



# NORTH UIST MEDICAL PRACTICE NEWSLETTER

Issue 9

December 2011

[www.north-uist-medical.co.uk](http://www.north-uist-medical.co.uk)

## STAFF LEAVING THE PRACTICE

In July 2011 Dr Keiller has retired from the practice. The staff of North Uist Medical Practice treated him to a meal in Langass and presented him with a few gifts. we all wish him well.

## CHRISTMAS/NEW YEAR HOLIDAYS 2011

North Uist Medical Practice will be closed on the following dates over Christmas and new year:

- Friday 23rd—OPEN
- Monday 26th—CLOSED
- Tuesday 27th—CLOSED
- Wednesday 28th—OPEN
- Friday 30th—OPEN
- Monday 1st—CLOSED
- Tuesday 2nd—CLOSED
- Wednesday 3rd—OPEN

Please ensure that you order you repeat prescriptions in plenty of time, allowing 2 working days from when you order your medication to picking it up.

## Members of the PPG (North Uist Practice Patient Participation Group)

- Ms Sandi Humphrey—Sollas  
[sandisolas@gmail.com](mailto:sandisolas@gmail.com)
- Mrs Christina Dick—Lochmaddy  
[christinadick@hotmail.com](mailto:christinadick@hotmail.com)
- Mrs Isa Mackillop—Locheport  
[isamackillop@aol.com](mailto:isamackillop@aol.com)
- Mr Archie Campbell—Bayhead  
[akcampbell@cne-siar.gov.uk](mailto:akcampbell@cne-siar.gov.uk)
- Mrs Theona Morrison—Grimsay  
[tmorrison@nce-siar.gov.uk](mailto:tmorrison@nce-siar.gov.uk)
- Mr John Maclean—Bernaray  
[mvshipping@hebrides.net](mailto:mvshipping@hebrides.net)

## NORTH UIST MEDICAL PRACTICE PATIENT PARTICIPATION

It has proved to be very helpful for the Practice to have a PPG group. A number of issues have been dealt with via the group. The minutes of these meetings are available on the North Uist Medical Practice web site [www.north-uist-medical.co.uk](http://www.north-uist-medical.co.uk)

One of the agenda items was that the PPG thought it would useful if the public knew what services were available and how they could access the services. We will be looking at other services in future newsletters

## COMMUNITY NURSING SERVICE

Services provided:

- \* Health Promotion
- \* Long term management and support for patients with chronic diseases.
- \* Wound assessment and treatment.
- \* Participation of continence and assessment and treatment of incontinence and prescription of continence aids
- \* Provision of palliative care.
- \* End of life care and family bereavement support.
- \* Administration of specific treatments.
- \* Surveillance and anticipatory care.
- \* Carrying out carer assessments and providing support, training and advice as needed.
- \* Holistic and clinical risk assessment.
- \* Responsibility for the case management of both the health and social care needs of the patients who are on their caseload.

Referrals can be made by:

- \* Other health care professionals.
- \* Patients and their family or friends.
- \* Social work and Home Care services.
- \* Western Isles, Uist and Barra , St Brendans and mainland hospitals.

North District—North Uist circular, Lochmaddy, Sollas, Bayhead, Bernaray.

Tel No: 01876 500309

Clachan, Carinish, Trianaid, Grimsay District

Tel No: 01870602266

## NEW GP



Dr Woods has come over from Glasgow where she has been working for the last few years. She brings a wealth of experience to North Uist and has a special interest in respiratory medicine.

## NEW NURSE



Jan Barker has been in post since July as our new Practice Nurse. Jan used to work in Uist & Barra Hospital.



Doctors and staff at North Uist Medical Practice would like to wish all our patients a Merry Christmas and a Happy New Year!

## NEW OUTSIDE LIGHT

A new outside light has been fitted at the practice. This is beneficial to both patients and staff as the car park was very dark and dangerous in the winter.

## WEAR IT PINK DAY

On Friday 28th October staff at North Uist Medical Practice took part in "wear it pink day". Staff had a baking stall and various other fund raising events and raised a total of £125.47! Well done everyone!!



## COUGHS AND COLDS

Most of us will probably have a cold this winter. The main symptoms of winter bugs are coughing, sneezing, blocked nose, sore throat, headache and a slight temperature. If these are the only symptoms you have, it is unlikely that your GP will be able to do anything. Try to rest and keep well hydrated. You could also take paracetamol to treat fever and pain, steam inhalation helps clear a blocked nose.

## FUN CORNER

Mum , can I have a dog for Christmas?  
No, you can have turkey like everyone else!

Why didn't the skeleton go to the Christmas party?  
He had no body to go with!

What is special about the Christmas alphabet?  
It has NO FU!

