

# Skerryvore News

Issue 3

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## ZYBAN (BUPROPION)

This medicine has recently been licensed in Britain as an aid to those trying to stop smoking. It is claimed to reduce the cravings experienced by some smokers on stopping smoking. For smokers who are highly motivated to stop smoking, it can be prescribed and may be used for a period of 7 to 9 weeks. It is not prescribable for longer periods than this.

Skerryvore Practice is very keen to help its patients stop smoking. For smokers, stopping smoking is the most beneficial single action that can be taken to achieve better health. We are happy to discuss ways of stopping smoking with any of our patients, and for those for whom it is appropriate, we are prepared to prescribe Zyban.

## PATIENT QUESTIONNAIRE

Thank you to those of you who took the time to complete our recent Patient Questionnaire. We handed out 200 sheets with 70 returned (35%). In the questionnaire we asked you what you felt the Practice did well and what we did less well.

In general everyone was happy with the service we offer, in particular our appointment availability. There were a few complaints about lengthy waiting times in the waiting room but patients, on the whole, were happy to wait knowing that they would be given the time they required when seeing the Doctor.

As a result of all your comments/ideas we are looking into new systems and will keep you posted on any new developments.

If you have any comments or suggestions on how we can improve the practice, we would be delighted to hear from you - please either leave a message in our comments box at the Health Centre entrance or contact Paula Craigie, Practice Manager, on 885 440.

## ORKNEY'S BREAST SCREENING FIGURES AMONGST THE HIGHEST IN SCOTLAND



Orkney women turned out in big numbers to attend the Breast Screening Unit when it was here for 3 months earlier this year. Women from the age of 50 - 64 were invited and locally about 85% of them attended for a mammogram, this is significantly higher than the Scottish average of 70%. In addition to this another 400 women over the age of 65 also chose to attend by phoning up and requesting an appointment while the unit was here. Summer was an anxious time for the 150 women who were recalled to Aberdeen for further tests, however, provisional figures suggest that only one in 10 of them had breast disease requiring treatment. The screening unit will next visit Orkney in 2003.

## WHEELCHAIRS

The Practice has a wheelchair available for anyone who requires assistance when visiting the Health Centre. Please let the receptionist know when making an appointment and they will ensure that it is available for you.

## APPOINTMENT SYSTEM

A recent advance in our technology has resulted in the appointment times for the Practice being made on the computer. The secretarial staff are pleased with this system and find it quick and easy to use. We can access the appointments from any computer within our Practice, look at the numbers of patients being seen and even how long they have to wait in the waiting room!

This new system will not affect how you make appointments but you may find the secretaries will need your correct first name and not what you may call yourself before they can find your details on the screen. We as a Practice are constantly trying to keep up with the ever changing advances in technology so who knows what we may be doing in 10 years time. Watch this space!

## THINGS YOU MAY NOT KNOW ABOUT CHICKEN POX

1. Chicken pox is one of the commonest childhood infections, most people have had it by the time they have reached adulthood.
2. In children it is usually a fairly mild illness requiring no treatment, however, adults who get chicken pox are often more severely affected and can feel really rotten! For this reason, many parents are quite glad when their kids develop chicken pox just "to get it over with".
3. The proper name for chicken pox is varicella zoster but it has been known as chicken pox for hundreds of years. It apparently got the name because the typical blistery rash can heal to leave small scars which look like the skin has been pecked by a chicken's beak.
4. Many children feel well enough to keep going to school or nursery throughout a bout of chicken pox, although some parents prefer to keep them off in case they pass it on to others. However, the virus is most easily passed on before the spots appear, so by the time a child is known to have chicken pox, it is usually too late to stop them spreading it around their friends.
5. It's not possible to catch shingles from a child with chicken pox, but a child can catch chicken pox from an adult with shingles, but the risk of this is very small.
6. In someone who has had chicken pox in the past, the virus can reappear many years later, often at a time when the person is stressed or "run down". This is what causes shingles. It is not possible to catch shingles from another person.
7. Chicken pox is a notifiable disease, which means that the Government keeps a record of the number of people affected each year. So although most children with chicken pox don't need to see a doctor, it would be useful for parents to inform the practice if their children have been affected.

REMEMBER  
24 HOURS NOTICE  
FOR REPEAT  
PRESCRIPTIONS  
PLEASE

## GOODBYE DR JOHNSTON

At the beginning of August Dr Helen Johnston came to the end of her year of GP training with Skerryvore Practice. We enjoyed a meal out at the Indian Restaurant to say Goodbye and to thank her for all her hard work during the last 12 months. We were delighted to hear that Helen has decided not to leave Orkney. On leaving our practice, she simply moved to the other side of the Health Centre to start work with Scapa Medical Group. We would all like to wish her all the best in her new job and hope she has many happy years ahead here.

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## A "WEE" TIP

Urine tests can be useful in diagnosing lots of different medical conditions and patients are often asked to hand in samples to our reception desk. Although the container doesn't have to be absolutely sterile, some bottles in the past have caused a little confusion. Old jam jars are fine if very carefully washed, but even a tiny trace of jam left behind will show sugar in the urine and lead us to suspect a case of Diabetes. Bottles which have held pickles or vinegar may also cause some alarm if not cleaned thoroughly. We often receive samples in little whiskey miniatures, but this runs the risk of the poor doctor mistaking the amber liquid for the real thing!

So please where possible avoid old food and drink containers for urine specimens. Old medicine containers or the little tubs used to hold camera spools are ideal alternatives. If you are stuck, the practice can always provide a bottle.

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## HAVE YOU SEEN OUR WEBSITE?

We have developed a site on the Internet, which contains information on health issues, a discussion page (bulletin board) and details of the Practice. To date we have had over 2,800 visits to this site, so log on and see what you have been missing! We would love your comments.

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