

Branch Surgery
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Main Surgery
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Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centre – January 2015

Changes at the Practice

We are pleased to advise that Michelle Aitken & Janice McKay have now joined our administration/reception team at our Cove practice.

Feeling Low?

This time of the year sees a peak in the incidence of anxiety and depression. Whether it's the weather, the lack of light, a flatness post-Christmas or paying the festive bills, maybe nothing to do with these ...it can be a low and difficult time for many.

What can you do if this is the case?

Sometimes self - help can chase away the blues....a bit more exercise, healthy eating, keeping within advised alcohol levels for example - can all help (it's very easy to let these go a bit over winter). Other people can find a lift in getting involved in other activities such as music or arts and craftswhether individually or in groups. Volunteering to help others like the Elderly or Disabled can give a great lift to the volunteer as well as those they help. Information on local activities that might help can be found at local community centres at Loirston and Altens. Other opportunities of all sorts are available across the town. If you're keen but not sure where to look then often Healthpoint can help (Tel-0500 202030).

Of course this does not work for all ...many will need some help via the surgery but it is always worth considering self -help too.

There are times when emotional distress can be overwhelming ...at these times Samaritans can be a great help and are ready to give confidential and non-judgemental support to all, whatever the time of day or night (01224 584477 or 08457 909090).

Amongst other good supports are

-----Living Life , CBT by self-help coaches or therapists organised by NHS 24 and available Mon - Friday on 0800 328 9655

-----Penumbra First Response - providing help to those needing immediate support (0333 444 0324 / aberdeen1stresponse@penumbra.org.uk or walk-in service at 20 Back Wynd from Mon - Fri 10am - 6pm)

These are just some amongst many sources of potential help when you are feeling low, there are loads of people desperately keen to help you recover.

Changes to Grampian Automated Thyroid Follow Up Register (GAFUR)

From 1st January 2015, GAFUR will no longer be providing clinical advice on the results of thyroid function tests for our patients. The practice will now oversee the management and care of patients who were previously looked after by GAFUR.

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Medication Administration Training

www.medicinemanagement.org or <https://www.youtube.com/user/medicinemanagement>

The aim of this resource is to provide easily accessible and timely training on the administration of medicines (oral and non-oral) for both formal and informal carers. The following video clips are available:

- How to administer: eye drops, eye ointment, MDI inhaler + spacer, ear drops, nasal spray, patches, medicated creams/ointments, mouthwash, nebulas and oxygen via a concentrator
- How to prompt, assist or administer medicines as a formal carer (and how not to administer medicines!)
- How to organise medicines and create a medicines chart
- The 'journey' of a prescription

Get Well Without Antibiotics –

Common illnesses such as coughs and colds, sore throats, sore ears and sinusitis are most often caused by viruses. Over the winter months, many of us will suffer from these symptoms and it is important to know how to treat these effectively and what to expect from your GP or Pharmacist.

There are lots of measures you can take at home to manage a cold or similar illness – drinking plenty of fluids, especially warm drinks; getting rest; washing hands regularly and avoid sharing towels to help prevent the spread of infection.

Your community Pharmacist can advise on the best over-the-counter medicines for you and your family. They can check these are safe with any other medication you are prescribed and any other medical conditions you may have.

Your GP may issue you with a 'non-prescription' – this is a leaflet for patients' with an illness that does not require antibiotics. It will explain how long you can expect your symptoms to last and will provide self-management advice for you to follow at home.

The reason antibiotics rarely work to treat these infections is because they do not kill germs that are viruses, nor have they been shown to speed up recovery. They can sometimes make symptoms worse if you develop side effects such as sickness and diarrhoea.

Resistance to antibiotics is a growing problem – by not using antibiotics for viral infections, they are more likely to work when you really do need them. Using antibiotics inappropriately can also cause serious infections to develop that are difficult to treat.

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It is very important that we are all aware of these problems and understand that antibiotics will only be prescribed when they are **really** needed.

There are information leaflets in the Surgery and in your Community Pharmacy about how to treat coughs and colds, sore throats and similar self-limiting conditions. They also provide details on how to know when your symptoms are getting worse and why you should seek further medical attention. Please feel free to take these leaflets home.