

MAIN SURGERY

Edenfield Road Surgery, Cutgate, Edenfield Road, Rochdale OL11 5AQ Tel No 01706 344125 (appointments) Fax No 01706 526882 01706 515578 PRESCRIPTIONS ONLY

NORDEN BRANCH SURGERY

Edenfield Road, Norden Office Hours (Main Surgery) or visit the on-line services page on our website www.edenfieldroadsurgery.com

The doctors and staff at Edenfield Road Surgery are committed to providing the best, achievable service. This can only be made possible by working together - help us to help you. The aim of this booklet is to give you full information about the services provided.

WELCOME TO THE PRACTICE

CONSULTATION TIMES

THE PRACTICE TEAM DOCTORS

Doorono			
		AM	PM
Dr Simon M RHODES (Male) BSc (Hons) 1982 St Andrews MB ChB DRCOG 1985 Manchester	In surgery all wee	k except Friday pm	
Dr Ann E THRELFALL (Female) MB ChB 1981 Manchester	Monday Tuesday Wednesday Thursday Friday	In Surgery In Surgery No Surgery No Surgery No Surgery	In Surgery In Surgery No Surgery No Surgery No Surgery
Dr Saj AZFAR (Male) MB ChB MRCGP DFFP 1988 Leicester	In surgery all week except Wednesday pm and Friday all day		
Dr Bodrul M ALAM (Male) MB ChB 2001 Manchester MRCGP	In surgery all week except Wednesday all day		
Dr Joanne Chew (Female) MB ChB 2001 Sheffield MRCGP 2010	In surgery all week except all day Thursday		

Dr Victoria Gray (Female) MB ChB 2006

In surgery Monday, Tuesday, Wednesday

MRCGP Manchester All surgeries start at 8.35am or 9.05am. Afternoon surgeries start at 2.30pm or 3.00pm.

Nurse Practitioners

Sister N Stafford

Registered General Nurse- Manchester University 1997

BSc (Hons), Minor Ailments/Minor Injuries Degree Salford

Independent Prescriber, Family Planning/Sexually transmitted disease course - Link BLS trainer accident and Emergency BSc (Hons)- Specialist Practitioner - Counselling Phlebotomy - Minor Injuries X ray interpretation.

Sister C Chrimes

State Enrolled Nurse 1980 - Registered General Nurse 1991

BA (Hons) Health Studies - Msc Advanced Practice - Independent

Prescriber Diabetic Care, Xray Irmer trained - Interpretation of blood results N18 ENB Leg ulcer management - Women's Health

Our two Nurse Practitioners provide full support for the doctors at the surgery. They are available most days. Sister Nicky Stafford can prescribe for children over three months and adults. Sister Christine Chrimes can prescribe for children over 12 years and adults. They work along side GP's to offer an alternative point of GP contact for patients.

Practice Nurses

Sister D Tavlor Registered General Nurse BSc (Hons) 2007 Community and Public Health Registered Midwife Asthma Diploma Family Planning Certificate Diabetes Diploma Diploma of Coronary Heart Disease Travel Medicine Extended and Supplementary Nurse Prescribing Diploma of Higher Education - Practice Nursing Specialist Practitioner

Sister J Clarkson

Registered General Nurse Travel Medicine Phlebotomv Coronary Heart Hypertensive Management Cytology/Well Woman Hormone Replacement Thyroid Check

Sister Colloff

Registered General Nurse Asthma/COPD Management (enb) Certificate Counselling Certificate (enb) Family Planning & Sexual Health (enb Certificate) Community Health & Practice/Nurse Diploma Enhanced Practice Nurse Certificate Cytology Screening/Well Woman Phlebotomy Travel Medicine Hypertension/CVD Monitoring Spirometry

Sister E Carter

State Registered Nurse National District Nursing Certificate (level 2) Asthma Diploma Family Planning Certificate (level 2) COPD Diploma Travel Medicine Diploma of Coronary Heart Disease B-Tech Cervical Cytology

Our four fully trained practice nurses provide support services including cervical smears, immunisation, advice on nursing and dietary problems and advice on stopping smoking. The nurses also play a large part in the following clinics:

Wednesday	3.00 to 5.30pm
Thursday	8.35 to 10.25am
Tuesday	9.00am to 12 noon
Wednesday	10.45am to 12.15pm
Monday	8.30am to 12.15pm
Thursday	3.00 - 5.20pm
	Thursday Tuesday Wednesday Monday

District Nurses

The nurses have a clinic on Monday, Wednesday and Friday mornings by appointment, to see patients who need dressings or who have been referred for treatment following discharge from hospital. The district nurse will also carry out ear syringing. The nurses are then out on their visits until 2.00pm. They are contactable on 01706 702010 for home visits or advice between 2.00 and 5.00pm and the liaison office number is 01706 702124 outside these hours. For an appointment with the district nurses contact 0161 251 8360/8361 between 9.00am - 12.30pm and 1.30 - 4.30pm.

Health Visitors

They work at Ings Lane Clinic. Telephone number 01706 764255. Health visitors visit all new babies and will visit on request after the initial visits.

Midwives

An attached team of midwives run the antenatal and postnatal clinics on Wednesday mornings together with Dr Chew. They can be contacted on the community midwives' number 01706 517223 or 377777 extension 5930

You can only set up a lasting power of attorney while you have mental capacity. Once you have lost capacity it is too late.

So if you think your own decision making ability may fail, contact a local Will Writer who will be qualified to advise you.

What matters to you matters to us





This type of decision can be difficult for families. **Contact a local care agency to discuss your needs today.**

PREMIER CARE AT HOME

We can assist you with: Personal care Housework Companionship Shopping Meal preparation Social activities Escorting to appointments For more information call Judith on:

01706 630348 or 07487 714577 www.premiercareathome.co.uk Care & support you can rely on



PRACTICE STAFF

All our staff will give you their names and ensure that you know how to contact them.

Practice Manager

Judith Robinson-Hale co-ordinates the management of the building and is ultimately responsible for staff and systems. Her role also includes planning of services and ensuring that resources are in place to provide those services including meeting the requirements of a changing NHS.

Assistant Practice Manager

Gillian Anchor deputises in Judith Robinson-Hale's absence in co-ordinating the management of the building and responsibility for staff and systems.

Office Manager

Paula Chadwick is responsible for the day-to-day organisation of the reception office, ensuring that there are doctors and staff available to provide the service that our patients require.

Clinical Co-ordinator

Karen Walker is responsible for the organisation of the various clinics offered by the practice. Her role includes searching the computer system for patients who are due for recall for a number of clinics or tests/procedures, sending out invitation letters and following up patients who do not respond.

Administration Assistants

Along with the clinic co-ordinator, Susan Hatata, Jackie Royds and Helen Exley ensure that the necessary information is entered onto our computer system for use by the doctors and nursing staff in treatment of our patients.

Secretarial Staff

If you have any queries regarding your referral by the doctor for hospital treatment, Sue Crabtree, Pat Kirk, Anita Hamer or our secretaries may be able to help.

Reception Staff

We have a large team of medical reception staff who have been with the practice for varying lengths of time. We have a policy of providing training for our staff in all aspects of their role whenever possible.

CONFIDENTIALITY

All doctors, nurses and staff are bound by the practice rules on confidentiality by which medical information will not be divulged to a third party without previous consent of the patient.

CLINICS

Asthma Clinic

Sister Carter and Sister Colloff run these clinics on Monday, Wednesday and Thursdays. All asthmatic patients are encouraged to attend for advice and up-to-date information on management and treatment. This clinic is also open to any patients using inhalers.

Minor Surgery Clinic

Dr Chew and Dr Gray carry out most minor surgical procedures following referral by the doctors. This clinic is held on a Wednesday morning.

Let our practice publications promote your business for you!

To place a business building advertising feature in our vitally important Practice Booklets and Appointment Cards simply phone Veronica Smith now on 0800 612 1516.

Diabetic Clinic

Dr Alam and Sisters Taylor and Colloff run the clinic on Thursday mornings and Dr Threlfall and Sister Carter also run clinics on a Tuesday. The clinic is open to ALL diabetic patients by appointment. Patients are invited for annual review where they will receive a full diabetes check including seeing a dietician. For patients who are seen at hospital diabetic clinics, this clinic is supplementary to their hospital care.

Antenatal Clinic

Wednesday 8.30am - 12 noon Attended by midwives.

Postnatal Clinic

Wednesday morning as part of the antenatal clinic.

Family Planning

We cover all areas of family planning including the giving of free condoms to teenagers when available. Make an ordinary appointment. All women should know that this service is entirely confidential. Patients who are using oral contraception will be required to attend for an annual health check to ensure that their continued use is not contraindicated. We also offer confidential sexual health advice for young people.

Well Man Clinic

We do not run a separate well man clinic but we will see men for routine health checks in general surgery times by appointment with a practice nurse. Please let the receptionist know you would like a well person check when you make the appointment, as a longer appointment will be needed.

Cardiovascular Disease Monitoring

In order to improve the level of care to patients with heart and circulation problems, we offer a simple annual health check with our practice nurse to which you will receive an invitation.

Hypertension (Blood Pressure) Monitoring

We offer continued support to patients with high blood pressure and an invitation to attend will be sent to you if appropriate.

Thyroid Disease Monitoring

Some patients require regular thyroid hormone monitoring on an annual basis. You will receive an invitation to attend if appropriate.

Hormone Replacement Therapy

If you are taking hormone replacement therapy you will be required to attend an annual review with the nurse.

Phlebotomy Service/Health Care Assistants

We employ phlebotomists Mrs Virginnia Nuttall and Mrs Angela Stansfield who are available every morning or afternoon. If the doctor requires you to have a blood test, please make an appointment with them.

Influenza Vaccine

It is recognised that patients over the age of 65 years and patients with certain conditions are more at risk from the effects of influenza. We therefore offer a free influenza vaccine to these patients each year, normally in October.

Shingles Vaccination

If you are in your 70s you MAY be eligible to receive a vaccination against shingles. Please ring the surgery and ask our practice nurse for more information.



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Why your business needs a website

WITHOUT a website, your business or practice is *invisible* to the two thirds of prospective clients that use the Internet to locate products and services, and this figure grows daily.

Worse still, if your competitors have a website and you don't, then they are picking up your share of the prospects for your type of business when they search online.

Pay As You Go websites are proving to be a godsend to small and medium-sized businesses across the UK and Ireland.

Introduced by OPG Ltd, who have been building websites for more than eight years, and whose innovative ideas have been helping businesses to grow and prosper for over 40 years, they provide businesses and professional practices with 24/7 access to their targeted market.

A website not only saves you money on brochures and other such material, it greatly increases the effectiveness of your current advertising because, in effect, you are open for business around the clock.

Uniquely, the Pay - Monthly service comes with Web Partner support. This 'phone-afriend' facility will provide answers to your queries and help you develop your site as your business grows.

So if you don't yet have a website, or are unhappy with the one you have, call today for an informal chat on 0800 612 1408. You'll be glad you did!

Pneumococcal Vaccine

Everybody is at risk of getting pneumococcal disease, but the older you are, the greater the risk. We offer a free pneumococcal vaccine to everyone over the age of 65 which is a one-off vaccine, except for immunosuppressed patients who may require the vaccine every 10 years and would involve specialist advice.

Child Health Clinic

This is held on Tuesday mornings 9.00am - 12 noon and is run by Dr Threlfall, Dr Alam and Sisters Taylor, Carter, Colloff and Clarkson.

Children will be offered the following appointments:

- At eight weeks a general examination by the doctor and 1st diphtheria, tetanus, pertussis, HIB + polio vaccination and the 1st pneumococcal vaccination, 1st meningitis B and rotarix.
- At 12 weeks the 2nd diphtheria, tetanus, pertussis and HIB + polio vaccination, and the 1st meningitis 'C' vaccination and rotarix.
- At 16 weeks the 3rd diphtheria, tetanus, pertussis and HIB + polio vaccination, and the 2nd meningitis 'C' vaccination and 2nd pneumococcal and meningitis B (2nd).
- At 13 months the measles, mumps and rubella vaccination, HIB C meningitis booster and 3rd pneumococcal (and the 3rd Men B).
- From three years three months the pre-school booster of diphtheria, tetanus, pertussis and HIB + Polio and MMR booster.

The doctors will not see ill babies/children at the child health clinic as it is not fair to bring an ill child into contact with well babies. There is a 'children's corner' to help occupy your children while you are waiting.

For details on the health visitors' service please see our separate information leaflet or contact your own named health visitor on 01706 702135.

Weight Advice

You may come along to the surgery by appointment with the practice nurses for dietary advice.

Well Woman Appointments

These are available with Sisters Taylor, Carter, Clarkson and Colloff. Appointments can be made at a time convenient to yourself and to fit in with your menstrual cycle if you require a cervical smear test. When booking your appointment, please tell the receptionist that you require a well woman appointment to ensure that enough time is allocated. Cervical smears are offered to all women between 25 and 64 years according to North West cervical screening guidelines. Please note that it is inadvisable to repeat a cervical smear test earlier than three months. A routine health check is carried out at each appointment. Please bring a sample of urine when you attend. Do not wait for a reminder if you think your smear is due.

Tetanus injections and cholesterol tests are done, if appropriate, at the clinic. Breast examination advice is given. Breast screening - by mammography - is offered to all women aged between 50 and 70 years on a three yearly rotation.

Vaccinations And Immunisations

All adults should have had five tetanus vaccines and polio boosters are advised if any risk is indicated every 10 years. Any query regarding vaccine status or requirements will be assessed by one of the practice nurses.

Travel Immunisation

We offer vaccinations and advice for travel anywhere in the world. Additionally, as a Yellow Fever Centre we can provide yellow fever vaccine for which there will be a charge. Prepare yourself well in advance of your travel by checking your vaccination status now. Requests for travel vaccinations at short notice may present you with problems as some vaccines are not active immediately and this may compromise your protection.

APPOINTMENTS

We introduced a telephone triage service In March 2015.

Our reception team will endeavour to offer you a telephone triage appointment with the doctor of your choice on the day you ring for an appointment. When the Doctor rings you back (usually at a specified time) he/she may decide they need to see you, they will invite you down to the surgery and give you a timed appointment. The reception staff no longer book appointments for patients. It is telephone triage appointment only.

We do ask that you ring as early as possible in the morning to ensure you are offered an appointment with the doctor of your choice at a convenient time if available, or visit the online services page on our website - www.edenfieldroadsurgery.com

At your appointment you should see the doctor or nurse within 30 minutes of your appointment time. If there is a delay we will try to advise you of this. You can help by being on time for your appointment. Please check in at the reception desk when you arrive otherwise the doctor or nurse will not know that you have arrived.

PLEASE HELP US TO HELP YOU

We may need to contact you urgently if your appointment has to be re-arranged. We can only do so if we have your current telephone number including mobile number and information on any changes of address are essential, for contact purposes.

If you move to an address which is outside our area you will be asked to change your doctor.

HOME VISITS

If you are not well enough to come to surgery the doctor will visit you at home. To request a home visit phone the surgery as soon as possible after 8.30am and before 10.30am. The doctor may return your phone call to see if a visit is necessary. In the time it takes the doctor to see one patient at home, they can see four patients in the surgery, so we appreciate it if you can come to the surgery whenever possible.

We will visit you within six hours for non-urgent conditions or the next day by agreement. Requests for visits between 5.30pm and 8.30am and at weekends should only be made in the case of genuine acute emergency. During these hours a doctor may visit you from the practice or from BARDOC, a GP co-operative for which our doctors work. If you feel you need telephone advice on a health-related problem, NHS Direct offers a 24-hour telephone service on 0845 4647.

EMERGENCY VISITS

Requests for an emergency visit can be made to the surgery at any time. The doctor on-call or the emergency service will be contacted. In the event of all doctors being in surgery, one will leave the surgery to attend to the emergencies and the patients waiting will be seen either by another doctor or given another appointment.

TELEPHONE MESSAGES

If you phone us with a question or message for a doctor or nurse, the receptionist will take the details and pass the message on to that doctor or nurse.

REPEAT PRESCRIPTIONS

We have a telephone line dedicated to ordering repeat prescriptions: 01706 515578. The line is open 9.30am - 12 noon and 3.00 - 5.00pm Monday to Friday.

Repeat prescriptions are issued if these have been previously agreed with the doctor.

Patients with authorised repeat prescriptions will not need to see the doctor for their repeat but will periodically be asked to come in for review. Requests for repeat prescriptions made before 12 noon will be ready after 4.30pm the following day. For requests made after 12 noon, please allow 48 hours before collection.

Prescriptions can be ordered in person at the surgery, by telephone or by letter (please enclose a stamped, addressed envelope for return by post). We also accept faxed requests (01706 526882); please enter full details, name, address, named medication and contact telephone number and allow 48 hours before collection or visit the on-line services page on our website - www.edenfieldroadsurgery.com

We are also now using the Electronic Prescribing Service where you can nominate a chemist with us, we will document this on your medical prescription screen and send it to the pharmacy of your choice. Please still allow 48 hours before collection.

Patients on regular repeat prescriptions can request a computer printout of their medication for their information and to facilitate ordering. Please re-order your prescriptions in good time. Unless a prescription is urgently required, we would ask that Mondays be avoided for routine requests whenever possible.

GENERIC PRESCRIBING

The practice is committed to adhering to the government guidelines for prescribing generically. Patients who are unhappy with this should discuss it with their usual doctor.

REGISTRATION

Bring your medical card to register. You need to be registered to be treated. If you have relatives or friends staying who are ill and cannot reach their own doctor they can see the doctor as temporary residents. New babies should be registered as soon as possible. Please let us know if you change your address. If you wish to change to another doctor you may do so and the Health Authority will help you find one. You have the right to be registered with a GP and can change easily and quickly. Information about local doctor services is available through the local directory.

INFORMATION

There are leaflets in the waiting room giving advice on many illnesses and on health care issues. If you cannot find what you need please ask our practice nurses. The leaflets are available in other languages. We will make every effort to ensure that you receive any information which affects your health and care. The practice is fully computerised now so that your care can be more efficient and so that we can address the problems of preventative medicine with the information we need at our fingertips.

RESULTS

If you have had a blood test the result may take between two days and three weeks dependent on the test. The doctor will advise you when to phone in for the results and normal results are given over the phone. Any abnormal results are better discussed with the doctor and an appointment is then given. We will contact you to make an appointment when we receive abnormal results. This provides a double check. X-ray results take up to 10 days from the date of x-ray to reach us.

The results line is open 10.00am - 12.30pm and 2.00 - 4.30pm Monday to Friday.

PRIVATE SERVICES

A charge is made for services not included in the NHS. These include some certificates to cover time off work and for financial or insurance purposes, passport applications, vaccination certificates and forms authorising private referrals. Medical examinations for special purposes such as elderly driver, pre-employment, fitness to undertake sports, HGV or PSV drivers etc are carried out at the surgery by appointment. Fees charged are in line with recommended BMA rates. Ask reception for details.

CERTIFICATES OF INCAPACITY TO WORK

The first week of any period of illness should be covered by a self-certification form (SC2). If for any reason your employer is not prepared to accept this we can provide a private medical certificate for which a fee will be charged. Sick notes cannot be backdated unless the doctor has seen you previously for the same condition and it is an on-going problem.

OVERSEAS VISITORS

Visitors to this country who need medical treatment by a GP will not necessarily receive this free of charge. Visitors from EEC member countries and some other countries have a reciprocal agreement. Visitors from countries not covered by a reciprocal agreement will be treated privately and will also have to pay for medication at the pharmacy. A receipt will be provided for re-claiming purposes.

DISABLED PATIENTS

There is easy access through the front door for the disabled and there is a toilet for the use of our disabled patients. However, access to the extension is via two steps, so please let the receptionist know if you have difficulty with steps so that the doctor can carry out his consultation with you in a room with easier access. Please inform the reception staff when making the appointment that this may be necessary.

MEDICAL RECORDS

These will at all times be kept confidential. You have the right to see your health records subject to any limitations in the law. You should be aware that sometimes other members of the primary healthcare team might need access to them. If you wish to see them please consult the practice manager who will advise you on your rights under the Access to Health Records. We will at all times follow the limitations of the Data Protection Act.

COMMENTS, SUGGESTIONS AND COMPLAINTS

We are always looking for ways to improve our service. We work to the NHS complaints procedure guidelines. Please see the reception staff if you have a comment or complaint about the surgery. If you have a problem with one of the staff or a doctor, Judith Robinson-Hale (practice manager) is able to deal with any problems. We will take your comment or complaint seriously and deal with it in private. You will have a reply or a chance to talk about it and sort things out within five working days. You will not upset the patient/practice relationship by any comment or complaint you have.

If you remain dissatisfied with our response you can contact the Health Service Ombudsman for England on helpline 0345 15 4033 or email on phso.enquiries@ombudsman.org.uk

Alternatively, if you do not wish to complain directly to the practice contact:

NHS England on 0300 311 2233 who will help with your complaint or Patient Services, (PALS) telephone 0161 212 6270. They provide advice and liaison for the CCG.

The Healthcare Commission (Complaints Team), Peter House, Oxford Street, Manchester M15AN. You can also visit their website at: www.healthcarecommission.org.uk

NHS ZERO TOLERANCE

The government is determined to ensure that staff who spend their lives caring for others are not rewarded with intimidation and violence. 'Violence' means any incident where staff are abused, threatened or assaulted in circumstances related to their work, involving an explicit or implicit challenge to their safety, well-being or health. The definition is not subjective - 'Zero Tolerance' means exactly that. Violence against staff working in the NHS is a crime and employers will work with the police locally to prevent it.

FREEDOM OF INFORMATION - PUBLICATION SCHEME

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available. This scheme is available from reception.

PRACTICE AREA

If you move address you may not remain in our practice area; please speak to a receptionist with regard to the area covered.

NHS DIRECT

This is a 24-hour telephone advice service offered by the government, allowing you access to health advice from nurses. Please telephone 111.

NHS Walk-in Centre, Whitehall Street: For information and advice or to see an experienced nurse for treatment of minor illness and simple injuries.

NHS Dental Access Centre, Whitehall Street: Gives you access to NHS dental treatment and advice.

SOME INFORMATION ON COMMON ILLNESSES

Colds

Sneezing, runny nose and a temperature are best treated by paracetamol or ibuprofen tablets or syrup. Antibiotics are of no help as this is caused by a virus.

Diarrhoea

In children, diarrhoea is treated by giving plenty of watery drinks to replace the fluid lost. Dehydration sachets can be used or any watered down fruit juice provided it is not sugary. Do not use glucose drinks. Kaolin is not advised for children with acute diarrhoea. A child who is not taking fluids or who is lethargic should see the doctor, also if the diarrhoea persists for longer than 48 hours.

Chickenpox

This usually starts with a child who is off colour for a few days and then develops a rash, which blisters, all over the body. This occurs with a fever. Treatment is calamine lotion for the spots and paracetamol elixir for the fever. The child is infectious before the rash appears and for about six days after. You cannot catch shingles from a child with chickenpox. It is important that all contacts are informed so that anyone who may be pregnant can contact their doctor.

Measles

Children are usually off colour for a week with a cough and red eyes before a blotchy rash develops round the neck and on the chest and trunk. There will be a fever for about 24 hours. It is most infectious from two to three days before the rash appears until eight to ten days after that date. The treatment is paracetamol elixir for the fever.

Immunisation can prevent this disease.

Mumps

Symptoms are swelling of the gland in front of one ear often followed, after a couple of days, by swelling in front of the other ear. It is infectious from two or three days before the swelling appears until eight or ten days after that date. If the pain is severe you should consult your doctor. **Immunisation can prevent this disease.**

German Measles (Rubella)

The rash appears during the first day and usually covers the body, arms and legs in small pink patches about 2-4mm across and does not itch. No other symptoms are usually present apart from occasional aching joints. It is infectious from two days before the rash appears until the rash disappears in about four or five days. The only danger is to unborn babies and, therefore, it is important that all contacts are informed so that anyone who may be pregnant can contact their doctor. **Immunisation can prevent this disease.**

Sore Throats

These are predominantly due to viruses and most do not need antibiotics. Treatment is with paracetamol and aspirin gargles.

Ear Syringing

If you think you need your ears syringing you should put olive oil in your ears for one week and then make an appointment to see the district nurse or practice nurse.

Sprains

Treat with a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling. Then firmly apply a crepe bandage and give the sprain plenty of rest until all the discomfort has subsided. Further strain will inevitably lead to further swelling and a longer recovery period.

Nosebleeds

Sit in a chair, lean forward with your mouth open, and pinch your nose just below the bone for approximately 10 minutes, by which time the bleeding should have stopped. Avoid hot drinks or hot food for 24 hours. If symptoms persist, consult your doctor.

Minor Cuts And Grazes

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for about five minutes. Cover with a clean dry dressing.

Sunburn

Treat as other burns, ie with cold water to remove the heat. Calamine lotion will relieve the irritation whilst paracetamol will also help. Children are particularly susceptible to sunburn and great care should be taken to avoid overexposure to the harmful effects of the sun.

Insect Bites And Stings

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms. Note: bee stings should be scraped away rather than 'plucked' in order to avoid squeezing the contents of the venom sac into the wound.

PRACTICE BOOKLETS ARE SPECIALLY PREPARED BY Neighbourhood Direct Ltd

Barons Gate, Graceways, Whitehills Business Park, Blackpool, Lancs FY4 5PW Tel: 01253 608014 Fax: 01253 608015 Website: http://www.opg.co.uk Email: info@opg.co.uk

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Notes

USEFUL TELEPHONE NUMBERS

CHRISTIE HOSPITAL	0161 445 3000
MANCHESTER ROYAL EYE HOSPITAL	0161 276 1234
MANCHESTER ROYAL INFIRMARY	0161 276 1234
ROYAL OLDHAM HOSPITAL	0161 624 0420
HIGHFIELD PRIVATE HOSPITAL	01706 655121
BURY GENERAL AND FAIRFIELD HOSPITAL	0161 764 6081
PHOENIX STREET CLINICINGS LANE (HEALTH VISITORS)	01706 702135
CITIZENS ADVICE BUREAU	0161 652 0248
RING & RIDE	0161 284 4666
DSS - ROCHDALE	01706 861805
SAMARITANS	01706 659998
ROCHDALE MET BORO COUNCIL	01706 647474
ROCHDALE MET BORO POLICE	0161 872 5050
BURY & ROCHDALE HEALTH AUTHORITY	0161 762 3100
NHS 111	

