

Academy Medical Centre Newsletter

Autumn 2017

Regular News, Information and Updates

Keeping you informed of practice developments and forthcoming events with regular articles helping you get the most from your General Practice

Flu Immunisations

Summer has passed us by all too quickly and it hardly seems possible that we need to start thinking about the colder months ahead and importantly how we can ensure that we stay healthy during the winter months. One of the diseases that can affect you at this time of year is flu and getting an immunisation can help you avoid this potentially serious infection.



NHS FLU VACCINE

Age 65 and over

Children aged 2 & 3 years

(on 1st September 2017)

***Nasal Spray no needles*

Under 65 with the following;

- Chronic Respiratory Disease
- Asthma (requiring regular steroids or with previous hospital admissions)
- Chronic Heart Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease (stroke, MS)
- Diabetes
- Immunosuppression
- Residential Care Home / facilities

Carers

How can I protect myself?

Come in and get your free Flu Immunisation if you are in an "at risk" group. If you are in doubt as to whether you are entitled to the flu vaccine, please contact the surgery and we will let you know. Getting a flu vaccine is a safe and effective way to protect yourself against this disease. It takes about 2 weeks after the vaccine to develop immunity; so get vaccinated as early as you can to protect yourself throughout the season.

*** REMINDER ***

If you are still due your flu vaccination please speak to a member of the reception team who will arrange for you to be seen to have your vaccine.

The vaccination for adults contains de-activated flu virus & cannot cause flu. The nasal flu vaccine has a weakened live virus which is better absorbed through the respiratory tract. The nasal vaccine contains modified pork gelatine.

Alcohol Awareness

With the up-coming festive period, we may all enjoy a "wee swallie" with our turkey dinner. However, we should all be mindful that even a regular, small excess of alcohol can have serious health implications. Overall levels of consumption are falling, however around 2.5 million people drink more than 14 units on their heaviest-drinking days.

Harmful drinking is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages.



Alcohol related problems are estimated to cost the NHS £3.5 billion annually, and is linked to more than 60 medical conditions including liver disease, heart disease, some cancers and depression. In 2015 there were 8,758 deaths related to alcohol in the UK.

The drinking guidelines now recommend the same low-risk level for men and women. This is because, while long-term alcohol-health risks are generally higher for women than men, men face much higher risks of acute harm (e.g. injury) on single drinking occasions. The lower-risk level is therefore set at the same amount for both genders.

Continued excess of alcohol over time can lead to alcohol dependence syndrome. A dependent drinker usually experiences physical and psychological withdrawal symptoms if they suddenly cut down or stop drinking, including:

- ✓ **hand tremors – "the shakes"**
- ✓ **sweating**
- ✓ **seeing things that aren't real (visual hallucinations)**
- ✓ **depression**
- ✓ **anxiety**
- ✓ **difficulty sleeping (insomnia)**

Sometimes it's difficult to make a change such as reducing alcohol intake. Help to reduce your alcohol intake can be sought through your team at the surgery, and wider specialist NHS services.

Too much alcohol can affect your health



Advice on alcohol is readily available on-line;

www.alcoholconcern.org.uk

www.alcoholeducationtrust.org

www.drinkaware.co.uk

www.nhs.uk/livewell/alcohol



Time to relax...

December can be a very busy time for people, and people often have already very busy lives. We are not generally good at making time for ourselves or taking time to relax; sometimes we see it as being selfish.

However, by regularly taking time to relax, or having 'me time', most people:

- ❖ feel less stressed
- ❖ are more able to deal with problems or difficulties
- ❖ feel like their relationships are improved
- ❖ sleep better
- ❖ have more energy during the day
- ❖ think that the investment of time in relaxing was beneficial

Relaxation can mean anything that helps you to feel more relaxed. It may include:

- ❖ meeting a friend
- ❖ having a bath
- ❖ watching your favourite TV show or movie
- ❖ listening to music
- ❖ going for a walk
- ❖ reading a book or magazine
- ❖ Doing relaxation exercises (<http://www.moodcafe.co.uk/download-relaxation-exercises.aspx>)

For more information on relaxation, see:

<http://www.moodjuice.scot.nhs.uk/mildmoderate/Relaxation.asp>

If you are feeling stressed, the self-help guide here might help: web.nrw.nhs.uk/selfhelp/

If you feel like you need someone to talk to, the following helplines may be of help:

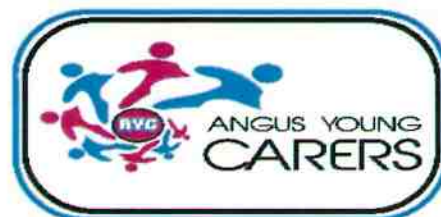
- <http://breathingspace.scot/> 0800 838587 (Mon-Thurs 6pm-2am, Fri-Mon 6pm-6am)
- <http://www.samaritans.org> 116 123 (24 hours)



Angus Carers Drop-In Service at Academy Medical Centre Who is a Carer?

Carers can be wives, husbands, partners, parents, daughters, sons, friends or neighbours who look after someone of any age who may have:

- A physical disability
- A medical condition
- A learning disability
- Mental ill health or Dementia
- Alcohol or substance misuse



Jacqui Dillon is the Carer Development Worker for the North West of Angus. Jacqui can support carers by offering 1:1 support, group sessions, training, social events and activities. If you are a carer and would like information or support please contact Jacqui on 01241 439157 or email Jacqueline@anguscarers.org.uk to arrange an appointment.

Alternatively you can drop into Academy Medical Centre between 10am – 12.30pm on Thursdays to see Jacqui and find out more. No appointment needed.

To find details about our latest event or to discover more about what we do please visit www.anguscarers.org.uk or email enquiries@anguscarers.org.uk or like us on Facebook.



COPD – Patient Action Plans and Rescue Medication

A flare-up is sustained worsening of your COPD symptoms. It is recommended that you discuss with your GP or Health Care Professional a plan of action in advance; detailing what to do should you have a flare-up. This may include using a **rescue pack** which is antibiotics and steroids you keep at home. The action plan should be updated as required.

What does this mean for COPD patients?

All COPD patients have had a **Rescue Medication Prescription** generated and sent to their home address with a letter attached, detailing when to use the treatment. This has also been added to repeat medication re-order forms to allow patients to order this when required for Moderate Flare-Up COPD. Please contact the surgery within 2 days of starting the rescue medication treatment.

If you have any queries regarding this medication please contact the surgery for more information.

Feedback

As the first practice in Scotland to work with our small team-based model of care, we recognise that we are only just starting out on our journey and the new model will take time to embed.

Information and updates are available in the surgery waiting area and on our website:

www.academymedicalcentre.co.uk

As we continue to grow and develop the model, we would welcome your feedback on what we need to improve and what is going well. You can give feedback either to your team or by writing to the surgery or emailing us at:

Academynewmodel.tayside@nhs.net

**Academy Medical Centre
- The Newsletter -**

Our newsletter is produced 4 times per year helping to improve communication between the practice and our patients.

If you have any questions after reading this newsletter or would like to see an article on a particular subject in future editions, please let us know.

If you would like to be notified of our newsletter please visit our website to subscribe.

Access to Medical Records

Please note that we do have a strict policy regarding confidentiality and data protection. In this respect we will only give out results or details of medical records & appointments to the person they relate to unless that person has given prior written consent for their release.

Third party forms are available to pick up from the Reception desk.

**Academy Medical Centre
Public Holidays**

The practice will be closed on the following dates:

Monday 25th December 2017 – Public Holiday

Tuesday 26th December 2017 – Public Holiday

Monday 1st January 2018 – Public Holiday

Tuesday 2nd January 2018 – Public Holiday

Wednesday 28th February 2018 – Closed from 12.30pm

Wednesday 28th March 2018 - Closed from 12.30pm

If you take regular medications, please ensure you check you have enough left to cover the holiday period. It's also important not to over order, so only request what you need, and make sure you don't run out of anything during that time. If on regular medications please discuss the Chronic Medication service with your pharmacist.

If you need help over holidays or practice closures...

If you are ill on a day or time when the surgery is closed and you can't wait until it reopens, call **NHS24 on 111** who can arrange for you to be seen at your local out of hours services or whatever is most appropriate.

If its an emergency... always dial 999 in the event of an emergency

On behalf of Dr MacCallum and partners we would like to wish our patients a very Merry Christmas and a Happy New Year.



