

SkerryvoreNews

www.skerryvorepractice.co.uk

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New Contract for General Practitioners



A new contract came into affect for the doctors of Skerryvore Practice at the beginning of April last year. The negotiations with this contract have taken a long time and many issues are yet to be clarified and resolved. You may have heard about some aspects of this contract in the newspapers and on television.

Although there are some aspects of the practice organisation which have changed as a consequence of the new contract we do not expect you to see any change in the services we offer nor in the way they are delivered to you. One of the areas that has attracted most attention is the option for general practitioners to cease providing care for our patients out of normal "office hours". Skerryvore Practice plans to continue providing care for our patients 24 hours a day 7 days a week so please do not worry we will be available to help should you require it.



Out of Hours



In February this year we took a decision to return to providing all out of hours cover for Skerryvore patients. We felt that this would lead to better continuity of care leading to an improved service for Skerryvore patients.

If you need urgent medical advice outside normal office hours please telephone Skerryvore Practice on 885440 and you will be put through to the doctor on call for that night. This will be one of the doctors from Skerryvore Practice who will usually have done a full days work prior to this, so please use this service sensibly.

Additionally, all of the Doctors continue to have some role within the hospital, providing acute medical, maternity, Macmillan and rehabilitation services.

We hope to continue providing this service indefinitely so please help us by using the service appropriately.



Initial Purchases from Skerryvore Patient Fund

We are delighted to have been able to make the first purchase of equipment from the Skerryvore Patient Fund. The two items we have purchased so far are a spirometer, which is used to measure lung function in patients with breathing problems in particular asthma and chronic lung diseases, and a defibrillator which is a device to deliver electric shock to the heart in people who have a particular rhythm causing a cardiac arrest "after a heart attack".

We are already making regular use of the spirometer and are pleased to say that we have not yet had the need to use the defibrillator.

We are continuing our efforts to raise money for the Skerryvore Patient Fund and recently received a very kind donation raised by a patient who had been sponsored in the Hoy Half Marathon. Congratulations to Dr Nicolson and Dr Linklater who also completed the Hoy Half Marathon and finished in just over 3 hours.

There is a rumour that the whole practice may decide to take part next year!



Smoking Cessation



We now hold a smoking cessation clinic every Friday, if you wish help or advice to stop smoking please contact the practice for an appointment.



Congratulations



Our Practice Nurse Louise Stevenson had a baby girl on the 30 April 2004. Our best wishes go to her, Lindsay and little baby Jasmine. We look forward to welcoming her back to work at the end of the year.



Taking Medicines on Holiday



Do

- Plan ahead if you are going away on holiday and 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 a 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.



• Old Medication •

Any medication that is out of date or that you no longer use should be returned to the chemist. New legislation has come in, and we are no longer able to accept old medication over the counter at the practice.



A message from Dr Naomi Reifenberg -

I am Skerryvore's current GP registrar. I am a qualified doctor, in my final year of GP training under the supervision of the Skerryvore Doctors.

Part of my training is in consultation skills, which is why you may be asked to give your permission to allow me to videotape our consultation. Sometimes after the surgery one of the other doctors watches the consultation with me, in order to give me constructive criticism.

As well as using videos for training, I have to submit a tape of my consultations as part of my final exam. At the end of the year I will send a tape with about eight consultations to the examiners; these will be watched by at most two doctors, who will mark the tape and then return it to me. Finally all the tapes will be erased.

I can understand anyone who doesn't feel comfortable about this process. Please don't feel under pressure to say yes, but I am very grateful if you do feel able to help me in this way.



There are many occasions when we may need to get in contact with patients. So to cause as little inconvenience to you, we would be grateful if you could keep us informed of any changes in your address or phone number so that should the need arise, we can get in contact with you.



We wish to congratulate Maureen Firth and Susan Wishart as they have both passed their ECDL (European Computer Driving Licence). Also Deirdre Flett, Jacqueline Thomas and Karen Dowell have all completed their Medical Terminology course. Well done everyone!



Please remember 48 hours notice for repeat prescriptions.

