



Welcome to the Dunelm Medical Practice Newsletter for November 2015

### Dunelm Medical Practice welcomes our new Nurse Practitioner.

As part of our promise to increase the number of appointments available to patients, we have brought a new Nurse Practitioner, Alison Barnett, into the practice. We understand it's not always easy to know which clinical member of staff to see, so we have provided a list of just some of the things that Alison can help you with.

#### **Ear, Nose and Throat**

- Ear discharge/earache
- Sinusitis – facial pain
- Hay fever, nasal blockage
- Tonsillitis
- Swollen glands
- Sore throat

#### **Respiratory**

- Flu symptoms
- Chesty cough
- Chest infection
- Asthma
- Laryngitis – hoarse voice and soreness lower than throat

#### **Eye Problems**

- Conjunctivitis
- Allergic eye conditions
- Blood shot eyes
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#### **Gastro-intestinal**

- Diarrhoea and vomiting
- Simple inflammation
- Gastric indigestion
- Constipation
- Abdominal pains

#### **Urine and Gynae**

- Vaginal discharge
- Vaginal thrush soreness
- Cystitis

#### **Muscular**

- Back pain
- Soft tissues injuries
- Pulled muscles
- Stiff neck
- Frozen shoulder

#### **Skin Conditions**

- Rashes
- Allergies
- Stings
- Abscess
- Athletes foot
- Eczema/dermatitis- Inflammation of the skin
- Shingles/chicken pox
- Wound infections

#### **Other**

- Mastitis
- Tiredness
- Simple medication queries
- Anxiety
- Depression

**Alison is qualified to prescribe medication and is able to refer patients to any hospital specialty. You can book Routine or Urgent appointments with her.**



# Dunelm Medical Practice

## Newsletter October 2015

Bearpark  
Framwellgate Moor

Gilesgate

### systemonline BOOK REQUEST REGISTER

Did you know that you can order your prescriptions and book appointments online or by using a mobile phone app?

You can register for this service by asking at reception. You will require some proof of identification—for example a passport, driving licence or utility bill and then the receptionist will issue you with the a User name and Password.

The system is easy to log onto and simple to use and allows you to book selected appointments at any time of the day. It also provides the ease and convenience of being able to order your repeat prescriptions without having to drop a request slip in to the practice.

**Register today to start enjoying the benefits**

### Illness? Injury? Ask yourself is it a real emergency?



#### Self care

Many illnesses and injuries can be treated at home  
Ensure you are well stocked with: Paracetamol, Anti-diarrhoeal medicine, Rehydration mixture, Indigestion remedy, Plasters and thermometer

#### Pharmacist

For confidential medical help and advice  
To find your local pharmacy visit [www.askyourself.org.uk](http://www.askyourself.org.uk)

#### GP Surgery

For non life threatening minor illnesses and injuries  
To find your local GP surgery visit: [www.askyourself.org.uk](http://www.askyourself.org.uk)

#### Call 111

Need urgent medical treatment but it is not life threatening?  
Unsure where to go? GP surgery not open? Can't get an appointment?

For confidential health service advice & information call 111, available 24 hours a day. They will direct you to the best place to get treatment, including:  
- GP Out of Hours  
- Minor Injury Service/Urgent Care Centre  
- Minor Emergencies

#### A&E




For LIFE THREATENING EMERGENCIES only  
Kettering General Hospital, NN16 9UZ  
Northampton General Hospital, NN1 5BD



**When it's less urgent  
than 999**



### Dunelm Medical Practice Choose the right staff to see

HEALTHCARE ASSISTANT 	Injections Taking bloods Foot examinations Having blood pressure taken
NURSE 	Annual review for you long term conditions Vaccinations and immunisations For your smears Ear Syringing
NURSE PRACTITIONER 	Chest Infection Simple skin problems Water infection Sore Throat and coughs and colds
DOCTOR/REGISTRAR <b>GP</b>	Long term conditions Complex medical and problems Unexplained symptoms Any other health concerns