**See the right person - At the right time ![C:\Users\chawal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZNUB0DDS\uhr[1].png]()**

Our **Nurse Practitioner** Tegwen is here to support our doctors and will issue prescriptions. This leaves our Doctors able to see more patients with more complex medical ailments.

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| --- | --- |
| * Coughs & colds (Flu like symptoms)
* Sore throat – tonsillitis
* Sinusitis
* Aches & pains
* Skin rashes/infections - cellulitis
* Acute chest infection/exacerbation of Asthma/COPD
* Urinary symptoms, such as cystitis, blood in urine
* Ear Infections
* Temperature – patient > 8 weeks
* Allergic reaction
* Eczema
* Delaying menstruation
* Constipation
* D & V
 | * Emergency Ccntraception
* Haemorrhoids
* Gout
* Acute headaches – If ongoing needs review with GP
* Lumps & bumps
* Breast issues – mastitis etc
* Discussion of blood results
* Chronic disease management
* Conjunctivitis (from birth to 2)
* Vaginal issues- examinations, swabs
* Moles
* Abdominal pain

  |

Our **Practice Nurses** Lynn and Heather can see you for.

|  |  |
| --- | --- |
| * Chronic disease annual reviews
* ECGs
* Swabs
* Childhood immunisations
* Blood pressure
* Weight management
* Travel advice and vaccination
* Vaccinations & immunisations inc. Prostap
 | * Health promotion inc. lifestyle/dietary advice
* Holiday vaccination
* Wound care
* Removal of stitches / clips
* Phlebotomy
* Smears
* Contraception advice inc. pill checks & Depo-Provera
 |

Our **Health Care Assistants** Sue, Clair and Kerry will see you for.

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| --- | --- |
| * Blood pressure
* Hypertension annual reviews
* Phlebotomy
* Removal of stitches/clips
* Wound Care - dressings
* Health Promotion – lifestyle/dietary advice
* NHS Health Checks
 | * ECG
* B12/Shingles/Pneumonia/Flu Injections
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Our **Practice Pharmacists** Lisa and Haris, who can also issue prescriptions, will see you for.

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| --- | --- |
| * Medication reviews
* Structured medication reviews
* Hypertensive reviews
* Non-urgent medication queries
 | * Asthma reviews
* Minor ailments and management of common illnesses

***NB: Does not see under 6 years of age*** |

Our **Pharmacy Technicians** Jo and Laurenwill see you for.

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| --- | --- |
| * Medication reviews
* Non-urgent medication queries
 |  |

Our **Physician Associate** Jess can see you for,

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| --- | --- |
| * Minor illness
* Female health
* Male health
* Childrens – any age
* Dermatology
* Muscular skeletal problems
* Mental Health – depression / anxiety
* ENT
* Gastrointestinal issues
 | * Cardiovascular – heart failure / chest pains
* Pregnancy issues
* Endocrine – diabetes, thyroid problems
* Elderly Care – falls risk, dementia advice
* Contraceptive advice
* Renal / kidney / urinary
* Eye problems
* Respiratory issues
* Headaches / migraines
 |

Our **Paramedics** Alex and Lorna can see you for**.**

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| --- | --- |
| * Minor ailments (Coughs, sore throats, ears)
* New musculoskeletal problems.
* New presentations of headache/migraine
* Acute gastrointestinal issues
* Urinary/kidney problems
* Respiratory issues
* Cardiovascular problems
* New presentations of skin problems
 | * Elderly care
* Chronic disease reviews
* Learning Disability reviews
* Difficult phlebotomy
* Cancer Reviews
 |

Our **Mental Health Practitioners** Sue & Johncan see you for.

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| --- | --- |
| * Depression
* Anxiety/Stress
* Patients with or without long history of mental illness
* Stress - feeling overwhelmed
 | * Low Mood - Unable to cope
* Patients with physical health problems that are impacting their mental health
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Our **First Contact Physiotherapist** Helen and Ay can see you for.

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| --- | --- |
| * Neck, shoulder, hip, knee, ankle, or foot pain
* All soft tissue injuries, sprains, strains, or sports injuries
* Arthritis – any joint
* Possible problems with muscles, ligaments, tendons, or bone, e.g., tennis elbow, carpal tunnel syndrome, ankle sprains
 | * Spinal-related pain in arms or legs, including nerve symptoms, e.g., pins and needles or numbness
* Changes to walking
* Post-orthopaedic surgery
* Spinal pain including lower back pain, mid-back pain and neck pain
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Our **Social Prescriber** Sharon can see you for**.**

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| --- | --- |
| * Volunteering
* Family issues
* Relationship
* Stress
* Bereavement
* Housing
* Work related stress
* Lonely/Isolated
* Parenting
* Support as a “Carer”
* Debt
* Affected by Crime Antisocial behaviour
* Support for Independent Living
 | * Accessing / return to work
* Legal problems
* Disability support
* Housing
* House adaptation Support
* Exercise/fitness
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**B*y seeing the right person at the right time, you can reduce your wait for an appointment.***