

# Skerryvore Practice Newsletter

December 2012

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

Issue 25



## Wasted Doctor, Nurse & Health Care Assistant Appointments



The majority of our patients use our services appropriately by either attending for their appointments or cancelling them at least 2 hours in advance. In October of this year **27 hours** of doctor/nursing consulting time was wasted due to patients failing to attend their appointments. This is the equivalent of **162 appointments** being lost.

If you can't attend your appointment or if you feel better and don't require it anymore please give the Practice a quick ring with as much notice as possible so we can offer the space to someone else.

Thank you.

### Christmas and New Year Opening Times

Christmas Eve Monday 24th December  
8:30am – 4:00pm

Closed Until Thursday 27th December  
8.30am – 6:00pm

New Years Eve Monday 31st December  
8:30am – 4:00pm

Closed Until Thursday 3rd January  
8.30am – 6:00pm

**Please remember to order any repeat  
prescriptions before**

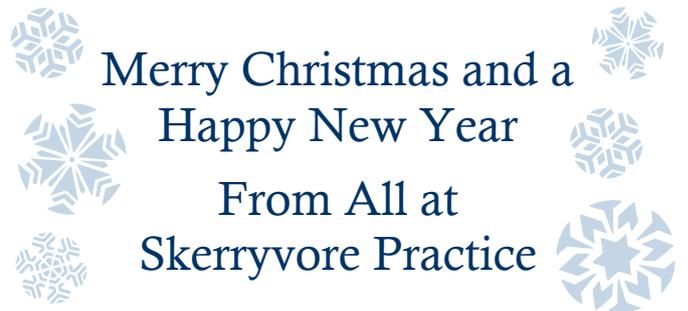
**Friday 21<sup>st</sup> December**

### Out of Hours Emergencies

NHS24 Tel: 08454 24 24 24

If you require medical attention after 6pm, on weekends or through the holiday period whilst we are closed, please contact NHS24 on the above number.

Further information is available on their website: [www.nhs24.co.uk](http://www.nhs24.co.uk)



Merry Christmas and a  
Happy New Year

From All at  
Skerryvore Practice



### USEFUL TELEPHONE NUMBERS

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

### 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**

## What is my Re-Order Form for?

Re-order forms come attached to prescriptions when we print them off for you. When you order repeat medications you will get your re-order form back from the chemist when you collect your items.

The re-order form is for your information and details the items listed on your repeats. It also tells you how many more prescriptions you can phone for before the doctor would like to see you.

When you want to order more items from your repeat list you can call us or hand your re-order form in at the front desk. These forms should not be handed in to any of the chemists.

**Mr New Patient**

My Street  
Kirkwall  
Orkney

Skerryvore Practice  
New Scapa Road  
Kirkwall  
Orkney

Tel: 01856 888240

Please give the Practice a minimum of 48 hours notice prior to collecting your repeat drugs.

There are 2 items on this re-order form 27/11/2012

1. Paracetamol 500mg capsules  
Please see GP for your next prescription of this.
2. E45 cream (Forum Health Products Ltd)  
You may phone for 12 more prescriptions of this.

End of re-order form for 2 items

Please take time to check messages regarding your medicines

These notes tell you if you can order more or if you need to see the GP

## New Years Resolution: **Stopping Smoking**

Are you thinking about stopping smoking? For help and advice you can contact your GP or Smoking Matters Orkney on the details below:

Smoking Cessation Adviser: **01856 888 804**  
**07500 121 900**

## Skerryvore Practice's Weel Kent Face



**Name:** Dr Kirsty Cole

**Position:** Partner

**Worked at Skerryvore Practice for:**  
2 years 3 months

**Hobbies:** Swimming, photography & enjoying wildlife and nature

**Pets:** Tiggy (ginger tom cat)

**What do you enjoy most about your job?**  
The variety and my wonderful colleagues!

**Favourite thing to have at tea break?**  
Real strong coffee

## WHAT IS THE BEST HANGOVERCURE?

We all enjoy making merry over the festive season and a glass or two of good cheer is all part of the fun and tradition for many of us.

However what is the best way to avoid the unpleasant effects the morning after? The recommended weekly limit for alcohol consumption is 14 units for women and 21 units for men (1 unit = 1 pub nip, 1 glass of wine or half a pint of beer or lager).

Drinking more than this increases your risk of health problems associated with alcohol, but also increases your chances of relationship problems with friends and family, financial problems and avoidable accidents.

It is well known that although alcohol can make you feel happy at the time, it makes depression and anxiety problems very much worse in the long term.

So, please enjoy the festive period but don't start the New Year with a sore head and lots of regrets!

If you feel you have a problem with alcohol and would like to get some help in tackling this please make an appointment with one of the GPs or contact the alcohol specialist nurses via the Balfour Hospital switchboard.