

WHY ANTIBIOTICS ARE NOT ALWAYS NEEDED

MANAGEMENT OF A SORE THROAT

- Majority of patients presenting with a sore throat do not require antibiotic treatment
- The average duration of symptoms is 7 days whether you take antibiotics or not
- Evidence shows that regular painkillers are more likely to help your symptoms than antibiotics

HELPFUL TIPS:

- Drink plenty of fluids and suck on throat lozenges or similar to stop your throat becoming dry
- Rest if you feel tired
- Avoid foods that cause pain when you swallow
- Try to avoid smoking or smoky atmospheres

MANAGEMENT OF EAR ACHE

- Most common in children less than 10 years of age
- In 80% of children it was found that this can resolved without antibiotics in around 3-4 days
- The average duration of symptoms is 4 days
- Regular analgesia, such as paracetamol and or ibuprofen, will help the immediate pain more quickly than an antibiotic

MANAGEMENT OF A "CHEST INFECTION"

- Cough usually lasts for 7-10 days but can persist for 3 weeks with or without antibiotics
- An antibiotic will not be given after clinical examination confirms there are no chest signs
- Sputum alone is not an indication for antibiotics if you have been previously well and have no chest signs

HELPFUL TIPS:

- Try to avoid smoking or smoky atmospheres
- Drink plenty fluids and rest if you feel tired

WHEN THE GP WILL CONSIDER ANTIBIOTICS

- When the patient has symptoms and signs of serious complications
- When the patient is at a high risk as they have other conditions such as diabetes, asthma, coronary heart disease etc
- When the patient is aged 65 or older
- When the patient is aged less than 3 months

IF ANTIBIOTICS ARE GIVEN TAKE THEM REGULARLY AND COMPLETE THE TREATMENT

SURGERY OPENING

Bridge of Don Surgery

Mon, Wed, Fri
08:00 – 18:00
Tues, Thurs
8.00 – 21.00

Udny Station Surgery

Monday - Friday
08:30 – 14:30

USEFUL CONTACTS

NHS 24 111
Physiotherapy Service 08456 040001
Bridge of Don Clinic 01224 825712
Boots Pharmacy 01224 705440
Braehead Pharmacy 01224 702170
Asda Pharmacy 01224 227110
Tesco Pharmacy 01224 904857
Balmedie Pharmacy 01358 741226

Abdn Royal Infirmary 08454 560000

SCOTSTOWN MEDICAL PRACTICE
Cairnfold Rd, Bridge of Don,
Aberdeen AB22 8LD

UDNY STATION MEDICAL PRACTICE
Woodside Terrace, Udny Station
Aberdeenshire AB41 6PJ

**FOR BOTH SCOTSTOWN & UDNY STATION
PLEASE TELEPHONE:**

0345 189 7070

Then choose the following options:

- 1: Non-life-threatening emergencies
- 2: Udny Station appointments & enquiries
- 3: Bridge of Don appointments & enquiries
- 4: Test results (between 11am & 4pm only)

Website:

www.scotstownmedicalgroup.co.uk

AUTUMN/WINTER 2019

Scotstown Patient Participation Group



The overall aims of the Patient Participation Group (PPG) are to support and enhance the work of Scotstown Medical Group. It is a route for patients to advise and inform the Practice on what matters most to them and to help identify solutions to any problems. It also provides the opportunity for GPs and practice staff to inform patients of the reality of running a General Practice, and the reasons behind some of the decision-making.

By listening to patients' representatives, and involving them in decision-making GPs and practice staff can ensure that their service provision is more effective and tailored to the healthcare needs and desires of the community they care for.

We need people to join us - young folk, workers, retirees, people with long-term conditions and people from non-British ethnic groups – everyone in fact.

You can download the sign-up form as a pdf document from the Scotstown Medical Group website, print it out, complete it and return it to the practice.

Our PPG group usually meets one evening every 2 to 3 months at Scotstown Surgery. Do come along and help us work together with the Scotstown team to maintain high standards of provision. Ask at the Surgery for meeting dates.

G.P. FOCUS

Dr. Alasdair Forbes

THINK 3 BEFORE GP

Winter is definitely coming, there's no doubt about that, so we need to make sure we are ready to cope. Most of the bugs that affect us are viruses, and for many patients they are what doctors call "self-limiting". This means that the symptoms and unpleasant effects will not last that long and will get better in a few days with little or no treatment. Indeed most people will only need to take simple paracetamol for relief of pain and fever, rest, and stay well hydrated.

Before calling the practice to make an appointment if you have a cold, flu-like illness or tummy upset, you should ideally "Think 3 before GP":

1. SELF CARE

For minor ailments, patients might safely treat symptoms at home, for example through rest or with appropriate over the counter medicines.

2. USE TRUSTED ONLINE NHS SERVICES

Online NHS services offer sensible advice on a range of health issues and are a useful place to turn for initial guidance. Visit www.nhsinform.scot.

3. SEEK ADVICE FROM A PHARMACIST

Pharmacists are highly skilled healthcare professionals who can offer valuable advice then and there.

Following the above advice should see most people through their winter bug woes, but if not, or the symptoms are severe (for example high fever, feeling confused, a rash that does not "go" when pressed by a glass, passing blood with diarrhoea) then contact your practice.

The other, perhaps not so clear, benefit of following this advice is that you stay at home and do not spread the bugs to others. This is especially important if you work in caring, catering, healthcare or schools. Turning up to work feeling miserable is commendable in one way, but not for all the folk you could infect!

This is an example of how we can all stop and think about how we use the NHS and be aware of the bigger picture. We often are unaware about how our individual actions can sometimes have wider consequences. It is also useful to remember that, for viral infections which cause most coughs, colds and tummy upsets, antibiotics will not work.

On that note I do wish to remind all eligible patients to get their flu jabs. I know there has been some confusing coverage in the press. Don't worry - you will get the correct vaccine as your practice staff will know what to give. If you are 65 and over, or will be by the end of March 2019, then book your flu jab appointment. The same goes for younger patients with chronic conditions such as heart disease or diabetes. If you have asthma and need to take a regular preventer inhaler, usually containing a steroid, then you will be eligible too. However if you just use the blue "reliever" inhaler only you are not eligible if under 65.

Lastly poorer weather does not excuse you from staying active, apparently the Swedes have a saying "there is no such thing as bad weather, only bad clothing!" So wrap up warm in your water proofs and stay active to offset the calorie excesses of the pending festive season, which I hope you all enjoy!

OUR SERVICES

ALL GPs must provide essential services - that is basic treatment of ill people.

Additional and enhanced services available at Scotstown include:

- Child health surveillance, together with the health visiting team
- Contraceptive services including contraceptive advice, oral contraceptive pills, contraceptive injections, implant fitting and coil insertion
- Maternity services in the ante-natal and post-natal period, together with the midwives from the Aberdeen Maternity Hospital
- Routine immunization of children, together with the health visiting team
- Cervical smears
- Minor surgery clinics: for the removal of various small skin lesions.
- An annual flu immunisation programme to protect the elderly and at risk
- Regular monitoring, by blood and urine tests, for patients on a range of drugs for arthritis
- Regular monitoring, by blood tests for patients on Warfarin
- Annual comprehensive reviews for patients with heart disease Annual comprehensive review for patients with diabetes
- Minor injury service.

WE ARE A TRAINING & TEACHING PRACTICE

We provide a framework that supports supervised training to allow the GP Registrar to develop and reach the standard required for independent general practice

As a result, we are involved in the teaching of postgraduate doctors who wish to become general practitioners. We will have both GPST3 and GPST1 level trainees, who are qualified doctors. We will also have junior and senior students from Aberdeen University attached to the Practice. These students may occasionally "sit in" with the doctors or nurses. They are always aware that their presence is at your consent.

We may on occasion use video-recording equipment in consultation as part of the teaching process. Patients' consent for this will always be requested beforehand. It is hoped that all patients will assist with these educational initiatives but if you wish to see the doctor alone please do not hesitate to ask for the student to leave or the video camera to be switched off.



The flu vaccine is the best available protection against the flu virus. It's safe, takes only a few minutes and will last a year. If you are 65 and over, or will be by the end of March 2020, then book your flu jab appointment, if you haven't had it done already. The same goes for younger patients with chronic conditions such as heart disease or diabetes. If you have asthma and need to take a regular preventer inhaler, then you will be eligible too. If you do not qualify for a free flu injection, for a small fee you can have it done at most pharmacies.

MESSAGING SERVICE

You can now register to receive information by text message on your phone regarding appointments and health care. If you wish to register for this messaging service, please complete the [consent form](#). You will find it at: www.scotstownmedicalgroup.co.uk/info

ONLINE PRESCRIPTIONS

Please ensure you are registered for our online system. For more information, click on the "Online Services" tab on our website www.scotstownmedicalgroup.co.uk or ask at reception.

BOOKING APPOINTMENTS

If you think you need more than 10 minutes for your appointment, please discuss this at reception as you may need to book a longer appointment.



SCOTSTOWN WALKING GROUP

Scotstown walking group meets every
Wednesday at 1.15pm.
All new members welcome.

Contact: georgecoull@btinternet.com