

The Scott Practice

Patient Participation Group

Would you like to get involved in shaping the services we offer at the Practice?



Could you spare a few hours a month to get involved? Can you attend a monthly Patient Participation Group Meeting? If so come along to one of our monthly Patient Participation meetings.

Next Meetings:

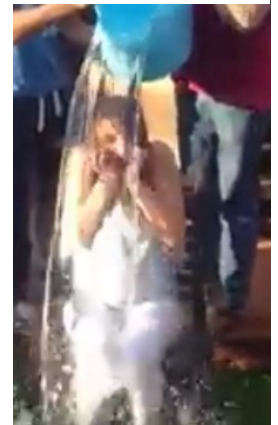
Tuesday Oct @ 1:30
Tuesday Nov @ 1:30

Hello and welcome to the Autumn edition of the Scott Practice news letter. In this issue we look at colds and flu's and give you a few self help tips. First of all the practice would like to say well done to everyone who's taken part in the Ice Bucket Challenge. It's been great to see the awareness and money it has raised for the MND association.



In August it was registrar change over month and we said a fond farewell to Dr Hafeez, Dr Goginashvili/Mia and Dr Oliver. We would like to welcome Dr Holloway and Dr Slattery who have now joined us, Dr Musvibe has also returned to the practice to complete her placement following her maternity leave. We would also like to welcome Sarah our new nurse practitioner who is working in the community and Caroline who has joined us as our Nurse manager. Caroline has previously worked at

DRI so is very used to a busy environment which should be a great asset. Thanks for taking the time to have a read. See you again in December.



In the Spotlight!

Name: Claire
Job: Reception team leader
How Long have you worked here: a year
Who would you like to get stuck in a lift with?



Gerard Butler
Why? Because he is gorgeous
Where do you see yourself in 10 year's time? I would like to have progressed to reception supervisor.

Can't Make It? Cancel it!

In August 69 Hours of Appointments were wasted by patients not attending and not cancelling! If you can't make your appointment please cancel it. You can cancel appointments by phone, online or by texting 07986301156

You may have noticed the new pictures in the waiting room. The practice feel the pictures provide focal points in the waiting room to make your wait a more pleasant experience .

I would like to sign up to on line booking and prescription ordering (Your details will be sent out in the post)

Name:..... D.O.B:.....

Address:.....

Postcode:..... NHS Number:.....

Nurse News

Unfortunately summer is coming to a close and the Cold & Flu season is fast approaching! Here's a bit of information to help you know the difference, manage symptoms and prevent spreading!

Cold



Symptoms of a cold include: • runny nose, beginning with clear mucus that develops into thicker, green mucus as the cold progresses • blocked nose • sore throat • sneezing • cough

People with a cold may also suffer with a mild fever, earache, tiredness and headache. Symptoms develop over one or two days and gradually get better after a few days. Some colds can last for up to three weeks.

Flu

Flu usually comes on much more quickly than a cold, and symptoms include:

• sudden fever of 38-40°C (100-104°F) • muscle aches and pains • sweating • feeling exhausted and needing to lie down • dry chesty cough • sneezing

Flu symptoms appear one to three days after infection and most people recover within a week, although you may feel tired for longer. A severe cold can also cause muscle aches and fever, so it can be hard to tell the difference.

Treatment

If you're generally fit and healthy, you can usually manage the symptoms of a cold or flu yourself without seeing a doctor.

Look after yourself by • resting • drinking non-alcoholic fluids to avoid dehydration • avoid strenuous activity • Painkillers such as ibuprofen or paracetamol can relieve aches and pains.

Antibiotics will not help with either colds or flu.

Whether it's a cold or flu, get medical help if: you have a chronic condition (such as asthma, diabetes or heart disease), or you have a very high fever as well as an unusually severe headache or abdominal or chest pain

Help prevent colds and flu from spreading by:

- sneezing or coughing into a tissue
- throwing the tissue away
- washing your hands
- getting the flu jab if you're eligible

Flu Clinic

Do suffer from... Asthma? COPD? Diabetes? Chronic kidney disease? Chronic liver disease? Chronic neurological disease? **Are you..** Pregnant? Over 65? A carer?

Then you are entitled to your FREE annual flu jab.

We are taking bookings now for our flu clinics. 4th October, 18th October and 1st November. Please call reception after 2pm to book or book online.

Shingles

Alongside the flu vaccinations we will also be offering eligible patients the shingles Vaccine.

If you were 70,78 or 79 on the 1st September 2014 you may be eligible. Please call reception after 2pm to book into one of our clinics or ask the GP or Nurse in your next appointment who may have time to vaccinate you then.

Please up date my contact details.

Name:..... DOB:..... NHS Number:.....

Address:.....

Contact Number:..... Mobile Number: