

# Skerryvore News

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

Issue 10

## Flu Clinic



It is time again for your annual flu vaccines. This year we have decided to change our clinic and have it in the Health Centre on Saturday 29<sup>th</sup> October. We felt a Saturday may be a more suitable day for all ages to attend and it may be easier for patients to get transport with a relative to and from the clinics. We would very much appreciate if you would give us your feedback, good or bad, after attending the clinic. This will allow us to know how best to organise this service for you next year.

Surname	Time
A-C	9.30 – 10.30 am
D-G	10.30 – 11.30
H-L	11.30 – 12.30
M-R	1.30 – 2.30 pm
S	2.30 – 3.30
T-Z	3.30 – 4.30

## Fond Farewell to Caroline



Caroline Nelson retired earlier this year as health visitor for the practice. She worked for many years as a midwife and Health visitor providing a valuable service to the mainland and some of the north isles, looking after 2 generations of some families.

She will be missed by all the practice and patients.

Our very best wishes go to Caroline.

ENJOY YOUR RETIREMENT!

### FLU FACTS

- Flu or influenza is a virus spread by coughing or sneezing. Most cases occur during the winter, and occasionally epidemics occur where large numbers of people are infected.
- The common symptoms are fever, chills, headache, muscle aches and exhaustion, sometimes there is also a cough, sore throat and running nose.
- The flu is best treated with rest, plenty of fluids and over the counter remedies which contain paracetamol or ibuprofen to relieve pain and fever.
- **ANTIBIOTICS ARE NOT EFFECTIVE AGAINST THE FLU.**
- Most people will feel dreadful for about a week then gradually improve with the above treatment.
- The flu is more dangerous, and sometimes even fatal for certain groups of people. This includes the elderly and those with other diseases such as chest, heart or kidney problems, diabetes or anything that causes a weak immune system. **PEOPLE IN THESE GROUPS SHOULD BE VACCINATED EVERY YEAR**
- If you are over 65 or have one of the conditions mentioned above and have not yet had your flu jab please get in touch with the practice as soon as possible to arrange this.

### PATIENT QUESTIONNAIRE

We recently carried out a patient questionnaire by surveying 250 patients over a 2 week period (50 per GP). The questions were varied and included satisfaction with appointment system, GPs consulting styles, reception duties, waiting times and overall satisfaction with the Practice. We were delighted to learn that 96% of you were happy with the services that we offer you. If you wish to see the results in more detail, you can view them on our practice website at [Skerryvorepractice.co.uk](http://Skerryvorepractice.co.uk)

### GOODBYE AND WELCOME

Goodbye to .....

Dr Linklater who left the Practice at the end of August. Dr Linklater is carrying out a 6 month voluntary job in the Himalayas in India. Please see the hello from Dr Linklater further on in the newsletter.

Diane Clark, Practice Nurse who has also left after working with the Practice for 4 years. Diane has been on maternity leave after having a peedie boy, Murray, in January. Diane has decided not to return to work and will be a full time mum to Murray. We will all miss Diane but wish her all the best.

Welcome to .....

Laura Davidson, Medical Secretary  
Sylvia Barnett, Practice Nurse  
Sarah Stevenson, GP Registrar  
Heather Jamieson, Remote and Rural GP  
Yvonne Leslie, Community Nurse  
Shenagh Leiper, Health Visitor

# Super day had at Carboot Sale



## News from Dharamsala.....

*Hello all,  
I've been in Dharamsala for nearly a month now. Dharamsala is a small town in the foothills of the Indian Himalayas.*

*It has a large settlement of Tibetans who have fled their native country since the invasion by China in the 1950's. The Tibetan government in exile is situated here and I am working in Delek Hospital which is administered by them.*

*The hospital has 45 beds, an outpatient department, dental service and limited laboratory and x-ray facilities. There are 4 doctors here – Dr Doma and Dr Kunchok who are Tibetan resident doctors, Dr Alexander, a volunteer from Germany and me.*

*We see all kinds of patients but particularly tuberculosis, infections and a lot of western travellers with diarrhoea! We also deliver babies, which is a new skill for me. We do outlying clinics in nearby towns, monasteries, nunneries and old people homes.*

*The nurses and doctors speak Tibetan, Hindi and English and do an admirable job translating for the western volunteers.*

*The hospital is financed by charitable donations and by the payments of patients who can afford it. Everything must be paid for – bed, food, blankets, pillow, tests and procedures and all drugs!*

*I realise how privileged we are to have the NHS in Britain as patients sometimes have to refuse tests and treatment, as they can't afford it.*

*More news soon  
Mhari Linklater*

We continue to be overwhelmed by all your generosity throughout this year. At present our fund stands at £1465.36 and at our annual car boot sale in March we raised over £1,200 and have received many individual donations thereafter. With the money raised so far this year, we have purchased 10 new chairs for the consulting rooms and 2 for the corridor near these rooms. These chairs give added support to patients who need to use their arms to help them stand up from a sitting position. We have also ordered a new specially designed bed for our treatment room, which will enhance our patients comfort whilst undergoing examination. Additionally we have bought a blood pressure monitor which patients can borrow to record their blood pressure readings at home, a Doppler machine which helps assess our patients with leg ulcers and an extra wheelchair for our patients who need help from the car park into the health centre. The cost of all this equipment came to £4695.56, an outstanding amount for which we cannot thank you all enough. If you have any ideas for items of equipment which you feel would increase the comfort or health of our patients then please do not hesitate to contact the Practice and we will submit them to the next patient fund committee meeting.

### Repeat Prescriptions

If you wish to order your repeat prescription, you can do this by phoning the practice on 888240 after 9.30am Monday to Friday. Please give your name, address, the chemist you wish to collect your prescription from (WHB Sutherlands or Boots) and the **names** of the items you require. We then process your prescription and they go down to the chemist with the collection.

Please remember that there are a **large** number of prescriptions that go down to the chemist and **48** hours notice is required.

We now have reorder forms that go along with your prescription, it lists all the medicines that are on your repeat prescription list and tells you how many more times you can have a repeat prescription before needing to come in to the doctor for review again.



**888240** For appointments, prescriptions, results and enquiries.

### Opening Times

The Office is open 8.30am to 5.30pm Mon, Tues, Thurs, Fri and 8.30am to 1pm on a Wednesday.

On a Saturday although the Health Centre is closed, a receptionist can be contacted by telephone between 9am to 12noon. If you require an emergency appointment with the doctor on call, please telephone 888240 as early as possible and arrangements will be made.

Most surgeries through the week run between 9.30am and 12 noon in the morning, and in the afternoon between 2 and 4.30pm. On a Wednesday we have early surgeries starting at 8.30am and on a Thursday we have a later surgery ending at 5.30pm.