



HELP US TO USE GP TIME APPROPRIATELY



THE FOLLOWING SERVICES ARE PROVIDED BY OUR PRACTICE NURSES

- Well Woman checks – recommended every 5 years for those aged over 40
- Well Man checks – recommended every 5 years for those aged over 40
- Weight loss advice
- Cholesterol advice
- Referrals for Reach for Health Scheme including:
 - Smoking cessation
 - Weight management
 - Exercise projects
- Referrals for repeat Blood Pressure checks/Blood test requests from:
 - Opticians
 - Pharmacies
 - Pre-meds
 - Medicals
- Travel vaccinations and advice
- Smear taking
- Swab taking as requested by GPs
- Repeat contraception/HRT checks
- Coil checks (6 weeks and annually after fitting)

Monitoring/management of long-term conditions by Practice Nurses

- Hypertension reviews (blood pressure) – every 6 months
- Diabetes reviews – every 6 months
- Heart disease reviews - every 6 months
- Stroke/TIA reviews - every 6 months
- Asthma reviews - every 6-12 months
- Review of patients with dementia/mental health conditions - every 12 months



Sr Johnson

Trained family planning advisor
(Contraception advice)

Sr McPartland

COPD Reviews
(every 6 months)
Spirometry Tests
(Lung function tests as per GP request)

Conditions not requiring GP Appointments

- Normal results/resolved symptoms
- Routine blood pressure checks
- Cholesterol advice
- Insect bites
- Hayfever
- Ear wax (district nurse assessment)
- GPs requesting telephone conversations

Requests that could be dealt with by telephone GP consultation

- Problems with recently prescribed medication issues
- Queries regarding results of tests
- Specific request by GP for telephone consultation



Dental problems
these should **ALWAYS** be dealt
with by a dentist



Self-limiting conditions in adults

PATIENTS SHOULD SEEK ADVICE FROM PHARMACIST/NHS DIRECT BEFORE SEEING A GP FOR:

- ❖ Viral illnesses i.e. colds, sore throats, cough, sinus-congestion – these usually resolve within 5 days
- ❖ Diarrhoea and vomiting – this usually resolves within 5 days
- ❖ Insect bites – these usually resolve within 7 days
- ❖ Hayfever – medication can be bought over the counter or seek pharmacy advice
- ❖ Verrucae/warts – medication can be bought over the counter

