

# Skerryvore Practice Newsletter

June 2014

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

Issue 30



## A Very Fond Farewell...

Skerryvore Practice was very sad to see Susan Wishart leave her post as Medical Secretary after 12 years with the Practice. All the staff and patients will miss her friendly, caring nature. Susan will still be kept busy as she is expecting her 3<sup>rd</sup> child as well as running her self catering accommodation!

We all miss Susan and wish her the very best with her new baby.

**Good luck Susan!**

## Practice Update...

Dr Ingrid Norquay who you may remember seeing at the Practice last year will be returning in August and will work with us for one year.

Dr Liz Johnston will also continue to work at the Practice until January. This will be to cover Dr Fiona Cook and Dr Anne Tierney who are both going on Maternity leave next month.

## Childhood Immunisations

From the start of June, Childhood Immunisations will be carried out by our Practice Nurses instead of the Health Visitor Team.

Clinics will be held on various days of the week and will be by invitation.

## The New NHS24 Number - 111

Did you know NHS24 has a new phone number?

If you are ill when the Practice is closed, either through the night or at the weekend, and you can't wait until we reopen, you can call NHS24 free on 111.

Further information is available on their website: [www.nhs24.co.uk](http://www.nhs24.co.uk)

## Wasted Appointments

Over the past 6 months **691** appointments were wasted, which is on average **5 hours** of consulting time lost every week!

**5 hours** of consulting time would allow for an extra **30 appointments** every week...

We are asking you all to help us lower the amount of appointments being wasted by letting us know if you cannot make your appointment. If you do not cancel, we are unable to offer that appointment to someone else.

**Let's see if we can lower these figures!**

## WiFi Now Available

Free WiFi is now available to patients in the Health Centre.

You can use your WiFi enabled device to connect to NHS\_Public\_Wifi.

The password for this network is changed weekly and will be displayed in the Waiting Room.

Please ask at Reception for more details.



Did you know Skerryvore Practice has a Facebook page? Like us now!

## Coming Soon...!

### Anticoagulation Machine

As part of the Patient Fund, the Practice has purchased an Anticoagulation Machine.

This means patients that require their INR testing will be able to have it checked at the Practice via a finger prick test and get the results during their appointment! We hope that this will provide a quicker and easier service for our patients.

### Waiting Room Display Screen

Also using the Patient Fund, the Practice has purchased a large display screen for the Waiting Room. This screen will be excellent for displaying useful information and updates that will be of interest to our patients as well as making the Waiting Room a bit more exciting!

We are currently waiting for the software to be installed before getting the screen up and running but watch this space!



## PLANNING A HOLIDAY?

If you think that you need vaccinations for travel you will need to complete a form which you can pick up from the Practice or download from our website –

[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk),  
click 'The Practice' and 'Immunisations for Travel Abroad'.

Our nurses will check your records and consult the national database for the most recent advice. The nurse will then contact you and arrange an appointment for any vaccinations that you may require.

**Please arrange your travel vaccines at least six weeks prior to your holiday.**

**Please be aware that some vaccines are only available on a private prescription; this will involve a fee payable to your pharmacist.**

## Body Facts:

### Your Kidneys



The kidneys are bean-shaped organs, each about 10cm long. They are positioned in the back of the body behind the lower ribs. A healthy kidney is basically a filtering system. In fact, each kidney is made up of about a million filtering units called nephrons.

### What do my kidneys do?

As blood passes through the kidneys, it is "cleaned" – the body's waste products and excess fluid are removed. These waste products, along with the excess fluid, are then sent through the ureters to the bladder. Then they are passed out of the body as urine.

Healthy kidneys also balance the chemicals in the blood, and produce hormones which control blood pressure and maintain healthy blood cells and bones.

### How can I look after my kidneys?

- Staying hydrated will help your kidneys function properly.
- A balanced diet ensures you get all the minerals and vitamins your body needs. Eat plenty of fruit, veg and grains, such as wholewheat pasta, bread and rice. Don't eat too much salty or fatty food.
- Smoking and drinking too much alcohol means that your kidneys have to work harder to remove toxins from your blood. Try to stop smoking and limit yourself to two small drinks a day for a man and one small drink a day for women.
- Being overweight increases your risk of high blood pressure and diabetes both of which can harm your kidneys. Try to keep yourself at a healthy weight by keeping active and not overeating.
- Have your blood pressure checked regularly. Raised blood pressure has no symptoms, but it can increase your risk of kidney problems.