



SOUTH UIST MEDICAL PRACTICE NEWSLETTER

01878700302

South Uist Medical Practice, Daliburgh, South Uist, HS8 5SS

Winter 2017

Practice Website

The practice website has been updated and now includes a lot more information that we hope patients will find useful. Some examples are:

- [Alcohol Questionnaire](#)
- [Anxiety & Depression Assessment](#)
- [Asthma Review](#)
- [Carers Direct](#)
- [Email and Text Message Reminders](#)
- [In Times of Bereavement](#)
- [NHS Inform](#)
- [Patient Advice & Support](#)
- [Patient Guide to Services](#)
- [Pregnancy Care in Scotland](#)
- [Public Holidays and Training Dates](#)
- [Travel Vaccinations](#)

You can now also make appointment and telephone requests and cancellations, order repeat prescriptions, download self-referral forms, keep your clinical record up to date and amend contact details. Do check it out and let us know if you have suggestions for improvement!

Repeat Prescriptions

Please don't forget to order repeat prescriptions with **at least** two working days' notice. Holiday periods are also always a busy time, so please give plenty of notice this Christmas. If you require more than one month's supply, you will need to discuss this with the doctor, either by phone consultation or appointment. Please book by phone or [online](#).

There may be occasions when your circumstances change so that you have to stay away longer than anticipated and require your repeat medication. In this case, please take the following steps:

1. Find your nearest chemist and obtain their email address. Due to patient confidentiality, we can no longer fax patient details.
2. Get in touch with the South Uist Dispensary team and explain the situation. The dispenser will then check with the doctor and if appropriate, send a copy of your repeat medications to the chemist via email.
3. You should now be able to pick up an emergency prescription.

*Please note: We have noticed an increase in medication requests that are not on the repeat prescription list. If a medication has only been issued once and is not on the repeat prescription list, it is called an **acute prescription** and can only be prescribed for a set period of time. Our dispensers and admin staff are not qualified to make any changes to your repeat prescriptions. If you are needing medication that is not on your repeat prescription list, please book an appointment with the doctor or the nurse practitioner.*

BE HEALTH-WISE THIS WINTER

NHS Scotland's campaign urges people across Scotland to look after their health this winter with a few simple steps that can help avoid illness and take the pressure off busy NHS Scotland services over the festive holidays and throughout winter. The 'Be Health-wise' campaign is fronted by Dr. Owl and recommends that people take the following steps in preparation for their health:

- **Be prepared for common illnesses with at-home remedies (for example, pain relief and rehydration salts):** Many children and adults pick up common winter ailments such as colds, flu-like illness or upset tummies. These can often be effectively treated at home with readily available medicine. Parents are reminded to have remedies that are suitable for children.
- **Make sure you check any repeat prescription:** If you or someone you care for requires medicines regularly, make sure you have enough medicine to last over the Christmas holiday period but please don't over order. Remember to pick it up in plenty of time too.
- **Know when your GP surgery and pharmacy will be open:** Make sure to check opening times as they may vary over the holidays.

BE HEALTH-WISE THIS WINTER

Look after your own and your family's health.



Your Contact Details

Have you given us your [up-to-date contact details](#)? Your current home phone number, mobile number and your email address? If you've just turned 16 years old, we may have your parents' phone number on your record. We would be happy to change this to your own.

We now provide an email and SMS (text) messaging service to invite, confirm and remind you of booked appointments so it's really important that we have your correct contact details.

To sign up for this service, please fill in a Communications Consent Form available at the [website](#) or reception.



Medical Student

Georgia Dessain, a 5th year medic at Barts and The London Medical School, spent 2 weeks at SUMP. We've enjoyed working with her and wish her all the best from here on!



By the way, if you do see Santa, please tell him, we wish him the best of 'elf'.

Have a very Merry Christmas and a Happy New Year!





SOUTH UIST MEDICAL PRACTICE NEWSLETTER

01878700302

South Uist Medical Practice, Daliburgh, South Uist, HS8 5SS

Winter 2017

Flu Immunisation Campaign



The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and then developing serious complications. You are eligible if you:

- Are 65 years of age or over
- Are pregnant
- Have serious long-term health conditions such as COPD, diabetes, heart disease, severe asthma, bronchitis, kidney disease stage 3, 4 or 5, liver disease, chronic neurological diseases, splenic dysfunction
- Have a weakened immune system
- Have a BMI of 40 and above
- Are a frontline health and social care worker
- Are living in a long-stay residential care home or other long-stay care facility
- Receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

The flu vaccine is also free on the NHS for:

- Children over the age of six months with a long-term health condition
- Children aged two and three on August 31 2017 – that is, children born between September 1 2013 and August 31 2015

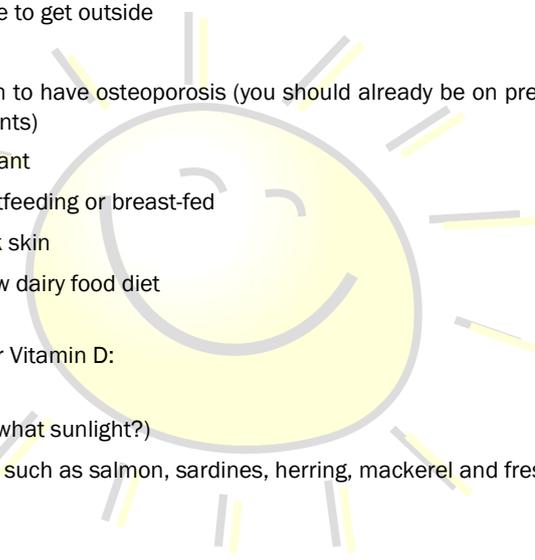
To get the flu jab, please make an appointment [online](#) or by phoning the surgery at **01878700302**.

Vitamin D and you

Don't miss out on your vitamins! During the winter months, we all get very little natural vitamin D, which we make in the skin from sunlight. Low vitamin D can certainly affect bones – especially, growing bones - but also affect muscles and teeth.

It is unusual for blood test to be needed to check vitamin D levels but we should all try to keep our intake up at this time of year, especially if you:

- Are unable to get outside
- Are frail
- Are known to have osteoporosis (you should already be on prescribed supplements)
- Are pregnant
- Are breastfeeding or breast-fed
- Have dark skin
- Have a low dairy food diet



Where to get your Vitamin D:

- Sunlight (what sunlight?)
- Oily fish – such as salmon, sardines, herring, mackerel and fresh tuna
- Red meat
- Liver
- Egg yolks
- Fortified foods such as most fat spreads and some breakfast cereals

The NHS in Scotland advises that supplements are recommended and for those at greatest risk this can be prescribed. *If you are on iron supplements (usually for anaemia), don't forget to keep your Vitamin C levels up – it will help you to absorb the iron.*

Staff Christmas Party

We would like to thank the staff at [Grogarry Lodge](#) for the fantastic meal they provided to the South Uist Medical Practice staff on our Christmas party. We're delighted that Helen was able to join us though we miss Marion, who was unable to come.

Champagne was free-flowing (thank you, Dr and Mrs Bird), the company was delightful, music was plentiful (thank you, Calum and Helen). Great fun was had by all and we will definitely be back for another ceilidh! Here are some pictures of the beautiful event.



It was truly a night to remember!

Holiday Opening Hours

Friday 22nd Dec	8-6pm
Monday 25th Dec	Closed
Tuesday 26th Dec	Closed
Wednesday 27th Dec	8 - 6pm
Thursday 28th Dec	8 - 6pm
Friday 29th Dec	8 - 6pm
Monday 1st Jan	Closed
Tuesday 2nd Jan	Closed
Wednesday 3rd Jan	8 - 6pm