**HERMITAGE MEDICAL PRACTICES SIGNPOST GUIDE**

Have you had to wait for an appointment?

Currently 20% of GP appointments could have been dealt with by another Healthcare Professional.

The time saved would equal another whole GP each week!

Coughs and colds, mouth ulcers, cold sores, dry skin, nappy rash, small patches of impetigo, abrasions, bruises, insect bites, sunburn, sore throats and earache for less than 3 days, verrucae, constipation, smoking cessation, hayfever, emergency contraception, thrush, head lice, pain relief, piles, conjunctivitis for those aged over 1 year – are examples of things that can be dealt with at your local Pharmacy.

**OPTICIAN**

All eye conditions should be seen by an Optician first for their expertise. They also have the correct equipment for eye examination. You can see an Optician for dry, red, sore, watery, sticky or itchy eyes, cysts and styes or conjunctivitis.

**PHARMACY**

For muscle, back or joint problems and Physio contact the National Musculoskeletal Advice Service on 0800 917 9390

Local “Stop Smoking” telephone helpline is 0131 672 9532

You can self refer to the Podiatry Services: Please ask for a form at Reception.

Blood pressure checks, flu vaccinations, urine checks, phlebotomy (taking blood), height/weight checks – can all be done by the Health Care Assistant.

**PHYSIOTHERAPY**

Please be prepared to give the Receptionist a brief description of your problem so they can ensure you are seen as quickly as possible by the appropriate

Healthcare Professional.

**SMOKING**

**PODIATRY**

**RECEPTION**

Please do not contact Reception for queries regarding a hospital Outpatient Appointment. Contact Royal Infirmary on 0131 536 1000 or Western General on 0131 537 1000 in the first instance.

**DENTIST**

Any condition involving your mouth or teeth should be seen by a Dentist.

**NURSE**

Contraception, cervical screening, travel advice, vaccination, ear syringing, flu vaccinations for under 5s and those who are pregnant, wound dressings, suture removal, minor injuries, chronic disease management of asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes, heart disease and heart failure, hypertension, kidney disease, peripheral arterial disease and stroke – can all be dealt with by the Practice Nurse

**HEALTH CARE ASSISTANT**