

Skerryvore Practice Newsletter

November 2009

www.skerryvorepractice.co.uk

Issue 19

Swine Flu Vaccination Information

We will shortly be contacting patients to come in for their Swine Flu vaccinations. We will receive small batches of vaccine on a weekly basis so will call patients individually. This vaccine comes in vials of 10 vaccines therefore we will have to administer this as part of a clinic setting. The doctor or nurse will not be able to give you your vaccine at a routine appointment.



It will be very important that if you can't come for your appointment that you contact us to avoid wastage of vaccines or appointments.

We will contact our patients who fall into the following age groups and who have the following medical conditions:

- 6 months – 65 years who fall into the clinical at risk groups
- Pregnant patients (will be vaccinated by the Maternity Team)
- Immunocompromised patients – which will include patients having chemotherapy and who are on long term steroids
- Patients who live in the same house as the immunocompromised patients
- 65 years and over who fall into the clinical at risk groups

The Clinical At Risk Groups are:

- People with Chest Disease (including Asthma)
- Diabetes
- Kidney or Liver disease
- Heart Disease
- Immune system problems
- Neurological conditions including stroke or MS
- Pregnant women
- Close family members of patients with problems with their immune system

 **Merry Christmas and a
Happy New Year
From All at
Skerryvore Practice** 

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

Christmas and New Year Opening Times

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

Closed Until Tuesday 29 December
8.30am – 6:00pm

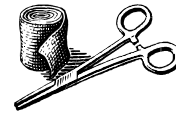
New Years Eve Thursday 31 December
8:30am – 4:00pm

Closed Until Tuesday 5 January
8.30am – 6:00pm

**Please remember to order any repeat
prescriptions before Tuesday 22nd December**



THE FAMILY MEDICINE CHEST



Here is a list of items useful in case of minor illnesses or accidents:

- A selection of plasters, non absorbent cotton wool, elastic bandages and dressings
- Tweezers for removing splinters
- Thermometer for fevers
- Calamine lotion for dabbing onto insect bites, stings and sunburn
- Antiseptic cream to treat sores, spots and grazes
- Vapour rub for steam inhalation or to rub on chest of a child with stuffy nose or dry cough
- Paracetamol Syrup to relieve pain or fever in young children
- Paracetamol/Ibuprofen tablets which are good for headaches, colds, sore throats, and painful bruises (Children under 16 and patients with asthma should not take Aspirin)
- Indigestion remedy
- Mild laxative
- Oral rehydration solution – anti-diarrhoeal

Remember

Keep the medicine chest in a secure locked place out of reach of small children.

Always read the instructions and use the recommended dose.

Watch expiry dates – do not keep medicines past their sell by date.

Local Pharmacy

Your local pharmacy will be able to give you free health advice at any time.

Boots the Chemist 872097
WHB Sutherlands 873940



USEFUL TELEPHONE NUMBERS

Skerryvore Practice 888240
Balfour Hospital 888000
NHS 24 08454 24 24 24
Community Nurses 888191
King Street Dentist 875348
Station Dentist 879683

REPEAT PRESCRIPTIONS ON-LINE



Log on to our web page at 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

WASTED GP/NURSE TIME



If you have an appointment for either the doctor or the nurse and will be unable to attend please let us know so we can offer the appointment to someone else.

Last month approximately **17 hours** of GP/Nurse time was wasted because patients did not attend.

Do We Have Your Correct Details?

There are a number of occasions when we may need to contact you, so having your correct address and telephone number is important.

Please keep us informed of your up-to-date address and phone number either by giving us a phone or at the reception desk when you are in.