescription only and you will be required to collect these from the chemist before you come to the nurse).

We all said goodbye to Maggie Swift, Skerryvore Community Nurse, at the end of last month. Maggie has worked for NHS Orkney for many many years as a nurse, midwife and then in the district. We wish her all the best in her retirement

Repeat Prescriptions

Could we remind you that 48 hours notice is required for repeat prescriptions, due to the large amount handled by the chemist. So phoning in plenty of time is very helpful to both the chemists and us.

Also with your prescription you will get a reorder slip, please note that this tells you how many more times you are allowed an item and will tell you when you require to come in for a review with the doctor.

NHS 24

- On 23 March 2007 we stopped providing our own out of hours visiting service. This was a difficult decision, and one which was only taken after much deliberation and investigation about what this would mean to you. Two representatives from the Practice visited NHS 24 in Inverness to view and assess how calls are dealt with when the practice is closed and were impressed by the systems which are in place.
- The Health Board are now responsible for providing this service and a GP will be available to see you, should it be necessary. If you or someone you know has a life threatening situation then 999 should be dialled to contact an ambulance.
- However if you are generally unwell and you do not think you can wait for the surgery to open you should contact NHS24 and if appropriate you will be asked to come into the Balfour Hospital to see this GP at an arranged time. Please **do not** just turn up at the Balfour Hospital in the hope of seeing this GP as the hospital only offers a drop-in casualty/injury service. You **must** have an arranged appointment to see the visiting GP which can only be organised by calling NHS24 beforehand.
- If you telephone the practice when it is closed you will hear a recorded message which will remind you of the number to phone should you need to be seen.

The contact number for NHS24 is
08454 24 24 24.



Telephone 888240
For appointments, repeat
prescriptions
and general enquires.

Congratulations to Susan Wishart who passed her Medical Terminology this month.