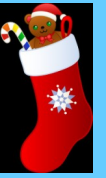




# Academy Medical Centre Newsletter Winter 2020/2021



**Coronavirus has changed the way GP practices work to ensure they are safe environments for our patients and our workforce . Do you know what to expect when you make an appointment?**

- You should always phone us first or check our website for the most up to date advice
- There is a letterbox outside where you can drop off your repeat Prescriptions or hand in a specimen sample
- You can also collect a sample container from the front foyer without having to enter the building
- If you have an appointment or have been asked to come down to the surgery please press the intercom buzzer under the big green arrow
- If you do have an appointment please be prepared to sanitise your hands and wear your mask throughout your visit
- Before you enter you will be asked if you have any current symptoms of Covid19 (cough, temperature or loss or change in taste or smell) and also if you have had a recent Covid19 test.
- Please look out for our upcoming You Tube video for more information

**Welcome**

Erin Gibson joined the practice in November to become the newest member of the administration team. Erin will be here to help answer your queries and get support from the most appropriate member of Team 2 when you when you get in touch with us.

## Christmas



### Opening Times



**We will be closed all day on -**

- **Friday 25th December 2020**
- **Monday 28th December 2020**
- **Friday 1st January 2021**
- **Monday 4th January 2021**



If you take regular medications, please ensure you check you have enough left to cover times we are 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 on a day or time when the surgery is closed and you can't wait until it reopens help may be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111

Always **dial 999 in the event of an emergency**

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](http://www.academymedicalcentre.co.uk)



You can also follow us on Facebook and Twitter  
**@ForAcademyMed**





## About COPD and Rescue Medication

Chronic Obstructive Pulmonary Disease (COPD) is the name given to a group of health conditions that cause long-term damage to your airways. In COPD, your airways are narrowed meaning its harder for air to move freely in and out of your lungs.

Chest Heart & Stroke Scotland offers a range of support for people living with COPD. You can call the Advice Line nurses for free on 0808 801 0899 or visit [www.chss.org.uk/copd](http://www.chss.org.uk/copd)

If you have COPD you may have been prescribed Rescue Pack medication, which is also know as Just In Case medications. These include oral steroids and antibiotics.

It is important that if you start to feel worse, and your regular inhalers are not helping that you start taking your Rescue medications. If you feel too unwell to do this you must call 999. When you start to take these medications you should contact the surgery to let is know you have started these so that we can organise a new Rescue Pack for you as you must keep a full Pack of these at home in case you are required to use them again.

### I FEEL AT MY BEST




You are in the Green Zone when your COPD is stable and you feel at your best.

Out of 10, I feel this breathless at night: 1 2 3 4 5 6 7 8 9 10

I can climb this number of steps without stopping: .....

I can walk this far without stopping: From ..... to .....

These things make my breathing worse: .....

My sputum (the mucus, phlegm or spit you cough up) is this colour: Good  Bad

I cough up this amount of sputum (in tsp or tbsps): .....

My appetite is normally: .....

If your symptoms are in the Green Zone it means that they are under control. You should continue with your usual medication and your breathing and chest clearance exercises as normal.

### I FEEL I AM GETTING WORSE



You are in the Amber Zone if you feel your symptoms are getting worse and you don't feel OK.

When you are in the Amber Zone you may feel like:

- You are having to use your blue (reliever) inhaler more often
- You have a new cough or you are coughing more
- You are more short of breath and more wheezy than normal
- You are coughing up more sputum or you are not coughing up sputum when you usually do
- Your sputum has changed colour and looks greener
- Your appetite is less than normal
- You have new ankle swelling or your ankle swelling is worse than normal
- You have less energy or feel more tired than normal

The Amber Zone means you should:

- Increase the use of your blue (reliever) inhaler
- Rest more often
- Use your breathing techniques
- Use your chest clearing exercises
- Drink plenty of fluids and avoid getting dehydrated
- Eat small amounts often

Keep monitoring how you feel. If your symptoms improve, continue with your usual medication and your breathing and chest clearance exercises as normal. If your symptoms do not improve after 24-48 hours, go to the instructions for the Red Zone.

### I FEEL MUCH WORSE



You are in the Red Zone if you have been in the Amber Zone for 24-48 hours and you are not feeling any better. It is now time to alert your GP or respiratory team contact.

GP phone number: .....

Respiratory team phone number: .....

Emergency GP phone number: .....

Out-of-hours phone number: call NHS 24 on 111

If you feel too unwell to wait for the doctor or nurse to phone back, call 999.

You may need to start the medication in your Rescue (home treatment) Pack if you have one. If you do start your Rescue Pack, contact your GP or respiratory team contact to let them know.

- **Rescue Pack antibiotic:** ..... Start your antibiotics if your sputum has increased or has changed colour.
- **Rescue Pack prednisolone (steroid) dose:** ..... Start your steroids if you are significantly more breathless.

In the RED ZONE you need to look out for the following serious symptoms:

- You are extremely breathless or having difficulty breathing
- You feel drowsy or confused
- You have chest pain
- You have a high temperature

If you have any of these symptoms and/or you are not feeling better after 48 hours of taking the medication in your Rescue Pack, contact your GP or NHS 24 urgently or call 999 for an ambulance.

We are sorry to say goodbye to our Lead Nurse and Team 5 nurse Eleanor McIntosh who left the practice in October. Eleanor will be missed by staff and patients but we wish her all the very best in her new role.





**Did you know November was Lung Cancer awareness month??**

The lungs are the parts of the body that we use to breathe. Lung cancer is the third most common cancer in the UK. About 46,400 people are diagnosed with it each year.

There are two main types of primary lung cancer. These are:

- Non-small cell lung cancer (NSCLC)
- Small cell lung cancer (SCLC)

Sometimes cancer spreads to the lungs from somewhere else in the body. This is called lung metastases or secondary lung cancer.

Free information and support—

**MacMillan** - <https://www.macmillan.org.uk/cancer-information-and-support/lung-cancer> or phone 0808 808 00 00

**Roy Castle** - Visit <https://www.roycastle.org/> or phone 0333 323 7200



Thank you to Angus Creative Minds for giving us one of their beautiful "123 Days and Counting" books which exhibits the

wonderful work of local people, their experiences throughout "lockdown" and their mental health. For more information on the book and also how to get involved with Angus Creative Minds find them on Facebook or visit

[www.anguscreativeminds.org.uk](http://www.anguscreativeminds.org.uk).

You can also find an electronic version of the book through this link—[https://issuu.com/anguscreativeminds/docs/123\\_20days\\_20and\\_20counting\\_final\\_digital\\_nov20](https://issuu.com/anguscreativeminds/docs/123_20days_20and_20counting_final_digital_nov20)



Congratulations to our dedicated Patient Participation Group (PPG) who have celebrated their 10 year milestone this year. We would like to thank all of the wonderful current and past PPG volunteers for their hard work and support to practice staff and patients over the last 10 years.

If you would like to find out more about the PPG or would like to enquire about becoming a PPG member then please visit the PPG section of the website <https://www.academymedicalcentre.co.uk/ppg.htm> , email us at [academymc.tayside@nhs.scot](mailto:academymc.tayside@nhs.scot) or phone us at the surgery on 01307 462316



Another welcome to Damien Rigden and Valerie Wakefield from Hillcrest Futures who joined the practice team in August as our Mental Health Peer Support Workers. Damien and Valerie can offer you support with managing your mental health and wellbeing. For more information on this service and how to access it please visit <https://www.academymedicalcentre.co.uk/news/2020/peer-support.htm>





time to talk

### Lets Talk about Suicide



**Suicide prevention remains a universal challenge.** Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

**Preventing suicide is often possible and you are a key player in its prevention!** You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. (From the World Suicide Prevention Day Brochure)

**Do you know about the local and National supports there are available to you if you have been affected by suicide?**



Angus Suicide Prevention and Support Service is available to all adults in Angus (16 and over) who experience thoughts of suicide, who may have attempted suicide and for any family member, carer or friends of adults experiencing suicidal thoughts. Support is provided by telephone, email and face to face.

**Angus Suicide Prevention & Support Service provides support between 9am and 5pm, Monday to Friday.** No application is required to access this service. We will respond to all enquiries within a 72 hour period. A short message can be left giving consent for them to be contacted by our dedicated member of staff. For more information please visit—<http://www.penumbra.org.uk/service-locations/angus-suicide-prevention-and-support-service/>

- **Samaritans**—Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Free phone 116 123 or visit [www.samaritans.org](http://www.samaritans.org) for other ways you can get in touch
- **NHS24**— Call 111 out of GP hours for support
- **Breathing Space**—Free phone 0800 838587 Mon—Friday 6pm—2am or between 6pm on a Friday through to 6am on a Monday
- **Survivors of Bereavement by Suicide**— for people over the age of 18, call 0300 111 5065 or visit <https://uksobs.org/> for more ways to get in touch
- **Talk to someone you trust**
- **If you have seriously harmed yourself, or know someone who has and is in danger call 999 or go straight to A and E**

**Help**  
ask • listen • tell



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