

# HAD TO WAIT FOR A AN APPOINTMENT TO SEE THE GP?

MANY PROBLEMS CAN BE DEALT WITH BETTER & QUICKER BY ANOTHER HEALTH PROFESSIONAL. PLEASE CHECK BELOW .....

<b>PRACTICE NURSE</b>	<ul style="list-style-type: none"> <li>• Blood Pressure</li> <li>• Contraceptive Advice &amp; pill reviews</li> <li>• Smears</li> <li>• Travel advice &amp; vaccinations</li> <li>• Wound Dressings</li> <li>• Stitch Removal</li> <li>• Urine Infections</li> </ul>	<ul style="list-style-type: none"> <li>• ALL chronic disease management of asthma, heart disease, heart failure, diabetes, stroke, chronic kidney disease, COPD, hypertension and cardiovascular disease</li> <li>• Height/Weight Checks</li> </ul>
<b>PHARMACIST</b>	<ul style="list-style-type: none"> <li>• Coughs &amp; Colds</li> <li>• Sore Throat</li> <li>• Constipation</li> <li>• Head Lice</li> <li>• Skin Irritations</li> <li>• Hay Fever</li> <li>• Smoking Cessation</li> </ul>	<ul style="list-style-type: none"> <li>• Period/General Pain Relief</li> <li>• Insect Bites</li> <li>• Cold Sores</li> <li>• Thrush</li> <li>• Piles</li> <li>• Emergency Contraception</li> </ul>
<b>DENTIST</b>	Any condition relating to your teeth or mouth	
<b>OPTICIAN</b>	Any eye condition should be assessed by an Optician in the first instance as they have the correct equipment to do this. They are able to treat dry, red, sore, watery, sticky or itchy eyes, cysts, styes and conjunctivitis	
<b>PHYSIOTHERAPIST</b>	If >16yrs of age, you can self-refer to Physio. Ask at reception for a form or download one at <a href="http://www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy">www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy</a>	
<b>HEALTH VISITOR</b>	The Health Visitor is able to give advice on problems relating to a child under the age of 5 yrs such as sleeping, behavior, feeding and immunisations. She can also assist with any breast feeding issues.	
<b>SMOKING CESSATION</b>	<b>PHARMACISTS</b> can prescribe patches or Champix or you can self refer into the Smokefree Service on 0141 232 2110 for individual or group therapy support.	
<b>HOSPITAL APPOINTMENTS</b>	If you have any queries about your hospital appointments or waiting time, you can make enquiries yourself by calling Medical Records at Gartnavel General Hospital on <b>0141 347 8850</b> . They should be able to give you information or re-direct you to a more appropriate person.	