



The Strathmore Surgery

Newsletter – December 2024



SURGERY OPENING HOURS OVER THE FESTIVE PERIOD

We are open every week day as normal apart from the Public Holidays dates below

Wednesday 25th + Thursday 26th December 2024

Wednesday 1st + Thursday 2nd January 2025

Please remember to order your repeat prescriptions in plenty of time allowing at least two working days. If you do run out please ask your local pharmacy for an emergency supply.

If you need medical advice when the surgery is shut please call NHS 24 on 111

Luxury Christmas Hamper Raffle

Tickets £1 each and be can be purchased at the reception desk

All proceeds to Mantalk in Blairgowrie

Raffle to be drawn on 23rd December

With Christmas approaching the surgery is entering into an especially busy period with the demand to see a GP increasing hugely. Please can we ask patients to cancel their appointment in plenty of time if they are unable to attend so another patient can be allocated the slot?

We would like to remind patients of the other services available to them as a GP appointment might not always be necessary.

The **NHS Inform** website contains a very helpful symptom checker which will help guide you to if you actually need to see a GP or if it is something that could be dealt with by another medical professional, e.g. a Community Pharmacist or a Physiotherapist. It also gives self help measures to help treat your symptoms. You can also visit our practice website www.strathmoresurgery.co.uk for lots of helpful links as well.

There are many services available to patients without the need to be seen by a GP first.

- **Minor Ailments Scheme** – This is a summary of conditions that can be treated at your community pharmacy once you have registered at the pharmacy: Indigestion, Infant Colic, Constipation, Diarrhoea, Haemorrhoids, Allergy, Cough, Nasal Congestion, Pain, Travel Sickness, Thrush, Fungal Skin infections, Cold Sores, Warts and Verrucae, Threadworm, Head lice, Scabies, Acne, Nappy Rash, Eczema, Dry Eye Conditions, Conjunctivitis, Ear Wax, Mouth Ulcers and Inflammation, Teething and Cystitis.
- **Minor Injuries** – Call NHS24 on 111 and you will be directed to the most appropriate centre for the care required.
- **Health and Wellbeing Nurse** – Paul Connelly is in the surgery specifically to support you with Health and Wellbeing concerns that may be affecting your mental health. After chatting with you he may be able to offer suggestions on ways to improve your wellbeing. Appointments are available to book every Friday. Please phone or speak to one of the reception team.
- **Muscle or Joint Problems** – Call the surgery to make an appointment with the First Contact Physiotherapist team. Appointments are available every week at the Cottage Hospital.
- **Urinary Tract Infection** – Your local community pharmacist can treat women aged over 16 with uncomplicated UTIs. There is no need to take a sample with you. If you do not fit the criteria for pharmacy treatment please do not hand samples into the surgery unless a GP has requested you to do so.
- **Impetigo** – Your local community pharmacist can treat adults and children aged 2 years or older.
- **Urgent Supply of Medication** – A patient who runs out of their prescribed medication and cannot obtain a prescription for further supplies within a reasonable period can obtain an emergency supply from their community pharmacy.
- **Accident and Emergency Department (A&E)** – If you have a significant injury / trauma e.g. road accident, likely fracture of large bones, A&E should be the first port of call.
- **Practice Pharmacist** – To help deal with any medication queries.

REMEMBER IF YOU'RE FEELING UNWELL ANTIBIOTICS AREN'T ALWAYS NEEDED

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness.

If you or a family member is feeling unwell, have a cold or flu and you haven't been prescribed antibiotics, here are some effective self-care ways to help you feel better.

- Ask your pharmacist to recommend medicines to help with symptoms or pain.
- Get plenty of rest.
- Make sure you or your child drink enough to avoid feeling thirsty
- Fever is a sign the body is fighting infection and usually gets better by itself in most cases. You can use paracetamol if you or your child is uncomfortable as a result of fever.
- Make sure to use a tissue for your nose and wash your hands frequently to avoid spreading your infection to your family.

How long should my symptoms last for?

- Earache (middle ear infection) 8 days
- Sore throat 7-8 days
- Sinusitis (adults only) 14-21 days
- Cold 14 days
- Cough or bronchitis 21 days

If you are very worried, not improving, or feeling you are getting worse you should contact your GP, or at other times call NHS24 on 111.

WHEN ANTIBIOTICS ARE NEEDED

Antibiotics are needed for serious bacterial infections including:

- Sepsis
- Pneumonia
- Urinary tract infections
- Sexually transmitted infections
- Meningococcal meningitis

For more information on antibiotics visit www.nhsinform.scot/antibiotics

SEASONAL FLU + COVID VACCINES & TRAVEL VACCINATIONS

All vaccinations are now given via the NHS Tayside Vaccination Team. You can check your eligibility and book your appointment by going onto the NHS Inform Website www.nhsinform.scot.

If you are going far afield on holiday travel vaccines are also organised via the Vaccine Team.

If you have any vaccine queries you can call the team on **01382 423108**

**WE WOULD LIKE TO WISH ALL OUR PATIENTS
A VERY MERRY CHRISTMAS
AND A HAPPY NEW YEAR**