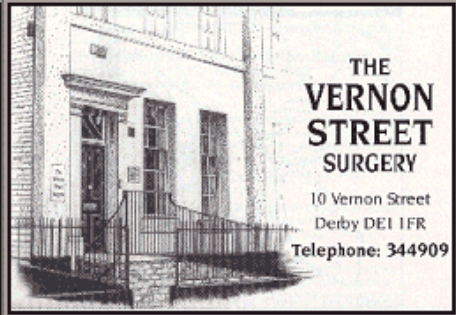


PRACTICE NEWS

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Your quick guide to choosing the right NHS service if you become ill or are injured



- ◇ A and E or 999
- ◇ GP Surgery
- ◇ Pharmacist
- ◇ NHS Direct
- ◇ Self-care

This Practice News will help you decide if you need medical attention if you get sick. It explains what each NHS service does and when it should be used.

By using the right service it allows busy NHS services to help the people who need them the most.



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Accident and Emergency

Accident and Emergency departments can be found at most hospitals. They are there to help people who show signs of being very ill or are badly injured. 999 and Emergency departments are very busy, they should only be used in serious or life threatening situations.

Loss of consciousness, suspected stroke, loss of blood, suspected heart attack, difficulty breathing, severe burns, severe allergic reaction, broken bones are many of the conditions requiring a visit to A and E.

If you or someone else is having a heart attack or stroke, call 999 immediately. Every second counts with these conditions.

Your GP Surgery

You can find us at Park Farm Medical, in the Park Farm shopping centre or at 10 Vernon Street Derby, just off Friar Gate. You can make an appointment with a GP for medical advice, examinations



and prescriptions. We also have a team of Practice Nurses for childhood immunizations, travel advice, cytology screening and wound dressing. (visit our website at www.parkfarm-medical.net for a more comprehensive guide to our Practice)

If you need to see a GP when our surgeries are shut please call your usual surgery and listen to the recorded message.



Your local Pharmacist

Pharmacies can be found around the Derby area. Your Pharmacist can give you advice on illnesses and the medicines you need to treat them.

Cough, headache, runny nose are a few of the conditions that your local Pharmacist can help you with.. A visit to your Pharmacist may help when you are suffering from a problem which does not require being seen by a Doctor or Nurse, or attendance at A and E



Unwell ? Unsure?

NHS Direct offers confidential Health Advice and Information by telephone and on the internet. Call 24 hours.....

0845 46 47 www.nhs.uk

* calls to NHS Direct are recorded



Sore throat? Cough? Grazed knee? Hangover?

A lot of illnesses can be treated in your home by using over the counter medicines available from your Pharmacy or supermarket. Self-care is the best choice to treat very minor illnesses and injuries.

By choosing your right treatment option means busy NHS services can help those who need them the most.

Here are some recent examples of attendances at A and E that could have sought help elsewhere to relieve the pressure on A and E

- ◇ Patient ran out of medication
- ◇ Excessive alcohol
- ◇ Infected spot on finger
- ◇ earache

Please keep this copy of our Practice News for future reference