

BMECS - EYE CONDITION:

Go Direct To Optician

1. Sudden reduction in vision
2. Red eye or eyelids
3. Pain in eyes around eye or temples
4. Mild trauma or foreign body
5. Significant discharge from eye
6. Recent onset of double vision



PHARMACY FIRST:

Go Direct to any pharmacy

1. Ear infection - 1-17 year olds
2. Bacterial skin infection- 1year +
3. Infected insect bites - 1 year +
4. Urine infections - Women 16-64 years
5. Shingles - 18 years +
6. Sinusitis - 12 years +
7. Tonsilitis - 5 years +



Can Prescribe Antibiotics!!

MENTAL HEALTH PRACTITIONER:

18+ Book with practice

1. Low mood
2. Anxiety
3. Depression



How do I get a quicker appointment?



Do I need a GP appointment?



CLINICAL PHARMACISTS:

Book with practice

1. Medication reviews
2. Hypertension and cholesterol reviews
3. COPD and asthma reviews



SOCIAL PRESCRIBING:

Book with practice

1. Loneliness
2. Carers support
3. Lifestyle and emotional wellbeing
4. Managing long term health conditions
5. Addiction



16+ PHYSIOTHERAPY:

Book with practice

1. Soft tissue injuries, sprains
2. Arthritis
3. Back and joint pain
4. Spine related nerve pain

