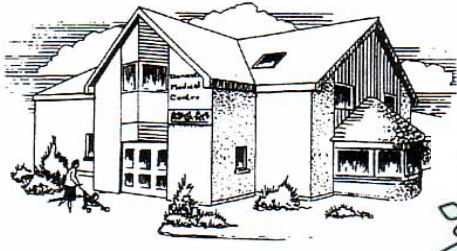


# Danestone Matters



Winter 2015



Working together, caring for your health  
**Danestone Medical Practice**

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Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: [www.nhsgrampian.org/danestone](http://www.nhsgrampian.org/danestone)

## Flu Season!

If you are eligible for a free flu jab this year you still have time to book in to one of our clinics. If you are aged **over 65** or if you suffer from: **heart liver or kidney problems; diabetes; chest problems including asthma which requires steroid inhalers; neurological disease (eg MS); or if you have had a stroke.** You are also recommended to have the free flu jab if you are **pregnant, the main carer** for an elderly or disabled person or very overweight.

**Please ring the surgery to book an appointment as soon as possible**

### DANESTONE MEDICAL PRACTICE IS A TEACHING PRACTICE

This means we are actively involved in teaching and training medical students and trainee doctors. We have a regular group of first year medical students attending the practice for teaching sessions year on year - you may see them arriving or leaving if you happen to be in the waiting room. We also have medical students who are in their final year at university placed with us for a month at a time. This is an excellent opportunity for them to see how general practice works and help them to decide which field they would like to specialise in. They usually have sessions with the practice nurses, phlebotomist, district nurse, baby clinic and midwife as well as our GPs. You may find when you come for your appointment there is a final year student sitting in. You will be asked if you agree to a student being present and although this is a very useful part of their training, if you prefer not to have a medical student present that is no problem and (s)he can step out of the room until your consultation is complete. (Please let reception know when you arrive).

## CALL THE MIDWIFE !

At the beginning of November you may have spotted a strange sight around the Danestone or Bridge of Don area! Our midwife Kelly spent the day dressed as a 1950s midwife and attended her postnatal visits on a vintage bicycle! She had 2015 equipment (and knowledge) with her as usual!



Kelly decided to arrange this sponsored day to raise funds for the Infertility Network Scotland which aims to provide support for infertile couples across Scotland. To date she has managed to raise £350 singlehandedly.

Well done Kelly - we were glad you didn't get soaked!

## "On the Day" Appointments

As mentioned in our last edition of Danestone Matters our new "Doctor call back" system is working well. Patients who feel they need to be seen urgently on the same day are given a call back by the duty doctor. You will be asked by reception for an idea of what the problem is when you phone.

While we appreciate you may be taken ill at any point throughout the day, wherever possible please call between 8am and 10am if you feel you need to be seen urgently as doctors then have surgeries and house calls to make after this time.

**PUBLIC HOLIDAYS - We will be CLOSED on  
FRIDAY 25<sup>th</sup> & MONDAY 28<sup>th</sup> DECEMBER 2015 and  
FRIDAY 1<sup>st</sup> & MONDAY 4<sup>th</sup> JANUARY 2016**

otherwise normal opening

**IF YOU NEED ADVICE WHEN WE ARE  
CLOSED**

**PLEASE CALL NHS24 ON 111**

## The winter vomiting bug

If you catch it, stay at home for at least 48 hours after your symptoms stop.

**Norovirus (Winter Vomiting Bug)** is the most common tummy bug in the UK and can affect anyone.

The virus is highly contagious and causes vomiting and diarrhoea. As there is no specific cure, you have to let it run its course, but it should not last more than a couple of days and is generally not dangerous.

If you have norovirus, the following steps should help ease your symptoms:

- Drink plenty of water to avoid dehydration.
- Take paracetamol for any fever or aches and pains.
- If you feel like eating, eat easily digested foods.
- Stay at home & don't go to the Dr - norovirus is contagious and there is nothing the Dr can do while you have it.
- However, contact your GP to seek advice if your symptoms last longer than a few days or if you already have a serious illness.

The virus is very easily spread. Try to minimise this by:

- Washing your hands frequently
- Not sharing towels and flannels
- Disinfecting surfaces that an infected person has touched

To find out more about this call 0800 22 44 88 or visit [www.nhsinform.co.uk/norovirus](http://www.nhsinform.co.uk/norovirus)



### Online appointment booking - Patient Access

As mentioned in our last newsletter, our Patient Access system is a convenient way of **booking a variety of appointments online** and ordering **repeat medications**. If you would like to take advantage of this please collect a registration form from reception and return it with photographic ID. You will then be issued with a user name and PIN and can then book/cancel your own appointments online.

Please note that this replaces the email ordering system we previously used and the email prescription facility is due to be switched off at the end of December 2015.

For further information please ask at reception.



## Spread the Warmth

Each winter, one older person dies every 7 minutes from the cold. There is a general lack of awareness of the serious effects that cold weather can have on an older person's health. The Age UK website has lots of resources you can use to help get the word out to your family and friends and any older people you know. Here are some of their tips for keeping warm.

- Keep your main living room around 70°F (21°C), and the rest of your home heated to at least 64°F (18°C).
- Use a room thermometer to monitor temperature but if you feel cold, turn the heat up regardless of what the thermometer reads.
- Close the curtains at dusk and fit thermal linings if you can. This will keep the heat in.
- Put guards on open fires, and be careful not to hang washing too close to the fire.
- Don't block air vents - fires & heaters need ventilation.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn.
- Contact your local Age UK for a benefits check and advice on any financial support you may be eligible for.
- Make sure you keep your hands and face warm when you go out. As well as wearing gloves and a hat, wrap a scarf around your face, this helps to warm the air you breathe.
- Several thin layers of clothing are better than one thick layer. Start with thermal underwear, warm tights or socks.
- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.
- Wear warm clothes in bed. When very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head.
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together as this can be dangerous.
- Keep your feet warm. Choose boots with non-slip soles and a warm lining, or wear thermal socks.

For more information:

Call Age UK Advice: 0800 169 2081

or check out their website at

[www.ageuk.org.uk/get-involved/spread-the-warmth/](http://www.ageuk.org.uk/get-involved/spread-the-warmth/)