

Our Nurse Practitioner, Nurses, and HCAs

When you telephone or call requesting an appointment at Riverside or Tower House, our specially trained receptionists will be able to suggest the best way of dealing with your problem. Sometimes, they will direct you to a source of help available elsewhere than in our practice, but, often, you will be given an appointment with an appropriate clinician at Riverside or Tower House without having to see a GP first. This direct referral saves your time and our GPs' time.

Overleaf is a guide to give you an idea of the health problems dealt with by our Nurse Practitioner, our Nurses and our Health Care Assistants.



**Riverside Surgery
Bovey Tracey**

01626 832666

**Tower House Surgery
Chudleigh**

01626 852379



Nurse Practitioner

Our Nurse Practitioner, Sally, is a Registered Nurse who, for some ailments, is qualified to examine patients, diagnose illnesses, prescribe medication and provide treatment much like a GP can do.

For most of the following problems experienced by adults and children, our Nurse Practitioner usually has appointments available on the day. These are normally 15-minute appointments which give sufficient time for advice and any required blood tests, swabs, ECGs (heart monitoring), or other tests.

- ❖ Minor injuries.
- ❖ Sinusitis.
- ❖ Eyes—infections and other eye problems.
- ❖ Respiratory problems—chest infections and respiratory illnesses.
- ❖ Asthma or COPD (chronic obstructive pulmonary disease).
- ❖ Throat infections—upper airways disease.
- ❖ Skin problems such as rashes, itching or acne.
- ❖ Headaches.
- ❖ Earache or ear infections.
- ❖ Glandular problems.
- ❖ Fatigue or tiredness.
- ❖ Female health problems—breasts or gynaecological.
- ❖ Female contraceptive advice.
- ❖ Urinary problems.
- ❖ Abdominal discomfort.
- ❖ Chest pain or discomfort.
- ❖ Gastric problems such as reflux.
- ❖ Musculoskeletal problems—back, hip, or knee.
- ❖ Legs—cellulitis or phlebitis.
- ❖ Blood pressure—high or low blood pressure.
- ❖ Diabetes—complex issues with diabetes and its control.
- ❖ Diabetes—assessment and treatment options.
- ❖ Arranging chest x-rays.
- ❖ Arranging scans.
- ❖ Travel advice.

If our Nurse Practitioner feels that a GP should be involved with your consultation, she will be able to arrange this for you.

Nurses

For the following, you can have an appointment with a nurse without needing to see a GP:

- ❖ Minor injuries.
- ❖ Asthma checks.
- ❖ COPD checks.
- ❖ Diabetes tests and advice to help you manage the condition.
- ❖ Healthy heart checks—for patients who have cardiac issues of all kinds including strokes, raised blood pressure, kidney disease.
- ❖ Learning disability checks.
- ❖ Well-woman clinic—including HRT checks, contraception checks, cervical screening tests, pessary fits, coil removals, contraceptive injections.
- ❖ B12 injections—used to treat patients who have low levels of vitamin B12.
- ❖ Blood pressure checks.
- ❖ Blood tests (taking blood samples).
- ❖ Blood tests for patients on warfarin (INRs).
- ❖ ECGs (heart monitoring).
- ❖ NHS checks (to be eligible you must be aged between 40 and 74, and not had a check within the last 5 years). These checks are to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes (and dementia if you are over 65 years old). The checks include height, weight, blood pressure and a finger prick test for cholesterol.
- ❖ Dressings for wounds and ulcers.
- ❖ Removal of sutures, stitches or staples.
- ❖ Various injections as required for a variety of conditions.
- ❖ Travel advice.

Nurses can also see you for the following, but you will need to be referred:

- ❖ Hearing tests/audiogram (you will need to see GP first).
- ❖ Infectious diseases screening (you will need to see a GP first).
- ❖ Doppler scanning (as advised by a GP or a Nurse)—to assess circulation. A Doppler scan is required before any patient starts using compression stockings or socks.
- ❖ Spirometry tests (as advised by a GP or a Nurse). Spirometry is used to diagnose asthma, chronic obstructive pulmonary disease (COPD) and assess ongoing management of lung conditions.

- ❖ Falls assessments (you will need to have been referred by a GP).
- ❖ Ear syringing (you will need to have had a telephone call with a nurse first, or been seen by a GP).
- ❖ Vaccinations needed for travelling abroad (you will need to have had a consultation with a nurse prior to the appointment).

Other roles for nurses include:

- ❖ Minor surgery (this will be in a GP-led clinic).
- ❖ Management of flu clinics annually for adults and children.
- ❖ Health promotion activities.
- ❖ Pre-diabetes education—advising patients thought to be at risk of Type 2 diabetes.

Our HCAs (Health Care Assistants) can help with:

- ❖ B12 injections—used to treat patients who have low levels of vitamin B12.
- ❖ Blood pressure testing.
- ❖ Blood tests (taking blood samples).
- ❖ Blood tests for patients on warfarin (INRs).
- ❖ ECGs (heart monitoring).
- ❖ Ear syringing (you will need to have had a telephone call with a nurse first, or been seen by a GP).
- ❖ NHS checks (to be eligible you must be aged between 40 and 74, and not had a check within the last five years). These checks are to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes (and dementia if you are over 65 years old). The checks include height, weight, blood pressure and a finger prick test for cholesterol.
- ❖ Dressings for wounds and ulcers, including follow-up dressings.
- ❖ Removal of sutures, stitches or staples.
- ❖ Smoking—help and advice when you want to give up smoking.
- ❖ Hearing tests/audiogram (you will need to see GP first).
- ❖ Diabetes tests and advice to help you manage the condition.
- ❖ Healthy heart checks—for patients who have cardiac issues of all kinds such as strokes, raised blood pressure, or kidney disease.

If you would like to have a copy of this leaflet in a different format to make it easier to read, please contact the Practice.