

Skerryvore Practice Newsletter

March 2015

www.skerryvorepractice.co.uk

Issue 32

Display Screen

You may remember us mention at the end of last year that we have purchased a large display screen for the Waiting Room using the Patient Fund.

The screen has arrived and you may have already seen it at the Practice. It will be excellent for displaying useful information and updates that will be of interest to our patients as well as making the Waiting Room at bit more exciting!

We are working on the information we want to display and it should be up and running soon...



New Anticoagulant Machine

Last year the Practice purchased an Anticoagulation Machine using the Patient Fund - It has now arrived! This machine is used to monitor the blood of patients who take blood thinning medication.

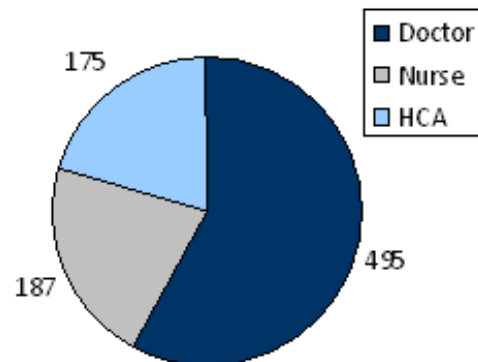
It only requires a drop of blood from a finger prick (rather than a blood test) and the results are available in minutes, meaning the Nurse can give patients their dosage instructions at the time of the appointment.

This should provide our patients with a quick, easy and safe method of having their blood checked. If you do have an appointment to have your blood checked, keeping your fingers warm will help the Nurse collect the sample of blood.

Appointment Availability Survey

Skerryvore Practice recently took part in a study that looked into our appointment availability over the course of a week.

During the week that the study took place we saw **857 patients!** The chart below shows how the appointments were divided between the Doctors, Nurses and Health Care Assistant (HCA).



The study showed that 86% of patients were given an appointment as they requested and 96% of all requests resulted in a booking, highlighting that we have very good appointment availability.

The study also highlighted appointments that were wasted due to patients not attending. There were 26 wasted appointments in that one week alone.

To help us lower the amount of appointments wasted, please let us know if you cannot make your appointment. If you do not cancel, we are unable to offer that appointment to someone else.

North East Scotland Breast Screening Programme

The North East Scotland Breast Screening Programme invites all women between 50 and 70 years old for breast screening. They offer breast screening every 3 years and you should get your first invitation before your 53rd birthday.

They will not send you an invitation if you are over 70 but you are still welcome to attend for screening every 3 years. If you have had breast screening in the past and would like to continue over the age of 70, you can contact this number **01224 550 570** for an appointment.

The mobile Breast Screening Unit will be visiting Orkney from 6 April - 20 August 2015 and is situated in the old St Ninian car park.

Practice Nurses, Treatment Room Nurse and Health Care Assistant

Our Practice Nurses and Health Care Assistants help to support the Doctors by carrying out the following:



Sylvia Barnett & Louise Stevenson - Practice Nurses

- Childhood Immunisations
- Cervical Cytology
- Contraception Services
- Specialised Diabetic, COPD & Asthma Clinics
- Travel Immunisations
- General Health Lifestyle Advice



Proby Watt - Treatment Room Nurse

- Wound Management
- Ear Syringing
- Vitamin B12 Injections
- Bloods
- ECG
- Depo Provera Injections



Eileen Thomson - Health Care Assistant

- Blood Tests
- Blood Pressure
- Flu Vaccines

Please telephone 888240 to arrange an appointment. To ascertain the length of appointment required with the Nurse/Health Care Assistant, the receptionist may ask you the reason for your visit.

Text Message Appointment Reminders

Skerryvore Practice now has a new text messaging service to remind our patients about their upcoming appointments.

If you would like the Practice to contact you in this way please ask at the front desk for a consent form.

Welcome...

We would like to say a warm welcome to **Danielle Wick** who has joined us as a Medical Secretary.



Fond Farewell...



We would like to wish Dr Johnston all the best as we say goodbye to her. Dr Johnston has been working with the Practice for the last 3 years and will be expecting her first baby in a few months.

Body Facts:

Your Pancreas



Your pancreas is an organ located in upper abdomen, just behind your stomach and intestines. It is about the size of a hand.

What does my pancreas do?

The pancreas has two main functions:

- To make digestive enzymes which help us to digest food. Enzymes are special chemicals which help to speed up your body's processes.
- To make hormones which regulate our metabolism. Hormones are chemicals which can be released into the bloodstream. They act as messengers, affecting cells and tissues in distant parts of your body.

How can I look after my pancreas?

- Eat a healthy, balanced diet
- Keep active and exercise regularly
- and Drink alcohol in moderation



**Did you know
Skerryvore Practice
has a Facebook page?
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The information in this leaflet is in no way intended to replace the professional medical care, advice, diagnosis or treatment by a doctor. If you notice medical symptoms or feel ill you should consult your doctor.