

# Skerryvore News

www.skerryvorepractice.co.uk

Issue 7

July 2003

## HEALTHY HEART CLINIC

We started a new clinic in January for our patients who have suffered a heart attack. These patients will be called for an annual review where we will give lifestyle advice about a healthy diet, weight control, safe drinking, exercise and stopping smoking. We will also be keeping a close check on blood pressure and cholesterol level, which are important in this group of patients. Finally, we plan to ensure that the medicines which can protect the heart are prescribed.

No matter how high or low your risks of having a heart attack there are things that you can do to improve the health of your heart: -

### 1. Stop smoking

This is one of the most important things you can do for your health. Advice about stopping smoking is available from your doctor, nurse or from the Health Promotion Shop in Victoria Street.

### 2. Eat a healthy diet

Eat at least five portions of fruit and vegetables a day. Reduce the amount of saturated (animal) fats in your diet. Eating three portions of oily fish such as herring or mackerel per week is protective against heart disease.

### 3. Control your weight

A healthy BMI (body mass index) lies between 20 - 25. A BMI chart shows weight ranges for individual heights. Your doctor or nurse will be able to calculate this for you. If you are significantly overweight losing a small amount of weight is good for your health even if you don't think you will ever achieve your target BMI!

### 4. Take regular exercise

Even 20 minutes of brisk walking 3 times a week will confer health benefits. It will be much easier to keep this up if you choose an activity you enjoy. If you are very inactive, gradually increase your activity as your fitness improves.

### 5. Drink in moderation

This is less than 21 units/week for men and 14 units/week for women. A unit is one pub measure of spirits or ½ pint of beer. Alcopops usually contain about 2 units.

### 6. Control high blood pressure.

Adults should have their blood pressure checked every five years.

## SKERRYVORE PATIENT FUND

The Practice has started a charity fund to help us purchase items of equipment which will improve our patient's care. We have formed a committee and we were delighted to be joined by 2 of our patients, Isa Stanger and Archie Knox who will help oversee the running of the fund. The accounts for this fund will be on display at the reception desk at the end of each financial year.

Our priority purchases will be a defibrillator, to be used in the event of a cardiac arrest and a spirometer, a machine that is used to assess our asthmatic patients. These 2 items alone will cost in the region of £6,000 so we plan to carry out fund raising activities over the coming months.

Your help with fund raising ideas or donations, to help with this, would be very much appreciated and will help us to provide enhanced care for our patients.

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## REPEAT PRESCRIPTIONS

Many of our patients are taking regular medicines and require new supplies from time to time. We have to ensure that we look after patients on regular medicines properly, but at the same time want to make the system for getting new supplies of medicines as straightforward as possible.

You can help us and yourself by

- anticipating when you will need more medicines and contacting the practice well in advance (Monday – Friday 9.00am – 5.00pm)
- order all of the medicines you need at the same time, rather than one at a time. This will save both you and ourselves time
- your doctor will tell you when you should be coming back to have your medical condition and medicines reviewed. Please make an appointment to be reviewed as requested
- we send a message slip with some prescriptions which the Chemists will pass on to you with your medicines. This will ask you to come to see a doctor before the supply of medicines you are collecting runs out.

## WELCOME OUR NEW GP REGISTRAR

On 4<sup>th</sup> August we welcome a new Doctor to Skerryvore Practice. Dr Naomi Reifenberg will be working with the Practice for 16 months to complete her training for General Practice. We are delighted that she has chosen to join us and we look forward to working with her.

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## CONGRATULATIONS

We would like you to join us in sending our best wishes to Dr Steven Beaven and his wife Marian who got married on 30<sup>th</sup> May

We would also like to say Well Done to District Nurse Deirdre Montgomery who had a son Ryan on 23<sup>rd</sup> February, and to our Practice Manager Paula Craige who had a son Ewan on 6<sup>th</sup> March.

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## HEALTH FOR TRAVELLERS

Many people now travel to "exotic" destinations for both holidays and business. Maintaining good health when travelling is important and we are trying to make our service for people planning to travel more accessible and comprehensive.

If you are planning a holiday or business trip and think that you may require advice or vaccinations we suggest that you telephone the Practice. We need some basic information about your trip to be able to advise you on what you need. Our receptionist will ask you where you will be going, how long you will be there and a little bit about what you plan to do. Using Thailand as an example, the advice we would give to someone staying in a hotel in Bangkok would be very different to the advice for someone planning to camp in rural areas. The receptionist will also want to know when and how we can contact you in the next few days.

Using the information you have given us, we will check what you need and contact you with a plan. This may entail seeing one of the GPs or seeing our Practice Nurse. Please remember that it is a good idea to plan this part of your trip well in advance. Some vaccines may need to be ordered and it is not the best policy to be travelling soon after vaccinations.

Yellow fever vaccine is no longer available to the Practice free of charge. Unfortunately we now have to charge our patients for this vaccination.

We would welcome your comments on our travel services. Do you find them useful and efficient? Your comments will help us plan and develop this service for you.

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## DO WE HAVE YOUR CORRECT ADDRESS?

It is very important that we keep our records as up-to-date as possible and that means we need you to inform us if you change your address or telephone number.

We would never give out your details to anyone else as this information is kept as confidential as any of your medical records, but in case we need to contact you, a telephone number is essential. Your address helps us to confirm that we have the correct patient, especially when there is more than one patient with the same or similar names.

## POSSIBLE NEW HEALTH CENTRE IN THE PIPELINE

Most people try to avoid spending too much time with us in the Health Centre, but when you have to we would like to make the experience as pleasant as possible. Have you ever looked at our trusty old building and wished it was a bit less drab? Or sat in the dull waiting room on a bonny day trying to catch a glimpse of some blue sky in the corner of a distant window. How often have you grumbled that you can't get a parking space with only 1 minute to go until your appointment time? If you've had these feelings then you are not alone. For years the team at Skerryvore have dreamed of coming to work in a bright, modern specially designed building that would provide convenience and comfort for patients and staff alike. The present building was opened in 1972 and we believe that this is the oldest Health Centre in Scotland!

Over the last few months we have started making enquiries about turning this dream into a reality. Plans are still at a very early stage but we hope things may become clearer over the ensuing months. We will keep you informed of how things are developing and obviously we would value any comments and suggestions from our patients. A public meeting will be organised so that we can share our thoughts with you, and get your views.

## HEALTH INFORMATION CENTRE



*Caring for the people of Orkney*

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Health Information Centre  
62-64 Victoria Street, Kirkwall  
Tel: 01856 870690  
Fax: 01856 870691

E-mail: [health.promotion@orkney-hb.scot.nhs.uk](mailto:health.promotion@orkney-hb.scot.nhs.uk)

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