

Skerryvore Practice Newsletter

April 2012

www.skerryvorefpractice.co.uk

Issue 23



Farewell to Dr. Anne Nicolson

As some of you may have heard, I will be leaving work at the end of April. I've been a partner at Skerryvore for over 16 years now, which has been challenging at times but also very enjoyable, both personally and professionally.

Lately however I have been feeling that work needs to take a back seat for a wee while, to allow me to focus more on my home and family life.

This has been a very difficult decision, as I have spent so many happy years working here, and the practice team are almost like a second family to me.

I am not planning to be completely idle though. I hope to do some 'out of hours' on call work and occasional GP locums, so don't be too surprised if you come in for an appointment in the future and find that it's still me sitting in the consulting room chair!

Thanks to all the staff and patients who have made my last 16 years so stimulating.

Anne Nicolson



Welcome to Dr. Kirsty Cole

My first experience of living and working in Orkney was back in 2007 when I was training with the hospital team. I knew at that point that I wanted to return to Orkney later in my training and managed to persuade the powers that be to allow me to return in 2010 when I spent six months at Heilendi before completing my GP training here at Skerryvore.

I have been working at Skerryvore for the last 7 months as a salaried Doctor and really feel like I know the whole team well, in fact it is very nice to be able to say that I feel part of the team. When I was asked to join them as a partner I was thrilled and accepted pretty quickly!

In total I have been in Orkney now for over two and a half years although that has involved a fair bit of moving around. I'm really looking forward to staying in one place now and feel very lucky that I have the chance to keep working with the Skerryvore team.

Kirsty Cole



Farewell to Dr. Ingeborg Geurts van Kessel

After having lived in Orkney for 18 months now, we have sadly had to come to the conclusion that due to family reasons we will be leaving Orkney in June to return to Fife.

I would like to thank all the patients I have had the privilege to work with during my time at Skerryvore Practice for their good humour, their stories, the laughs and their patience with me when I was running late again!

I will cherish the good memories in the knowledge that you will be cared for by an excellent team in case you feel a peedie bit trowie!

Warm regards and all the best.

Dr Ingeborg Geurts van Kessel and family

Skerryvore Practice Update

There will be a few old and new faces visiting the practice over the next few months and below is a more detailed look at who will be here and when.

Dr Anne Tierney

Anne is now in her final few months of training and will start with us as a locum GP from 1st August until 30th September before jetting off and going travelling for 10 months in Australia!

Dr Liz Johnston

Liz is continuing her training and will be with us until 31st July. She will hopefully return to us in August 2013 and work with us for a year.

Dr Ingrid Norquay

Ingrid who you may have seen whilst she was in the practice in 2011 will be coming to join us again in August for a year.

A New Face...

We are currently advertising for another full time doctor to come and work in the practice for a year, they will hopefully start in September 2012.

Medical Students

We will also continue to have Medical Students and the next group will be with us at the end of August. The Practice has been involved in teaching medical students for many years. It is obviously important that they have the opportunity to see as many patients as possible as part of their education. You may be offered a joint appointment with one of them and one of the GPs.

Scottish Breast Screening Programme

The Scottish Breast Screening Programme invites all women between 50 and 70 years old for breast screening. They offer breast screening every 3 years and you should get your first invitation before your 53rd birthday.

They will not send you an invitation if you are over 70 but you are still welcome to attend for screening every 3 years. If you have had breast screening in the past and would like to continue over the age of 70, you can contact this number **01224 550 570** for an appointment.

The Mobile Breast Screening Unit will be visiting Orkney from Tuesday 10th April – Thursday 23rd August 2012 and is situated in the old St Ninian car park.

Out of Hours Emergencies

NHS24 Tel: 08454 24 24 24

If you require medical attention after 6pm or on weekends, please contact NHS24 on the above number.

Further information is available on their website: www.nhs24.co.uk



USEFUL TELEPHONE NUMBERS

Skerryvore Practice	888240
Balfour Hospital	888000
NHS 24	08454 24 24 24
Community Nurses	888191
Emergency Dental	888280



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.

REPEAT PRESCRIPTIONS ON-LINE

Log on to our web page at
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

Do We Have Your Correct Details?

There are a number of occasions when we may need to contact you, so having your correct address and telephone number is important. Please keep us informed of your up-to-date address and phone number either by giving us a phone or at the reception desk when you are in.



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