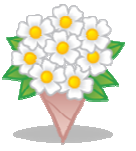




# Skerryvore News



August 2008

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

Issue 16

## Practice Changes

As you will now be aware we agreed with the Health Board to take over the care of Scapa Patients on a permanent basis from 1 September 2008. Our priority is to recruit permanent doctors to the Practice to ensure access to a regular GP. You may also know that Dr Steven Beaven will be leaving the Practice at the end of the year. This has been a difficult decision for him to make but personal commitments has prompted this decision. On a positive note, Drs Huw Thomas and Angus Rickman have agreed to join the Practice as partners and are looking forward to working and living within the Orkney community. We still plan to recruit one additional partner and will be interviewing for this post in the near future.

There have also been changes to our office team and we welcome our new full time member of staff Lanna Conlon and Gina Flett who will be here for a year covering maternity leave.

Our Community Nursing team has also increased as a result of our practice expansion. We welcome Moira Flett, Fiona Holmes and Catherine Rendall and look forward to working with them in the future.

We have negotiated with the Health Board and plans are afoot to modernise and redecorate the Health Centre especially around the waiting area to meet the needs of a larger single practice.

We have had useful comments and suggestions from our patients in the past. This has been particularly important at a time of change and any comments placed in the box at the entrance to the Health Centre will be helpful.



You can now  
order your  
**REPEAT PRESCRIPTION**  
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 prescriptions.

## PATIENT QUESTIONNAIRE

The results of our recent patient questionnaire are available on our web page.

~ Thank you to everyone who took the time to complete one~

Congratulations to  
Dr Stevenson who has had  
a baby boy called Michael, mother and  
baby are doing well and we look forward  
to her return in November.



## USEFUL TELEPHONE NUMBERS

Skerryvore Practice - 888240

Balfour Hospital - 888000

NHS 24 - 08454 24 24 24

Community Nurses - 888191

King Street Dental Clinic - 875348

### Healthcare Assistants



We have appointed Karen Dowell and Diane Muir as our new healthcare assistants, they will be helping the nurses by taking bloods, blood pressures etc.

### Medical Students

The Practice has been

involved in teaching medical students for many years. It is obviously important that they have the opportunity to see as many patients as possible as part of their education, you may be offered an appointment with one of them and we really appreciate your help in seeing them. The appointment will consist of you first seeing the medical student and then the doctor will join you and hear from you both and the appointment will proceed as a normal appointment.

Hopefully the experience will make them better doctors in the years ahead.

### Travel Vaccinations

If you are going abroad on holiday and think that you need vaccinations for travel, please contact the reception and give details of which countries you will be travelling to, date of departure, length of stay, accommodation type, and purpose of visit. (for example jungle treks may need extra advice or vaccinations). We will check your records and consult the national database for the most recent advice. We will then give you a phone and let you know if

## TAKING MEDICINES ON HOLIDAY

### - DO'S AND DON'TS



#### 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

you require any further vaccinations, and arrange an appointment with the nurse to have this done. Please allow plenty of time before travel as some courses can take several weeks to complete.