

# Skerryvore News

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## NURSING CHANGES WITHIN SKERRYVORE PRACTICE

This month we welcome Diane Clark and Sue Wilson to the Practice. They will be working as Practice Nurses, for Skerryvore Practice Patients, in the Health Centre, taking over the work of the Treatment Room Nurses.



Sister Mary Lewis is now concentrating on Occupational Health work, Diana Smith has moved to work in Outpatients and Sylvia Barnett will be working with the Community Nursing Department. We wish them success in their new roles and thank them for their hard work over the years.

Diane and Sue have been spending some time with the Treatment Room Nurses "learning the ropes" before they take over. The new arrangements will provide patients with more nursing time and we are hoping to develop more nurse led services. Areas that are being looked at include Asthma Clinics and help with the current Diabetes Clinics ...once they have settled in.

If you need to see one of the nurses, please contact the receptionists, who will arrange an appointment for you.

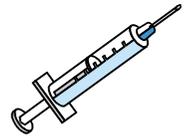
This month also finds us saying farewell to Nurse Cindy King, a popular and well known face at our Well Woman and Well Man Clinics. Cindy is moving on to a new Practice Nurse post with Scapa Medical Group.

"I'm very excited about my new job and looking forward to the challenges ahead" said Cindy, "although I'm sad to be leaving Skerryvore Practice".

All at Skerryvore Practice are delighted that we will still see Cindy in and around the Health Centre, so this is perhaps more "au revoir" rather than goodbye.

## FLU VACCINE TIME AGAIN

As you may be aware, it is the time of year again when the Practice offers flu vaccinations to patients who would be at risk of serious problems if they caught the flu. This includes **all patients aged 65 or over** (and those who will be 65 before April 2002) and **patients with certain health problems** whatever their age (see list below) .



Flu vaccination is recommended if you have:

- Asthma & any other chest disease
- Diabetes
- Heart Disease
- Problems with your immune system
- Some other serious health problems, please ask if you are unsure.

Because of the success of last year's clinics, we will again be holding clinics along with Scapa Medical Group at the Pickaquoy Centre from Tuesday 2<sup>nd</sup> October. To try to spread out the clinics so that everyone doesn't turn up on the same day (nearly 2000 patients!) we ask if you could attend according to your surname.

Date of Clinic	Surname
Tues 2 <sup>nd</sup> Oct	A - D
Wed 3 <sup>rd</sup> Oct	E - J
Thurs 4 <sup>th</sup> Oct	K - P
Friday 5 <sup>th</sup> Oct	Q - S
Tues 9 <sup>th</sup> Oct	T - Z

All clinics will be held from 1.00 – 4.00 pm  
At the Pickaquoy Centre

If you can't come on your specified day, please contact the Practice and we will try to arrange an alternative.

There is full disabled access at the Pickaquoy Centre and we will have a wheelchair available for anyone who needs help, so contact us beforehand if you require assistance.

You will be asked to wait in the building for 20 minutes after the vaccine has been given to make sure you are alright. The clinics are held in the room beside the cafeteria, so you can purchase cups of tea or coffee while you wait if you wish. Last year, it looked like everyone enjoyed their day out, so we hope to see you all at the Pickaquoy Centre instead of seeing you in your bed with the flu!



## K-DOCS

Skerryvore Practice and Scapa Medical Group have joined forces to provide round-the-clock cover for emergencies (known by ourselves as K-Docs). So if you need a doctor outside normal Health Centre hours, the doctor attending may be from either Skerryvore Practice or from Scapa Medical Group, depending on which doctor is covering at the time.

To contact the Doctor out of hours, phone the usual telephone number (885440) and your call will be redirected to the duty doctor's own home. If the doctor is out on a visit, the Balfour Hospital Switchboard will take a message and relay this to the doctor.

This service means each doctor will be working fewer nights and is more likely to be rested for the following day's surgeries, but please remember the doctor that is on duty will usually have surgeries the following day so please use this service considerately.

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## OFFICE CHANGES

This month sees a new member of staff within the office. We are delighted to welcome Jacqueline Thomas, who will be working with us until next summer. She has been employed to cover 2 of our secretaries who will be taking Maternity leave this year.



Jacqueline has just moved to Orkney from Shetland with her family where she worked in a rural practice with one doctor on the island. "Things are very different and much busier here," she says, "but I am already enjoying the challenge. It is great to be working alongside such a helpful and friendly staff, who are helping me to settle in and show me the ropes"

## GREETINGS FROM THE NEW REGISTRAR

I have now been with the practice for two months and had the opportunity to meet quite a few of you. I must thank you all for your good humour and kindness, especially when my surgeries run over time!!! I have really enjoyed getting to know the ways of the Skerryvore practice and of the Orcadians that I've met so far. Greatly appreciated are the gentle hints and suggestions from folk who are old hands at this game and know far more than I do about their situations.

I decided to take the plunge and accept the practice's offer to complete my GP training here, having been to Orkney just twice before. I wanted to learn General Practice where we are still allowed to take good care of our patients, spending more time with you and doing more for you within the practice setting than would be the case in larger centres.

Outside of work, I am beginning to meet people and take part in local events. A few of us at the Catholic church are starting up a choir and I have volunteered to make cakes for the triathlon club meets. I have also worn out a few films on shots of Scapa Flow from Holm, where I live, and spend an inordinate amount of time staring at the changing light on the water. One of the nicest things is bumping in to people in the street and having a chat, something that really doesn't happen in big cities.

I look forward to meeting more of you as time goes on.

Catherine Mangham