

Branch Surgery
Kincorth Medical Centre
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**Dr D. Fowler, Dr A.D. Jamieson,
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Dr C. Mitchell, Dr S. Kumar,
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Main Surgery
Cove Bay Health Centre
Earns Heugh Road
Cove Bay, Aberdeen
AB12 3FL
Tel: 0345 337 1170
Fax: 01224 846857

Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centre – September 2016

Changes at the Practice

There have been a few changes at the Practice recently, Dr Samantha Skinner left the practice on 30th August in order to start locum work which is more flexible for her family commitments. Dr Skinner has been with us for five years and will be greatly missed by patients and staff alike. We are pleased to advise that Dr Laura Batalla will be starting with us on 5th October. Dr Batalla has an interest in family planning which will be a useful addition to the practice. We were also sad to say goodbye to Healthcare Assistant, Jackie Moir and Sonja Taylor, Kincorth Receptionist who have moved on to pastures new.

Keep Clear of Flu, Meningitis & Shingles

Every winter we can be guaranteed an outbreak of flu. Those who have had flu will be aware of how utterly miserable and debilitating it is. At best it is a total wipe-out for 2 weeks or longer with high fever, aching, cough and extreme fatigue. For some it can be more serious and result in severe chest infections and potentially hospitalisation, tragically a few people die every year as a consequence of flu.

If you are over 65 or have a longer term health problem (e.g. Heart Disease, Diabetes, Asthma, Emphysema) then you are entitled to a free flu vaccination, please contact the surgery after 10am on 0345 337 1170 for an appointment (including Saturday morning options – **Saturday 8th & 29th October** at our Cove Practice). **BOOKING NOW!** Please contact us if you are not sure if you are eligible for a free flu vaccination.

We are also vaccinating pre-school children age 2 and upwards with a nasal sniff form of flu vaccination.

Ellie at Cove Pharmacy offers a private flu vaccination at a very reasonable price should you wish the flu vaccination but you not entitled to a free NHS vaccination or this can also be done at the practice for £20.

ARE YOU aged 16-18 and leaving school or ARE YOU 18-25 and starting College/University for first time? There is a slightly higher risk of meningitis in these groups but there is nothing to panic about but it is safer to get covered with Meningitis ACWY vaccination. Please contact the surgery to book an appointment for a free vaccination -- 0345 337 1170

There is now a vaccine for shingles. The vaccine reduces the chances of you developing shingles and even if you do develop shingles then the disease is likely to affect you less severely.

The Shingles vaccination groups for 2016/17

If you were born on or between the dates below and you wish to also be vaccinated for Shingles please advise when you are booking in for your flu injection.

02/09/1945 to 01/09/1946

02/09/1937 to 01/09/1940

If you are unsure if you are eligible there is an online ready reckoner tool for members of the public to use. This can be found on the NHS Immunisation Scotland website -

<http://www.immunisationscotland.org.uk/vaccines-and-diseases/shingles.aspx>

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Pharmacy Urine Infection Treatment

It is now possible for female patients to obtain advice and treatment for "straight-forward" urinary tract infections without seeing the G.P provided you are not pregnant and have not had a urine infection in the last 6 weeks. The Pharmacist can check a urine sample and prescribe an antibiotic if necessary.

Participating local pharmacies are:

1. Cove Pharmacy
2. Abbotswell Pharmacy
3. Gardner Pharmacy
4. Boots Garthdee

Zero Tolerance Policy

We hope our "Zero Tolerance Policy" will rarely, if ever, be needed but after a recent event it might be useful to remind us all of the Policy as per our Practice Booklet.

Our Doctors, Nurses and Staff provide a vital service to patients and they have the right to go about their duties without fear of attack or abuse. Patients who abuse or threaten abuse to members of the Kincorth or Cove Bay Health Centre team will be asked to leave the practice and find another Doctor. In serious cases, police involvement may be necessary.