



NORTH UIST MEDICAL PRACTICE NEWSLETTER

www.north-uist-medical.co.uk

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Special points of interest:

HAY FEVER

Hay fever is caused by an allergy to grass or hay pollens and is very common affecting 2 in 10 people in the UK. Symptoms of hay fever can vary from person to person but common symptoms include a runny, itchy nose, blocked nose, sneezing, itchy and watery red eyes and an itchy throat. It is impossible to totally avoid pollen. However, symptoms tend to be less severe if you reduce your exposure to pollen. The pollen count is often given with TV, radio or newspaper weather forecasts. A high pollen count is a count of above 50. The following may help when the pollen count is high:

Stay indoors as much as possible, and keep windows and doors shut. Avoid cutting grass, large grassy places and camping.

Wear wrap-around sunglasses when you are out. Keep car windows closed, and consider buying a pollen filter for the air vents in your car. The commonly used treatment options for hay fever are antihistamine tablets, nose spray and eye drops. If you are taking hay fever medication regularly and your hay fever is well controlled on your current treatment, you should continue this treatment until the end of the pollen season. If your hay fever is not controlled on the medication you are taking after 2-4 weeks, you should discuss this with your Doctor.

Tea/Coffee Machine at the Surgery



We hope you will enjoy using the new tea/coffee machine that we have bought from the bring + buy funds.

Any questions regarding how to work the machine, please ask at reception. We would appreciate it if you could contribute 50p to the honesty box whenever you have a hot drink—this will only just cover the costs of running it.

2009/2010 GP PATIENT EXPERIENCE SURVEY.

We now have the results of the GP Patient Experience Survey that was carried out by the Scottish Government.

The survey was sent to a random selection of people registered with the surgery.

The survey asked questions about people's experiences during 2009/10 of making an appointment, visiting the GP Surgery, seeing staff and being prescribed medicines.

We are pleased to say that North Uist Medical Practice scored highly in this Survey and would like to thank everyone who took the time to complete the form. However, one question that we did not do well on was that people were worried that they could be overheard talking to the receptionist. If this is the case, please do not hesitate to ask for privacy at reception.

PUBLIC HOLIDAYS WHEN THE SURGERY WILL BE CLOSED.

- 02/04/2010
- 05/04/2010
- 03/05/2010
- 02/08/2010
- 27/12/2010
- 28/12/2010
- 03/01/2011
- 04/01/2011

Please ensure that you have enough medication and that you allow 2 WORKING DAYS from when you order your medication to picking it up.

PROTECTED LEARNING TIME

North Uist Medical Practice is closed from 1pm on the following days for staff training:

- 11/05/2010
- 01/06/2010
- 07/09/2010
- 26/10/2010
- 23/11/2010

TRAVEL HEALTH

Are you planning a trip abroad? Make an appointment to see the Practice nurse at least 6 weeks before your departure date. She will give you advice on which vaccinations are recommended for your destination, and plan when to give them.

We can now give Yellow Fever vaccine at the Surgery (saving you a trip to the mainland).



FUN CORNER

Doctor, Doctor, I keep seeing frogs in front of my eyes...

Doctor: Don't worry, its only a hoptical illusion.

Doctor, Doctor, every time I stand up quickly I see Mickey Mouse, Donald Duck and Goofy...

Doctor: Ok, how long have you been having these Disney spells?