

FINDING YOUR WAY...

Many problems can be dealt with better and more quickly by another healthcare professional...

PHARMACY	<ul style="list-style-type: none"> Coughs & colds Conjunctivitis for those aged over 1 year Sore throats & earache for less than 3 days Warts & verrucas Constipation 	<ul style="list-style-type: none"> Smoking cessation Hay-fever Mouth ulcers Dry skin, nappy rash, small patches of impetigo, abrasions, bruises, insect bites & sunburn 	<ul style="list-style-type: none"> Emergency contraception Head lice Cold sores Thrush Pain relief Piles Athletes Foot
TREATMENT ROOM/ DISTRICT NURSE	<ul style="list-style-type: none"> Wound dressings Removal of sutures 	<ul style="list-style-type: none"> Phlebotomy Continence Care 	<ul style="list-style-type: none"> Ear syringing Injections
SOCIAL CARE	<p>Call in to the Community Desk at Bonnyrigg Health Centre or telephone the Treatment Room on 0131 537 9945. Telephone the District Nursing Team on 0131 537 9894 for house visits.</p>		
PRACTICE NURSE/ HEALTHCARE ASSISTANT	<p>Social work help, advice about benefits, care at home, carer's support 0131 271 3900</p>		
HEALTH VISITOR	<ul style="list-style-type: none"> Flu vaccinations Contraception pill review Cervical screening tests Travel advice & vaccinations 	<ul style="list-style-type: none"> Minor injuries Blood pressure checks Chronic disease management of: Asthma, atrial fibrillation, cardiovascular disease, COPD, 	<ul style="list-style-type: none"> diabetes, heart disease & heart failure, hypertension, kidney disease, peripheral arterial disease & stroke Phlebotomy (bloods taken) Height/weight checks
PODIATRY	<p>Children's problems including: breast feeding, formula feeding, sleeping, minor illness, immunisation questions. 0131 537 9903</p>		
OPTICIAN	<p>You can self refer to the Podiatry Service. Ask for a form at reception or download one from our website.</p>		
SMOKING	<p>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, styes and conjunctivitis.</p>		
HOSPITAL APPOINTMENTS	<p>Smokefree Lothian 0131 537 9914 or your local pharmacy.</p>		
PHYSIOTHERAPY	<p>For any queries about your hospital appointment you should first contact: Royal Infirmary 0131 536 1000 Western General 0131 537 1000 St John's 01506 523 000 To arrange patient transport call 0300 123 1236</p>		
	<p>For advice and self care with a joint or muscle problem contact NHS Inform on 0800 917 9390 or www.nhsinform.co.uk/msk</p>		

Further advice and information about your health can be found on www.nhsinform.co.uk or www.stratheskmmedicalpractice.co.uk