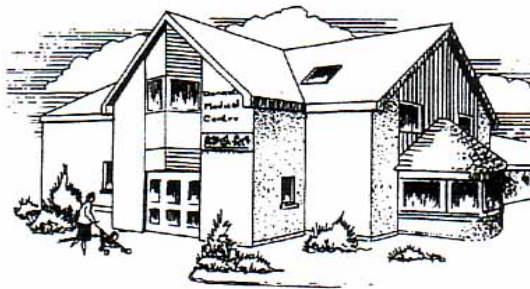


Danestone Matters

Autumn 2013 Newsletter



Working together, caring for your health

Danestone Medical Practice

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Website: www.nhsgrampian.org/danestone

Autumn & Winter vaccinations

Yes, it's that time of year again!

Flu vaccination is available free of charge at the surgery for those in "at risk" groups

- You will be over age 65 by 31.3.14
- You have diabetes
- You have heart disease
- You have liver disease
- You have kidney disease
- You have had a stroke
- You have a neurological condition (eg MS)
- You have a chronic chest problem (including asthma which requires steroid inhalers)
- You have a compromised immune system (eg no spleen or taking certain medications)
- You are currently pregnant
- You are a carer

Shingles vaccination Shingles (also known as herpes zoster) can be a very painful nerve and skin condition and is more common among older people.

Supplies have been provided to GP practices to immunise patients who will be aged **70 OR 79** on 1st September 2013. We will be writing to these patients to invite them to make an appointment. This vaccine can be given at the same appointment as your flu jab. It is a one-off vaccine and you do not need to get it more than once in your lifetime.

Our clinics start at the beginning of October

Goodbye

We were sad to say

GOODBYE to District Nurse

LORNA BRUCE last month. Lorna has taken early retirement and is moving to France – Ooh La La!

Hello

HELEN BUTLER has been

appointed as replacement for Lorna and we are delighted to

WELCOME Helen to the Danestone Team. She is an experienced nurse and is already fitting in well.



We are hoping to use the MJOG text reminder system again this winter. This will remind you of a booked appointment, remind you to book a flu jab if you are eligible and perhaps ask you some other health campaign questions. Please make sure we have your up to date mobile phone number !

Don't forget you can book a telephone consultation instead of coming in to the surgery. The doctor will aim to phone you within 30 minutes of the time you have booked.



*"If you can tell me about it - it can be dealt with by phone"
"If you need to show me - you need to make an appointment at the surgery"*

We also have late surgery on most Monday evenings for those who are unable to attend during usual surgery daytime hours.



Please don't forget to let us know if you can't manage to keep your appointment.



REPEAT PRESCRIPTION ORDERING

We have an email repeat prescription service available. This is only for REPEAT medicines – the ones which appear on your tear off re-order sheet at present.

If you are interested, ask at reception for a registration form so we can set up an account for you on our system.



How to use
NHS24 if you are
a British Sign
Language (BSL) user



If you use BSL you can now access NHS24 through a video relay service. Just log onto www.nhs24.com click on BSL services and choose the service you require. Watch the video in BSL to see how it works and click on the InterpreterNow button. It is a free service with no registration required.



HEAD LICE

According to the NHS around one in three children in the UK get head lice or nits at some time during any given year.

The main symptom is itching, but not everyone gets an itchy head. However, if your child is affected it's important to get rid of head lice as they can spread throughout the entire family by head-to-head contact. One way to remove head lice is to use a special comb you can buy from your local pharmacy. Your pharmacist can give you instructions on how to use a nit comb. Also ask about over the counter medicated shampoos, lotions and sprays. Ask the pharmacist for advice on using these treatments including how often you should leave it on for and how often you should use it. Do not use any medicated head lice product on babies under the age of six months, pregnant women or anyone who has asthma or allergies without asking a healthcare professional.

Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on

November 13th 2013

Patients in need of urgent advice or who need to see a Dr during PLT afternoons should telephone the surgery number and an answering machine message will give you the telephone number for NHS 24.



Whether your child has returned to school or just starting, there is no doubt he or she will be bringing home more than new homework books in the coming weeks! School can be a place where minor ailments are picked up and passed from child to child. You can be prepared to deal with many of these at home.

- Aches, pains and fever – keep children's paracetamol or ibuprofen in the medicine cabinet. Both are available in liquid form over the counter at your pharmacy. Check with the pharmacist about dosage advice for your child's age group.
- Colds – in most cases children's colds clear up within a few days on their own. Again, paracetamol can help relieve a raised temperature and headache which are sometimes associated with a cold. Also make sure your child drinks plenty of fluids to avoid becoming dehydrated. Keeping them at home to rest can help them to recover.
- If symptoms don't improve or they develop other symptoms such as vomiting, diarrhoea, drowsiness or skin rash, take them to see their GP.



**September 16th – 23rd
is Know your Numbers! Week**

Blood Pressure UK wants every adult in the nation to go for a free blood pressure check during Know your Numbers! Week. Free BP checks are being offered at pharmacies across the country. Find out where you can get one at www.bloodpressureuk.org/kyn

Major Pharmacy chains participating in KYN

AAH	ASDA	Avicenna	Cornwell's Chemists Ltd
Davidsons Chemist	Lincolnshire Co-op	Manor Pharmacy	Murrays Healthcare
Paydens	PCT Healthcare	SG Court	Whitworth