



Armada Group Practice – Summer 2021 Newsletter

Issue 42	June 2021	Dorothy Conn, Practice Manager
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Welcome to the new issue of our Newsletter; designed to keep you up-to-date with developments in the Practice.

We have been asked many times “when are you opening”. We have never been closed and have continued to provide a service throughout the Pandemic. We had to take steps to ensure the safety of our patient and staff and these are likely to continue for some time. We continue to offer telephone and video consultations for GPs in the first instance and once the GP has spoken to the patient, a decision is made as to whether the patient needs to be seen face-to-face (only the GP can make that decision). Our Nurses and Phlebotomists continue to see patients face-to-face and via telephone. We have 10 GPs, 4 Nurses and 7 Phlebotomists – it would not be safe to have every patient for these members of staff attending the Practice; there would be no social distancing in the Waiting Room or Reception area. We hope that this makes the situation a bit clearer.

Staffing

We are pleased to welcome on board our new Practice Nurse, Monika Ingot. She joins us from a Practice in Glasgow and you will no doubt get to meet her at some point.

Covid 19

Where can I find up to date, reliable information on Coronavirus?

Reliable information on Coronavirus can be found on [NHS Inform Website](https://www.nhs.uk). This updates frequently.



Covid Vaccination

If you think you have been missed, please fill in the “missing letter” form on the NHS Inform website:

<https://www.nhsinform.scot/covid-19-vaccine/invitations-and-appointments/missing-appointment-details>

Alternatively, you can telephone the National Helpline on 0800 030 8013.

Access Your Covid Vaccination Information

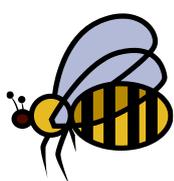
You can now access your Covid vaccination information via the NHS Inform website also (we have included a link on our website for this)

Prescriptions

Our Prescription `phone line remains open from 9.45 am to 12 noon and again from 2.00 pm to 2.30 pm daily. This can be busy at times and a quicker way to order your medication is to sign up for our online service. If you would like to sign up, pick up a registration form from our Reception Desk or download one from our website.

Spotlight on

Bites and Stings - insect bites are caused by midges, flies, fleas, mosquitoes, mites and ticks. The saliva from the insect causes a skin reaction. This is usually a red mark or lump on the skin which can be very itchy. Normally these resolve within a few days but sometimes can last for weeks. Scratching will only make them worse. Infection is rare and will only occur if the skin is broken e.g. by scratching. The best treatment is to leave them well alone. Otherwise a cold compress can give relief, as can Eurax or hydrocortisone cream. If there are multiple bites, then antihistamine medication can be used. Ticks should be removed by using tweezers or long fingernails by pinching the tick as close to the skin as possible and twisting and pulling gently.



Stings are caused by wasps, bees and hornets. The venom from the sting causes an immediate intense burning pain which usually stops after a few hours to leave a red lump on the skin. If the stinger is left in the skin (bees only) it should be scraped out immediately (not squeezed). A local allergic reaction can cause a large area of redness and itch, but this usually resolves in a few days and is treated in the same way as insect bites). Some people can develop a generalised allergic reaction to stings which can be life threatening (anaphylaxis). Swelling of the lips or face, wheeze or difficulty breathing should prompt a 999 call.

The chemist can advise and supply treatments to ease bites and stings.

Hayfever - is caused by an allergy to pollen. It causes a runny nose, sneezing and irritated eyes. It is common and can run in families. Sometimes it can make asthma symptoms worse. There is no cure but symptoms can be lessened by antihistamine medication, nasal sprays and eye drops. The chemist can advise on and supply all of these treatments. There is no injection treatment available for hayfever.



Sunburn - is usually mild and resolves after 4-7 days. If you have extensive burns, blistering or feel unwell such as headache, dizziness, muscle pains or fever then contact a doctor.



The best treatment of course is prevention by covering up and using very high factor sunscreen.

Dates for your Diary

Public Holidays:

Monday, 20 September 2021 – Autumn Public Holiday	Tuesday, 28 December 2021 – in lieu of Boxing Day
Monday, 3 January 2022 – in lieu of 1 January 2022	Tuesday, 4 January 2022 – in lieu of 2 January 2022

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.

