

## Nurse Practitioners . . . what they can do for you

*Saltscar Surgery has two nurse practitioners who work alongside the doctors. This leaflet explains their role.*

**Nurse practitioners** are trained specialist nurses. They have undertaken additional medical education in order to provide advanced nursing care and to prescribe medication.

Nurse practitioners can provide treatment and advice for many problems for which you may have seen a doctor for in the past. Their main areas of expertise are in the management of common illnesses and long term conditions.

The nurse practitioners can assess and examine you, make a diagnosis and provide advice and treatment including a prescription if required. They can make referrals to hospital doctors or other health care professionals, and admit patients into hospital when necessary.

There are some limits to their responsibilities. Unfortunately, they are unable legally to sign a sick certificate, so you will still need to see your own GP for this. They do not treat children up to the age of 5 or expectant mothers, both of whom are always referred to a doctor. Children up to 12 years are always given a same day appointment with a doctor.

The nurse practitioners work closely with your doctor and liaise frequently with her/him about your care.

## Nurse Practitioners can treat you for . . .

- Acute back pain, joint sprains
- Acute chest infection
- Conjunctivitis, sticky discharging eye, sty
- Cystitis
- Diarrhoea, constipation, piles
- Dizziness, giddiness, unusual headache
- Earache, swollen glands
- Oral thrush
- Raised temperature that does not improve after one week of pharmacists' advice and home treatment.
- Shingles
- Tonsillitis, cough, sinusitis, sore throat, colds and flu-like illnesses. *(NB. a cough may persist for up to three or four weeks after other cold/flu symptoms have gone.)*
- Urinary tract infections,
- Vaginal thrush, soreness, lump or discharge
- Vomiting
- Wounds, scalds, burns, rashes

Nurse practitioners may also help you with many other problems such as menstrual disorders, unexplained weight loss, breast lumps, sexual health advice, depression, change of contraception method and pill. Nurse Practitioners also manage long term conditions such as asthma, eczema, high blood pressure, coronary heart disease, raised cholesterol levels, diabetes, epilepsy and respiratory disease.

## Appointments

### Same day appointments

Same day appointments are available every weekday to consult the nurse practitioners.

### Routine appointments

Patients with a long term condition are either seen annually or at their medication review appointment. All patients who receive repeat prescriptions for any medicine need to see their GP or Nurse Practitioner once or twice a year to have their prescription reviewed.

Some patients, often those with complex and long-standing medical problems, may need an appointment with a doctor. The Nurse Practitioner is usually able to assess the situation and in some cases will organize initial blood tests and other investigations prior to arranging a follow up appointment with your doctor.

The nurse practitioners complement the service that we offer to you, our patients. Please be assured that a doctor's appointment will always be available should you prefer but you may get an earlier appointment if you opt to consult the nurse practitioners.



## Saltscar Surgery



### Now online!

- Book, cancel or change your own appointment
- Order repeat prescriptions

Visit -

[www.saltscarsurgery.co.uk](http://www.saltscarsurgery.co.uk)

**ASK AT RECEPTION FOR  
YOUR PASSWORD AND  
LOG-IN DETAILS**

(Note: Photo ID is required)

## Emergency Advice & Out of hours care

URGENT MEDICAL ADVICE is available 24 hours a day, 7 days a week, every day of the year. Call **111** . . .

- *If it's out of hours and your doctor's surgery is closed.*
- *If you need medical help or advice quickly but it doesn't need a 999 ambulance.*
- *If you think you should go to A&E or another urgent care centre, but you're not sure.*
- *If you don't know who else to call.*
- *If you need health advice, information or re-assurance about what to do.*



Your call will be answered by a fully trained advisor, supported by experienced nurses and paramedics. They will call a '999' ambulance if it is necessary or advise you whether to visit an out-of hours surgery or your regular doctor.

**If it's not a life threatening  
emergency**

**Call 111 at any time**

## Saltscar Surgery

### The Role of the Nurse Practitioners



**Drs O'Flanagan, Smith,  
Rashid and Atxa**

*Nurse Practitioners  
Sister Helen Fleming and  
Sister Carole Osborne*

22 KIRKLEATHAM STREET  
REDCAR TS10 1UA

**Tel. 01642 484495**

[www.saltscarsurgery.co.uk](http://www.saltscarsurgery.co.uk)