

KEITH HEALTH CENTRE AUTUMN NEWSLETTER

WHY NO ANTIBIOTICS?

With Autumn upon us, and winter on its way, our GPs and nurses can be overwhelmed with the pressure of seeing patients suffering from a range of common viral infections eg of the nose, throat, ears and chest.

Many flu-like illnesses are also caused by viruses. Diarrhoea and/or being sick (vomiting) are often due to a viral infection of the gut. If you are normally well, your defence (immune) system is good at fighting off many types of viral infection. An antibiotic medicine is not needed if a virus is causing an infection.

This is because:

- Antibiotics do not kill viruses
- Antibiotics only kill germs called bacteria
- Antibiotics may cause side-effects

such as diarrhoea, rashes, feeling sick, etc.

- Overuse of antibiotics, when they have not been necessary, has led to some bacteria becoming resistant to them. This means that some antibiotics might not be as effective when they are really needed.

More information/advice on this subject is available at the surgery.



KEITH FLU CLINIC Saturday 3rd November 10am-4pm

Who would believe that flu season could come round so quickly!

Those of you who are over 65 years of age, and those who are parents of children aged 2-5, may have already received invitation letters from NHS Grampian. Those who are eligible and under 65 years should have been/will be notified via a letter from the practice.

The clinic will run at the Health Centre from 10am-4pm on Saturday 3rd November. Simply come along between those times with your invitation letter.

The Patient Participation Group have organised free tea/coffee and biscuits in the St Rufus Hall. Tesco are contributing the food, and a FREE RAFFLE.

Local groups will also have stalls and information about various activities and services available locally to help you maintain your health and wellbeing. We look forward to seeing you on the day!

STAFF CHANGES

We would like to welcome Gillian Walker, our new Advanced Nurse Practitioner (ANP), to our team. She is a very experienced nurse who will be seeing patients with acute symptoms which need to be dealt with on that day, helping to triage calls and assisting the GPs with home visits. Gillian is already proving herself to be an asset to the practice team!

TEXT MESSAGING IS COMING SOON!

The practice is preparing to start use text messaging to remind patients of their appointment dates and times and to invite patients to clinics such as the annual flu day.

We are aware that this has become a very important means of communicating for many people, and one which is very quick and easy to use. However, we will never send confidential information in this way.

We would ask you to contact the practice if you wish to opt out of this service. If you do wish to receive texts from us, please check at reception to ensure that we have your most up to date contact number on record.



COMMENTS AND SUGGESTIONS

If you have any suggestions for our next newsletter, please hand them in to reception, or send them in to *Lynn Ross, Practice Manager*. We look forward to hearing your news/views.



MAKING IMPORTANT PLANS FOR THE FUTURE



As part of our daily lives we tend to plan ahead— where we are going to live, work, whether we want to travel or perhaps have a family. This is all about choosing what is right for us. However, one of the most important decisions we can all make in life is one which many of us fail to do—decide on and put in place a Power of Attorney. Perhaps it is difficult to think of a time when we may be unable to make decisions for ourselves, or we choose not to raise the issue in case we upset our family or friends. Nevertheless, if we do not plan ahead for this possibility, we may miss the chance to legally state our wishes. This becomes increasingly important as we get older.

Many of us assume that our family /friends would be able to step in and make decisions for us if we lost capacity, but this is simply not the case. If there is no Power of Attorney in place, someone would have to go to court in most cases to get the authority to act on our behalf. This can take a long time, cost a lot of money and be extremely stressful for all involved. It is also conceivable that someone we would not have chosen, will be granted authority to make decisions on our behalf, and they may not be aware of our wishes.

There are 2 types of Power of Attorney available under the Adults with Incapacity (Scotland) Act:

- Power of Attorney relating to your financial/property affairs is known as “continuing power of attorney” and may be given with the intention of taking effect immediately and continuing on your becoming incapable. Or you can decide you only want it to begin if you become incapable.
- Welfare Power of Attorney allows someone you have appointed to make welfare decisions for you, and these powers cannot be exercised until such time as you have lost the capacity to make these decisions.

The Power of Attorney document must be certified by a solicitor who must interview the person granting the power of attorney just before he/she signs the document, to ensure that they are aware of what they are doing and are not being put under any pressure.

Want to read more about it? Pick up a leaflet at reception or talk to our medical staff for advice.

DIFFICULT DECISIONS ABOUT END OF LIFE TREATMENT

As we get older and more frail it is worth thinking about whether we would, as individuals, wish to receive a treatment called CPR (cardiopulmonary resuscitation) in the event that our heart and breathing should stop. Along with our healthcare team we can discuss in advance if we would benefit from CPR, taking into account our state of health, our personal wishes, whether CPR is likely to re-start our heart and breathing and for how long, and whether CPR will help us live longer in a way that we would enjoy. These conversations are extremely difficult for all concerned, but are so helpful in supporting respect for people’s wishes. To find out more ask our reception staff for a leaflet, or talk to the medical staff.

