

TELEPHONE
NUMBERS

APPOINTMENTS/
ENQUIRIES
771209

REPEAT
PRESCRIPTION LINE
771886

DISTRICT NURSES
DIRECT LINE
771540

HEALTH VISITOR
GILL COOKE
DIRECT LINE
771150

COMMUNITY
PSYCHIATRIC
NURSE
EUNICE
JOHNSTON
DIRECT LINE
771618

UPDATING
PATIENT
DETAILS

We would like to remind everyone that it is very important that we have your correct contact details. Should there be any changes please let us know as soon as possible as new regulations require that if the Practice or the Health Board are unable to contact you, after a period of 6 months, we are obliged to remove your name from our list.

It would also be useful for us to have note of mobile numbers and work numbers - please tell the receptionist who will be happy to update your records

Dounby Surgery News

ISSUE 5

AUTUMN 2008

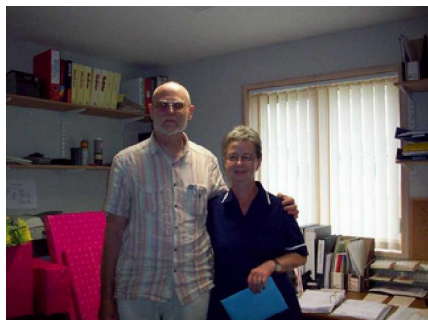
FLU VACCINE CLINIC—THURSDAY 9th OCTOBER 2008

09.30AM TO 4.00PM (Emergency appointments only on this day)

Flu vaccine is indicated for the following people: Everyone over the age of 65. Anyone under 65 with: Chest disease, asthma (those using regular inhaled or systemic steroid only), diabetes, heart disease, kidney disease, problems with immune system, neurological conditions including stroke or MS, a main carer for elderly or disabled. If you cannot attend on this day please make an appointment with a Practice Nurse after 9th October.

SURGERY NEWS

The end of June saw the retirement of Myrtle Cassidy as District Nurse/Midwife for the surgery.



Originally from Rousay, and after living south for a while, Myrtle returned to Orkney and has worked for NHS Orkney for over 20 years. Initially working with Skerryvore, Myrtle moved to Dounby to join the Nursing Team as Midwife/District Nurse. Myrtle delivered a high standard of nursing care from cradle to grave to the people of the West Mainland. She will be greatly missed by the Primary Care Team.

Myrtle has since been recognised for her dedication to caring for the people of Orkney by winning the Clinical Services (Individual) Category in the NHS Orkney Unsung Hero's Awards.

ARRIVAL OF EMIS

COMPUTER CHAOS or KARMA

The time has arrived, all too soon. As you will by now be aware, we are changing the computer system as mentioned in an earlier newsletter.

The engineers from EMIS arrive on Tuesday 30th September and will be here for two days and then the system goes 'live' on 2nd October. There will be training for all the staff on 2nd/3rd October. There will obviously be a great deal for us to learn in a short space of time, so please be patient with us.

PLEASE TRY TO AVOID ORDERING REPEAT PRESCRIPTIONS DURING THE WEEK BEGINNING 29TH SEPTEMBER

We will endeavour to maintain the same level of service that you have come to expect, over this difficult period.

THANK YOU, in anticipation, for your patience.

MISSED APPOINTMENTS

Can we just remind folk again that surgery appointments are at a premium—there are never enough, particularly in the mornings!

SO, if you cannot make an appointment for whatever reason, it would be greatly appreciated if you let us know in good time. We can then provide someone else with the opportunity to see the GP or nurse.

PLEASE REMEMBER TO REPORT TO RECEPTION ON ARRIVAL

The receptionist notes on the computer you are here and the doctor can see on their computer that you are waiting.

Appointments

We would like to remind everyone how important it is to keep their appointment and if they are unable to attend for any reason that they inform the Surgery, as that appointment could be used for someone else in need of one. In July alone, we had 31 "Did not Attend" appointments which in time amounts to between 6 and 7 hours wasted time between our Practice Nurses and GP's, when other patients could have been seen.

It is also very helpful if patients requiring longer than 15 minutes with a doctor or longer than 10 minutes with a Practice Nurse, request this at the time of making the appointment so that Clinics can be managed better.

SURGERY OPENING TIMES

Monday to Friday
08.30 - 05.45

Late evening Tuesday to 07.45

Public Holidays

The Surgery will be closed on the following Public Holidays:

Thursday 25th December 2008

Friday 26th December 2008

Thursday 1st January 2009

Friday 2nd January 2009

All Public Holidays are classed as Out of Hours which means they are covered by NHS24 cover.

ARE YOU SCRATCHING YOUR HEAD ABOUT HEAD LICE?

It's that time of year again, kids are back to school and suddenly we start to hear about head lice. There's nothing to get worried or embarrassed about if your child gets head lice. However, there are simple steps to follow to check if your child has head lice.

- The only reliable method of detecting head lice is by wet combing.
- Wet combing is carried out after washing hair. Coat hair in conditioner and wet comb with a bug busting comb—do this once a week to check if there are lice present.

If you find lice either:

- Use bug busting method: Wet comb and conditioner 3 times per week for 2 weeks

Or

- Bring the lice (stuck to paper with sellotape) to the surgery and I will prescribe treatment to eradicate them.

For any advice contact me at the surgery. Gill Cooke, Health Visitor on 771150



HEALTHY RECIPE

SPICY CAJUN CHICKEN (Courtesy of Dr Bob Hazlehurst)

500G Diced chicken	1-2 Tablespoon Cajun Seasoning
3-4 cloves of Garlic	One Tin Chopped Tomatoes or Ratatouille
One Tin Mixed Beans	Several sprigs of fresh Coriander leaves
Olive Oil	300G Long Grain Rice
Salt to season	10-12 Cardamom pods or 3-4 Cloves



Put the chicken and Cajun seasoning in a closed container and shake together to liberally coat the chicken with the seasoning. Cook the spiced chicken in a frying pan with the olive oil, along with the crushed garlic, until browned on the surface. Add the Tomatoes and Beans and the bulk of the Coriander (finely chopped) and bring to the boil, before turning down the heat to simmer while the rice is cooking. Boil, Steam or Microwave the rice with the Cardamom or Cloves and salt. Serve with several whole Coriander leaves as garnish.

Staff Training & Meetings

It is extremely important in these days of continual change that all staff members are kept up to date with what is expected of them, we therefore endeavour to have a regular monthly meeting and staff training. The surgery will therefore be closed on the following afternoons:

Tuesday 7th October 2008 - 1.00 to 2.30

Tuesday 4th November 2008 - 1.00 to 5.00

Tuesday 2nd December 2008 - 1.00 to 2.30

CONSULTING TIMES

MONDAY	08.00 - 12.00	02.00 - 04.45
TUESDAY	08.00 - 11.00	03.00 - 06.45
WEDNESDAY	08.00 - 10.00	02.30 - 04.30
THURSDAY	08.00 - 11.45	03.00 - 04.45
FRIDAY	10.30 - 11.45	02.30 - 04.15

DOCTOR DOCTOR JOKE!

Patient:

Doctor Doctor I dreamt there were
monsters under my bed.

What can I do?

Doctor:

Saw the legs off your bed.