

Academy Medical Centre Newsletter Winter 2023

Winter Vaccinations

Vaccination is required every year because flu viruses are constantly changing and your level of protection against COVID-19 may have reduced since your last vaccine. The vaccines offered this year will give you the best possible protection against the viruses likely to be circulating this winter.

We would highly encourage you to book your vaccine if you haven't already done so.

Who is eligible for the winter vaccinations?

Eligible groups for winter vaccinations 2023

COVID-19 Vaccine

and Flu Vaccine

Residents and staff in care homes for older adults	People aged 65+	Those aged 6 months+ with a condition that places them at higher risk	Pregnant women
Frontline healthcare workers*	Frontline social care workers	Carers (including unpaid and young carers aged 16 or over)	Those aged 12+ who are a household contact of someone with a weakened immune system

Flu Vaccine

Children aged 6 months-2 years at higher risk of flu	Children aged 2-5 years (and not yet in school, on 1 September 2023)	All primary school pupils	All secondary school pupils	People aged 18-64 years with an eligible condition
Those aged 50+	Nursery, primary and secondary school teachers and pupil-facing support staff	Prison population, prison officers and support staff who deliver direct front-facing detention services	Non-frontline NHS healthcare workers**	

www.nhsinform.scot/wintervaccines

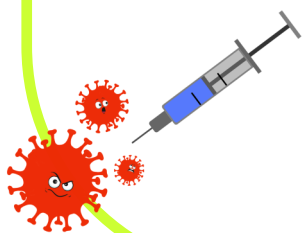
Information correct at time of publication: 15 August 2023

Public Health
Scotland

NHS
SCOTLAND

*includes independent contractors & support staff who are patient facing (GP, dental, optometry, community pharmacy)

**includes all independent contractors & support staff (GP, dental, optometry, community pharmacy), available via NHS Occupational Health Scheme



To find out more about your eligibility and where to get your vaccine, visit www.nhsinform.scot/winter-vaccines

Happy Holidays

Wishing you all a wonderful holiday season and a happy, healthy & prosperous new year!

Happy
Holidays!

For services and the latest practice news let us know your email address and we will add you to our mailing list or visit

www.academymedicalcentre.co.uk

You can also follow us on Facebook, X (formerly Twitter), Instagram and YouTube

@ForAcademyMed



Your feedback means a lot...

"Big thank you to AMC and the staff, you're doing a great job"

"My experience has been excellent. The team at Academy were very efficient in booking me an appointment whilst providing me with information I had requested. They are doing their best considering national shortage, and they are easy to deal with."

"I was very impressed and appreciative of the care that was given to my brother. He was thoroughly examined and continues to have his follow ups"

Medicine Sick Day rules

Taking certain medicines when you are dehydrated can result in you developing a more serious illness.

If you have fevers, shakes, or sweats, or vomiting or diarrhoea (unless only minor), then you should **STOP** taking any of the tablets listed below **until** you feel well again and have been eating and drinking normally for 24 hours.

If symptoms persist for more than 48 hours, please contact your GP, nurse, pharmacist or NHS 24 (call 111).



This relates to the medicines below;

ACE inhibitors: medicines with names ending in 'pril' such as Lisinopril, Perindopril, Ramipril

ARBs: medicines with names ending in 'sartan' such as Losartan, Candesartan, Valsartan

Diuretics: sometimes called 'water pills' for excess fluid and high blood pressure. Examples are Furosemide, Bendroflumethiazide, Bumetanide

Metformin and **diabetes medicines** with names ending in 'tide' e.g. Semaglutide

NSAIDs: anti-inflammatory pain killers like Ibuprofen, Naproxen, and Diclofenac

Your pharmacist can tell you whether your medicine is covered by the sick day rules. You may also find it on the right hand side of your prescription.

It is very important that you restart your medicine once you have recovered from the illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you restart your medicine, just take them as normal.

Do not take extra for the doses you have missed.

www.academymedicalcentre.co.uk

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December is National Grief Awareness month

- National Grief Awareness week we acknowledge that grief does not discriminate.
See more at www.macmillan.org.uk/cancer-awareness/grief-awareness-week

WINTER MENAL HEALTH CHECK—IN



Public Holidays—2023

We will be closed all day on the following Public Holidays:

Monday 25th & Tuesday 26th of December
Monday 1st & Tuesday 2nd of January

If you take regular medications, please ensure you check you have enough left to cover whilst the practice is closed. It's also *important not to over order*, so only request what you need, and make sure you don't run out of anything during that time.

If you are ill during the days the practice is closed, and you can't wait until it reopens, help will be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111.

GPs will be closed for four days at Christmas and four days at New Year

Please check you have enough of your repeat medication and only order what you need in plenty of time before the festive holidays

www.keepwellinwinter.scot.nhs.uk

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Bloods Follow Up Process:

The practice staff will only contact you directly if there is a follow up required regarding your blood results.

If you do not hear from us, and still feel you would like to discuss your results, please do not hesitate to contact us, we are always happy to help.

Practice Update:

We have recently updated our phone systems within the practice.



Please be patient with us whilst we address any teething problems.

To our valued community:

At Academy Medical Centre we are committed to providing the best possible care to all our patients. Our dedicated staff members work tirelessly to ensure your health and well-being. We believe that a caring and respectful environment is essential to this process.



We would like to take a moment to remind our community about the importance of kindness and respect when interacting with our staff. They are here to help you, and your positive interactions with them make a significant difference in their ability to provide the best care possible.

Your support in fostering a culture of kindness and respect within our GP practice is greatly appreciated. Together, we can ensure that everyone receives the care they deserve and that our staff can work in a safe and supportive environment.

Our practice operates a zero-tolerance policy for any form of verbal or physical abuse, threats, or harassment towards our staff. This policy is in place to ensure the safety and well-being of our team, and to maintain a harmonious and respectful atmosphere for everyone.

Thank you for being a valued member of our community. We look forward to providing you with the high-quality healthcare you deserve, and we appreciate your cooperation in maintaining a respectful and caring atmosphere.

Goodbyes

We say goodbye to two of our cherished employees.

Pat, who has been working at the practice for 33 years and Ashley, who has been working at the practice for 7 years.

Thank you both for your incredible work over the years, you are and will be dearly missed.

Best of luck on their next chapters.

