



Keith Health Centre Autumn Newsletter

Flu and Covid Vaccination Campaign

Patients who are eligible for either (or both) a Flu or Covid vaccination will be invited by NHS Scotland to attend a local vaccination clinic to have their vaccine(s) administered. Eligible patients should receive an invitation by text, email or in the post. The practice is NOT involved in this campaign and, is unable to assist with the arrangement or changing of appointments. For further information, patients are advised to visit :-

www.nhsinform.scot/winter-vaccines , or tel: 0345 337 9899.

Appointments are being offered at the Fiona Elcock Centre in Elgin and for those aged 75 and over, there are community clinics as follows:

TUESDAY 31/10/23 - LONGMORE HALL, KEITH

WEDNESDAY 08/11/23 - LONGMORE HALL, KEITH

Celebrating 25 years' Service!



This year marks 25 years of loyal service to Keith Health Centre for Mrs Denise McWilliam, our Office Manager.

Denise has seen many changes in the health centre since she joined back in 1998!

We are hugely grateful to her for all she does both for our patients and for everyone in the team, and for being such a reassuring constant in times of change. She is a much loved and respected member of the team, always calm and in control..

As office manager she is responsible for the day to day management of all admin duties and admin staff rotas.

This achievement will be celebrated later in the month.



Why no antibiotics?

With autumn upon us, and winter on its way, our clinicians can be overwhelmed with demand for appointments for a range of common viral infections eg of the nose, throat, ears and chest.

Many flu-like illnesses are also caused by viruses, as are diarrhoea and/or vomiting (viruses of the gut). If you are normally well, your immune system is good at fighting off many of these infections. An antibiotic is not needed if you have a viral infection.

This is because:

- Antibiotics do not kill viruses
- Antibiotics only kill germs called bacteria
- Antibiotics may cause side-effects such as diarrhoea, rashes, nausea, etc
- Most importantly, 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.

MAKING IMPORTANT PLANS FOR THE FUTURE



As part of our daily lives we tend to plan ahead. However, one of the most important decisions we can ever make in life is often one which we put off - deciding on, and putting in place a Power of Attorney. It can be difficult to think of a time when we may be unable to make decisions for ourselves, and we often do not want to upset family/friends by raising the subject. However, if we do not plan ahead for the possibility, we may miss the chance to legally state our wishes. Many of us assume that our family/friends will be able to make decisions for us if we lose capacity, but this is not the case. If there is no Power of Attorney in place, there is a long, complicated process to go through, where someone would most likely have to go to court to get authority to act on our behalf. This can cost a lot of money and be extremely stressful. It is also possible that someone we may not have chosen is granted authority to make decisions on our behalf, and they may not know our wishes.

There are 2 different types of Power of Attorney available:-

- **“Continuing Power of Attorney”** relates to your financial/property affairs and may be given with the intention of taking effect immediately and continuing when/if you become 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. *Please note that 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 not being put under any pressure.

Want to read more about it? [A Guide to Power of Attorney « Keith Health Centre](#) or ask our staff for advice.

THE PRESSURES FACING GENERAL PRACTICE AND HOW WE ARE RESPONDING

As most of you will know, General Practice has seen unprecedented pressures over the last few years, and these continue to increase. The work involved in being a GP today is hugely different from the days when the NHS began, and in order to be sustainable, general practice will keep changing.....

Keith Health Centre recently printed a letter to patients explaining the issues affecting GP surgeries and this is available to read on our website www.keithhealthcentre.co.uk Simply click on “latest news.” If you do not have access to the internet, please feel free to ask for a copy at reception.