**See the right person - At the right time **

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.

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| * 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 |

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 |

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 |

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 |

**B*y seeing the right person at the right time, you can reduce your wait for an appointment.***