

WELLBROOK MEDICAL CENTRE

Welland Road, Hilton, Derby, DE65 5GZ
Appointments: 01283 732257, Enquiries: 01283 732406
Drs Vickers, Smith, Lever, Ruddle, Thomas and Mohammed

Can I deal with this myself?

A recent survey demonstrated that 30% of Drs' appointments are taken up with minor illnesses/ailments and it is worth bearing in mind that often a minor ailment can be dealt with by you at home or by another Health Care Professional.

Self Care:

Be prepared, maintain a well-stocked medicine cabinet with useful medicines such as antiseptic cream, paracetamol, indigestion remedies and plasters, but remember to keep medicines out of the reach of children.

What other Health Professional can I see?

Our **Nursing Team** currently consists of a Nurse Practitioner, 3 Practice Nurses and a Health Care Assistant. Many types of appointment can be made with a member of the Nursing Team, examples of which are as follows:

Diabetic Checks, Asthma Checks, Minor Illness, Immunisations, Pill Checks, Smear Tests, Minor Injuries, General Advice, New Patient Checks, Blood Tests, Dressings, Blood Pressure Checks and HRT checks.

Visit the nearest **Pharmacy**, where you should receive on the spot advice, without an appointment. You can also purchase remedies for a wide range of conditions including such as stomach upsets, aches and pains, viruses, allergies, coughs and colds. Many minor ailments can be dealt with by over the counter medicines available from your Pharmacy and this can sometimes be less expensive than a prescription.

Your local Pharmacist is qualified to give advice on many minor ailments, examples of such are as follows:

Sore Throat, Headache, High Temperature or Earache, Deafness caused by earwax, Hay Fever, Constipation, Diarrhoea, Indigestion or Heartburn, Stomach Upset, Thrush, Head Lice, Eczema, Itchy Sore Eyes, Scabies, Worms, Insect Bites or Stings.

NHS Direct:

NHS Direct provides confidential health advice and information 24 hours a day. You can use...

- NHS Direct Online at www.nhsdirect.nhs.uk
- NHS Direct Interactive on digital satellite TV
- The NHS direct telephone service. Call: **0845 46 47**

Is it an emergency?

An emergency is a serious injury/illness or life threatening condition such as:

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| - Unconsciousness | - A suspected heart attack |
| - Heavy blood loss | - Difficulty in breathing |
| - Suspected broken bones | - Severe burns/scalds |
| - A deep wound such as a stab wound | - Severe allergic reaction |

Go to your nearest accident and emergency (A&E) department, or call 999 for an ambulance.

*Further information can be found on the Practice website www.wellbrookmedical.co.uk
Thank you for taking the time to read this leaflet.*