

Academy Medical Centre Newsletter Summer 2020

For up to date information and self help guide on Coronavirus (COVID-19) please visit <https://www.nhsinform.scot/self-help-guides/self-help-guide-coronavirus-covid-19>



<https://www.youtube.com/watch?v=IDaVtO81e2k>


Your NHS is open - If you have an urgent, non-coronavirus health concern, GP surgeries and hospitals are still here for you. Please promptly seek help for emergencies and possible cancer signs, and attend immunisation appointments. Call your GP surgery, 111 out of hours and 999 for an emergency.



Guide to Services

Because of COVID -19 (coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.




 1 Latest information and guidance about coronavirus
2 Advice about illnesses and conditions, including symptom checkers.
3 Find local services and opening times


NHS inform

 With **physical distancing** measures in place:
1 Provide repeat prescription request/collection service
2 Dispense your prescription
3 Help if you run out of your repeat prescription
4 Give advice about medicines and treating many minor complaints

Pharmacist

 A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues. Most practices are offering telephone consultations if appropriate.

GP Practice

 General information about coronavirus when you are well **0800 028 2816**
Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support
Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111

NHS 24

 For urgent dental care during the day telephone your usual dental practice.
If you are not registered, visit www.nhsinform.scot to access your Health Board's Dental Advice Line telephone number.
Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111.

Dentist

 Your local authority can help advise with all aspects of social care. If you're looking after children during lockdown you can find useful tips here: www.parentclub.scot

Social Care

 For tips on looking after your mental wellbeing during these uncertain times: www.clearyourhead.scot
Information about mental health services visit NHS inform/wellbeing or call Breathing Space on **0800 83 85 87**

Mental Well-being

 • Severe injury
• Suspected heart attack or stroke
• Breathing difficulties
• Severe bleeding

A&E or 999

If you're not sure where to go or who to see visit: NHSinform.scot



We wish our colleague and friend Maureen Charlton all the best in her retirement after 30 years of service. Thank you for your huge contribution to the surgery, you will be missed.



We have also said goodbye to Dr Barry. We wish him well in his new surgery, and a big welcome to Dr Twinn who is our new GP for Team 5



Visit our brand new website at www.academymedicalcentre.co.uk for services and up to date news!

Did you know we're also on Facebook and Twitter?!



Welcome back to our Behavioural Health Psychologists Hannah and Alyssa who are returning to the practice, offering support to people wanting further support around-



- **Stress/Worry (including about Covid-19/lockdown)**
- **Managing a health condition including adherence to treatments, diet etc**
- **Health anxiety (including about Covid-19)**
- **Sleep problems and fatigue**
- **Weight management, exercise and healthy eating**
- **Alcohol use and smoking**



Thank you to Bob Baldie from Forfar Academy's Technical Department and to Neil Stewart from Strathmore Springs (Barrs) who have very generously donated us PPE, helping us to keep staff and patients safe.

Near Me Video Consulting

Near Me enables you to have health care appointments from home or wherever is convenient. All you need is a device for making video calls like a smartphone and an internet connection. Near Me is a secure form of video consulting approved for use by the Scottish Government and NHS Scotland.

What are the Benefits of Near Me?

- **Reduced travel to appointments: time, cost, convenience**
- **Reduced time away from work, school or home**
- **Easier to attend if you usually need someone to take you to appointments**
- **Enables you to have someone with you for support at your appointment (either with you or joining the consultation by video from another location, even from abroad)**
- **Better for the environment**
- **Reduces spread of infectious diseases**



You will be given a website address for its video clinic and an appointment date and time when you should start your video call. You will need Google Chrome or Apple Safari but do not need to create an account .

Near Me video consulting is not suitable for all consultations, for example, if you need a physical examination or a procedure. Your health care provider can advise you on what is appropriate for you. If this is of interest to you please ask your GP, Nurse or any other members of the team for details.

Physical Activity and Keeping Active at Home

Physical activity is important for everyone, regardless of your age, ability or personal circumstances.

It's too easy to spend too much time sitting in front of a screen, of one kind or another, while staying at home.

Inactivity can have a negative effect on your overall health and wellbeing.

Being physically active during the coronavirus (COVID-19) outbreak is very important for your health and wellbeing. It can enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression.

Some useful links to free, online exercise information –

- **Sitting Exercises** - <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

- **10 minutes** a day - <https://10today.co.uk/>

- **The Body Coach** -

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

- **Disney Dance Alongs** -

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

- **Yoga** - <https://www.youtube.com/user/yogawithadriene>



Ways to stay active for free

- Walking
- Cycling
- Jogging
- Couch to 5k
- Stair climbing
- Join a free online class
- Seated/Armchair exercise
- Strength and Flex Exercise Plans
- Skipping
- Dancing to music



More information on many of these can be found at –

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Osteoporosis Prevention and Care



What is osteoporosis?

A health condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes a bone to break (fracture). Osteoporosis affects over 3 million people in the UK.

Hot and cold treatments (such as warm baths and cold packs), using a TENS machine and relaxation are some of the ways people live with the condition.

How can I prevent osteoporosis?

If you're at risk of developing osteoporosis, you should take steps to help keep your bones healthy. This may include taking regular exercise to keep your bones as strong as possible, healthy eating – including foods rich in calcium and vitamin D, taking a daily supplement containing 10 micrograms of vitamin D and making lifestyle changes – such as giving up smoking and reducing your alcohol consumption.

For more information visit - <https://theros.org.uk/> or call the Royal Osteoporosis Society Helpline for free on 0808 800 035

First Contact Physiotherapy Service



Our successful in-house first contact physiotherapy service will now run from Whitehills Hospital, Forfar, rolling out to all Forfar & Kirriemuir patients. Academy Medical Centre patients should still contact their own practice to make appointments for this service as practice staff have access to their appointment system.

The service is provided by physiotherapists with specialist post-graduate training in musculoskeletal assessment and treatment. Through careful and thorough assessments, and consideration of each individual's needs an appropriate management plan can be agreed upon. This will likely include exercises and advice, but will incorporate investigations and onward referral when appropriate as per the Tayside Musculoskeletal Pathways.

The following complaints are suitable to be assessed by the service:

- Back pain/problem
- Neck pain/problem
- Shoulder pain/problem
- Elbow pain/problem
- Wrist or hand pain/problem
- Hip pain/problem
- Knee pain/problem
- Ankle pain/problem
- Foot pain/problem
- Any other musculoskeletal problems (problems with joints, muscles, ligaments and tendons)

During these challenging times of social distancing, shielding, etc any physio appointments will be conducted by telephone initially rather than a face to face, or can use remote video consultation if required by physio.



Please contact the practice on 01307 462316 if you would like more information

Living with Pain

To find more information on living with chronic pain please visit

<https://www.nhstayside.scot.nhs.uk/OurServicesA-Z/PainService/index.htm>



Free Helplines, information and online support –

Pain Association: <https://painassociation.co.uk/> or phone 0800 783 6059

Versus Arthritis: <https://www.versusarthritis.org/> or phone 0800 5200 520

Action on Pain: <http://www.action-on-pain.co.uk/> or phone 0345 6031593

Free information and resources:

The Pain Toolkit: www.paintoolkit.org

Tame the Beast: www.tamethebeast.org

Live Well with Pain: <https://livewellwithpain.co.uk/>

British Pain Society: www.britishpainsociety.org/people-with-pain/

