



Armadale Group Practice – Winter 2018 Newsletter

Issue 32

December 2018

Dorothy Conn, Practice Manager

Welcome to the new issue of our Newsletter; designed to keep you up-to-date with developments in the Practice.

Staffing

Dr MacGillivray will be reducing his working week from January 2019 and from that time he will be working for 2 days per week for the month of January and then increasing to 3 days per week from February 2019. We will continue to advertise for GP Partners and Locum GPs to cover the sessions that we have unfilled.

Our Signposting is going well and we thank you for helping us with this. Our Pharmacist, Andrew Beattie, continues to work with us and this has helped the GPs with their workload. Because of our Signposting work, we hope that the HSCP will give us the services of other Healthcare Professionals in the coming months; I will keep you posted with the progress with this.

Online Services

Many of you have already signed up to our new prescription ordering service. If you use the online service from our website, please remember to move to the new system as the service via our website will cease in the next few months. You can get a registration form for the new service from our Reception Desk.

Patients who are already using this service seem to be happy with the format and it is easier too for our Reception staff.

Seasonal Influenza Vaccination Programme 2018-19

It's still not too late to get your 'Flu Jag; just ask for an appointment at Reception. If you fall into any of the undernoted categories, you are eligible for a 'flu vaccination:

- Over 65 years of age
- Pregnant women
- Those living in long-stay residential care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection and cause high morbidity and mortality
- Unpaid carers and young carers
- Health and social care staff (done by employer)
- Pre-school children aged 2-5 years (all primary school children in P1-7 – will be done at school)

Conditions and diseases which can make 'flu much more dangerous include:

- asthma
- bronchitis
- emphysema
- cystic fibrosis
- chronic heart disease
- chronic kidney failure
- multiple sclerosis
- liver problems (such as cirrhosis/hepatitis)
- diabetes
- asplenia or dysfunction of the spleen
- being very overweight
- HIV infection

Reception staff have a more detailed list of eligibility – please ask if you are unsure if you are entitled to this vaccination.

All colds and most coughs and sore throats are caused by viruses. Antibiotics do not work against infections, such as colds, caused by viruses. The best way to treat most colds, coughs or sore throats is to drink plenty of fluids and rest.

Shingles Vaccination

Continuing from last year also, is the shingles vaccination. **This year, it is being offered to anyone born between 2 September 1938 and 1 September 1948 (both dates inclusive).**

Unlike other infectious illnesses, you can't catch shingles from someone else. Instead, if you've ever had chickenpox, the virus that causes shingles lies inactive in your body and can become active again later in life.

Shingles (also known as herpes zoster) can be very painful and is more common among older people. And the older you are, the worse it can be. For some people, the pain can last for many years.

But this vaccination can reduce your risk of getting shingles, or, if you do get shingles, it can reduce how serious the symptoms will be.

Again we have more information in the surgery, just ask at Reception or speak to the Doctor or Nurse.

Winter Vomiting Bug (Norovirus)

The advice from NHS Scotland is:

STAY AT HOME. If you catch it, stay at home for at least 48 hours after your symptoms stop. Keep it to yourself. To find out more about the winter vomiting bug (norovirus), visit www.nhsinform.co.uk/norovirus or call 0800224488 (free).

The Norovirus, whilst unpleasant usually runs its course over a few days; just rest and keep hydrated - antibiotics do not help. Try to avoid coming into the Practice as it is very easily spread to others. If you are concerned or need advice call us or NHS24 (telephone number 111) for advice. The simplest prevention measure is to wash you hands regularly with soap and water.

Absence from Work

Self-Certificates: for the first 7 days of absence from work due to ill health, you need to complete a self-certificate. Your employer will normally supply you with this form 'SC2'. If you are unemployed or self-employed you can submit a form 'SC1' available from the DWP website. You do not need to provide a medical certificate from a doctor for sick leave of 7 days or less. If your employer insists on medical certification for this period, you will be asked to pay a private fee for such a certificate, as this certification is not part of the NHS service.

Fit Notes: if you are unable to work due to illness for more than 7 days, you will need a medical certificate for sick pay or benefits. The Doctor treating your condition will be able to provide a certificate if appropriate. There is no charge for these certificates. Normally this will be your GP, but certificates can also be issued by hospital doctors. It is not always necessary to see the GP if this is a continuing Fit Note; we have a form at Reception that can be completed by the patient and given to the GP who will determine if a further Fit Note can be issued

Power of Attorney

If you have a Power of Attorney document, please let us know so that we can update your medical record.

Dates for your Diary

Public Holidays:

Monday, 17 September 2018 – Public Holiday	Tuesday, 25 December 2018 – Christmas Day
Wednesday, 26 December 2018 – Boxing Day	Tuesday, 1 January 2019 – Public Holiday
Wednesday, 2 January 2019 – Public Holiday	

Please ensure you have medication to last over the holiday periods.

Remember that NHS24 can also provide routine medical advice during the day, even when the practice is not on holiday.

Finally, do you have any suggestions for items you would like to be included in the newsletter? We appreciate any contact, whether you like something or whether you have suggestions for change – drop a note to the Practice Manager, Dorothy Conn.