

# Patient Information Leaflet

## Alma Partnership

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[www.almapartnership.co.uk](http://www.almapartnership.co.uk) for practice news and information



## Possible Alternatives to Booking a GP Appointment

Your GP surgery can provide a huge range of advice, examinations, treatment, vaccinations, prescriptions and other routine healthcare; but did you know there are lots of other local NHS services that you can go to directly for help?

### **NO NEED TO SEE YOUR GP FIRST**

This guide sets out the main services that are available locally and how you can contact them.

For further information visit  
[www.nhs.uk](http://www.nhs.uk) or [www.patient.co.uk](http://www.patient.co.uk)

## **MINOR AILMENTS AND CONDITIONS**

You can get rapid advice and treatment from your local pharmacy. The Pharmacist may be able to issue medicines for these conditions:

- Coughs, colds, ear-aches, sore throats, blocked nose
- Teething and nappy rash
- Threadworms
- Hay fever
- Cold sores and mouth ulcers
- Athlete's foot
- Diarrhoea
- Skin rashes, impetigo
- Eye infections
- Thrush and uncomplicated urinary tract infections

Just drop into your local Pharmacy and ask to see the Pharmacist. If you have difficulty finding a Pharmacy, you can use the **NHS Choices** website [www.nhs.uk](http://www.nhs.uk), or dial **111**.

## **MINOR INJURIES** *(Adults and Children aged 3+)*

The Royal Bournemouth Minor Injury Unit is able to help if you suffer:

- Minor scalds and burns
- Broken bone (fracture)
- Cuts, grazes, wounds
- Skin complaint—insect/animal/human bite or sting
- Localised allergic reactions and infections
- Minor eye injuries and infections e.g. wounds
- Foreign bodies e.g. splinters
- Minor head injuries
- Muscle or joint injury, sprain, strain

Please call **RBCH MIU** on 01202 704169

## **MENTAL WELLBEING CONCERNS**

If you are aged 18 years and over, you can refer yourself straight to **Steps 2 Wellbeing** if you are struggling with:

- Panic attacks

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- Depression, low mood
- Anxiety, excessive worry
- Social anxiety/shyness
- Phobias
- Health anxiety
- Bulimia
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)

Please call them on 0300 7900 542 or visit [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)

*(You may need to obtain your NHS number from the surgery in order to self refer)*

### **SEXUAL HEALTH ADVICE & TREATMENTS**

The Alma Family Planning Clinic is a specialised Contraception Clinic staffed by doctors and nurses who specialise in coil fitting, contraception and STI screening and treatment. This clinic is available to both registered and non-registered patients.

Emergency contraception is available within 3 days after you have been at risk. If you think you have been at risk, you should tell our receptionist you need an emergency appointment on the same day.

Telephone 01202 519491 during opening hours (phones open half an hour before clinic begins). **Clinic Times:**

**Monday:** 5:30pm – 7:30pm

**Friday:** 9:30am – 12:30pm and 1:00pm – 2:30pm

### **BABIES, CHILDREN & PARENTING**

You can go straight to your named Health Visitor for advice and guidance on issues such as:

- Growth & development of your baby / child
- Childhood conditions, allergies and infections
- Breastfeeding, bottle feeding and weaning
- Teething
- Post-natal depression and parental mental and physical health
- Child behaviour issues e.g. sleeping, eating, tantrums

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(Cont...)

- Support with parenting, family health and relationships
- Breastfeeding, bottle feeding and weaning
- Teething
- Post-natal depression and parental mental and physical health
- Child behaviour issues e.g. sleeping, eating, tantrums
- Support with parenting, family health and relationships

Please call the **Health Visiting Team** on 01202 547307

### **COMMUNITY NURSING SUPPORT**

If you are a housebound patient on the District Nurse caseload, you can get direct help with:

- Wound care
- End of life care
- Care at home after hospital discharge
- Contenance assessment
- Equipment assessment

Please call the **District Nurses** on 01202 528990

### **LIFE THREATENING CONDITIONS**

**Don't forget:** ALWAYS dial 999 for life threatening conditions such as:

- Severe chest pain
- Severe difficulty breathing
- Unconsciousness
- Severe loss of blood
- Severe burns and scalds
- Choking
- Suspected stroke
- Fitting or concussion
- Severe allergic reactions

### **AND IF YOU AREN'T SURE...**

For advice on health conditions and the availability of local services, you can dial **NHS 111** at any time day or night.

*The content provided in this leaflet is for information purposes only.. Information obtained in this leaflet is subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues. Last updated May 2016*