

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

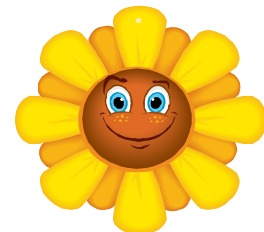
ISSUE 4

SUMMER 2008

## FUN IN THE SUMMER SUN

(EVEN IN ORKNEY!)

- Stay out of direct sunshine between 11am and 3pm
- Wear sunglasses and a hat for protection against harmful rays
- Apply sunscreen (a good handful per person) SPF 30 or more
- Keep Babies under 6 months covered up and in the shade (under an umbrella)
- Drink plenty of water



## ENJOY YOUR BARBEQUE

Cooking foods outdoors, taking food to an event and serving food in warm temperatures make summer a peak time for food poisoning.

- Wash hands and food surfaces with HOT soapy water before and after food preparation
- Keep raw and cooked foods separate
- Cook food thoroughly until it reaches the proper temperature—160° F. You can purchase a meat thermometer to be accurate
- Remember the traditional black sausage may be tasty today but not so good tomorrow!
- Keep food HOT until served

ENJOY YOUR SUMMER!!

## SURGERY NEWS

**WELCOME to Dr Mimi Thomas.** As a result of our annual practice survey, it was clear that there was a demand for another female doctor. We were delighted that Dr Mimi Thomas was available to come and help us out by providing us with 2 surgeries per week. She has now been with us since May and is proving to be very popular with both patients and colleagues. She will hopefully continue with us until the end of September, beginning of October, when she will leave to have baby number two in November. However, we are hoping that she will be back to continue her 2 surgeries per week in due course.

**Mimi is from Sheffield but her family were originally from Calcutta. She is married to Huw, who is a GP at Skerryvore Practice and they have one son Alexander who was born in April 2007. Mimi graduated from Aberdeen University in 2000 and moved to Orkney in August 2007**

**CONGRATULATIONS** to Karen, one of our Practice Nurses, on achieving her General Practice Nursing Level 3 qualification. This was done through National Education for Scotland and involved Karen spending 200 hours of study and attending Glasgow Caledonian University School of Nursing, Midwifery and Community Health for 4 study days. She started the course in January and completed it in May. Karen has found the course extremely beneficial and is keen to put the new skills and knowledge she has learnt into practice.

**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**

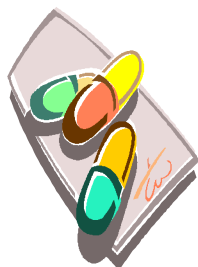
The Surgery will be closed on the following Public Holidays:

7<sup>th</sup> August 2008

25<sup>th</sup> December 2008

26<sup>th</sup> December 2008

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

**PHARMACY NEWS****SPRING CLEAN YOUR MEDICINE CABINET**

Check expiry dates on all your medication. Out of date medications and those which you no longer require can be returned to us for safe disposal. Unopened packs of tablets with more than 15 months to expiry can be returned to us to pass on to Intercare who would use them to supply clinics in sub-Saharan Africa.

**NEW CD RULES**

Recent changes to controlled drug regulations following the Shipman inquiry mean that we now have to establish the identity of anyone collecting a prescription for a controlled drug. This means that you will have to sign for receipt of the prescription and we may also request proof of identity.

**PRESCRIPTION CHARGES**

On 1st April 2008, prescription charges were reduced from £6.85 to £5.00 per item. Prepayment certificates were reduced by more than 50%. Now 4 month prepayment is £17 and 12 month prepayment is £48. This means that patients who are receiving at least one prescription each month would save money by purchasing one. Please ask at dispensary for details.

**HEALTHY RECIPE****FRUIT LOAF (Courtesy of Dr David Mungwira)**

**7oz mixed fruit—moist is best**

**3 x weatabix**

**7oz brown sugar**

**Mix in bowl and add 300mls skimmed milk**

**Leave for one hour**

**Mix in 8oz self-raising flour and one large beaten egg**

**Bake at 180-190°C in a loaf tin for one hour**

**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:

5<sup>th</sup> August 2008 1.00pm – 2.30pm

2<sup>nd</sup> September 2008 1.00pm – 5.00pm

7<sup>th</sup> October 2008 1.00pm – 5.00pm

**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 feel so tired,  
I don't know where I am half the time.

**DENTIST:** Open wide now!