

# Skerryvore Practice Newsletter

July 2012

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

Issue 24

## The Role of a Health Care Assistant (HCAs)

Healthcare Assistants (HCAs) are emerging as a common feature of the general practice workforce. Their role has developed over time in response to the need for greater flexibility and capacity in the nursing team that support GPs.

Healthcare Assistants are trained to undertake specified tasks that have been assessed and delegated to them by a registered health professional.

Currently Skerryvore Practice employs two HCAs, Karen Dowell and Gina Flett.



**Karen Dowell**



**Gina Flett**

They are available for:

- Blood tests
- Blood pressure check
- Flu jags
- Vitamin B12 injections
- ECGs
- Spirometry
- Assisting doctors with minor procedures

Appointments can be made by phoning 888240 or visiting the reception desk. To ascertain the length of appointment required with the HCA, the receptionist may ask you the reason for your visit.

*Louise Stevenson*

## Skerryvore's New Doppler – The 'Dopplex Ability'

by Louise Stevenson

We were delighted to receive funding from the Orkney Heart Support Group which has enabled us to purchase a digital Doppler machine (Dopplex Ability).

Currently we perform Manual Doppler on patients with leg ulcer, oedema, circulation problems, etc. The manual procedure is lengthy; with the new Dopplex Ability the procedure times can be reduced enabling us to see more patients.

The Dopplex Ability is a system that calculates the patients Ankle Brachial Index (ABI) this number indicates how healthy the person's blood flow is in the lower limbs. The Doppler test involves placing cuffs on the arms and ankles, these are inflated and the Ability calculates the ABI and a result is given within 3 minutes. We use this alongside an assessment sheet to guide us with prescribing support hose, compression bandaging and help in the diagnosis of arterial problems.



## Fond Farewell...

We would like to say a fond farewell to Rena Campbell and wish her a very happy retirement! Rena worked as a cleaner in the Health Centre for 17 years.

**Enjoy your retirement Rena!**

## 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**



## PLANNING A HOLIDAY?

If you are planning a holiday abroad you may require travel vaccines. If you think this applies to you then please provide the following information to our reception staff who will check your records and consult the national database for the most recent advice.

- Countries/Regions you will be travelling to
- Date of Departure
- Length of stay
- Accommodation Type
- Purpose of visit

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 arrange your travel vaccines at least six weeks prior to your holiday.**

**Please be aware that some vaccines are only available on a private prescription; this will involve a fee payable to your pharmacist.**

### Skerryvore Practice's Weel Kent Face



**Name:**  
Wendy Gardens

**Position:**  
Medical Secretary

**Worked at Skerryvore  
Practice for:**  
16 years

**Hobbies:** My dog and attending fitness classes at Picky

**Pets:** Mara (Golden Retriever)

**What do you enjoy most about your job?**  
Meeting and talking to different people every day.

**Favourite thing to have at tea break?**  
A nice cup of coffee and a piece of cake!

## 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**