

SEXUAL HEALTH ADVICE AND TREATMENTS:

- For contraceptive prescriptions (including implants) and advice
- Testing for sexually transmitted diseases
- Symptoms such as vaginal discharge

You can contact the Sexual Health Advice Clinics in confidence on 01803 656500. Clinics are based at Newton Abbot Hospital and Castle Circus Health Centre, Torquay.

**COMMUNITY NURSING SUPPORT FOR HOUSEBOUND PATIENTS
SEEN BY DISTRICT NURSE:**

- Wound care, care at home after discharge
- End of life care
- Continence assessment
- Equipment assessment

You can contact the Torbay & South Devon NHS Foundation Trust Community Nursing Team on 01626 852379 on Monday to Friday between 8.30am & 4.30pm. Between 7.00am & 8.30am or 4.30pm & 7.00pm on Monday to Friday call 0300 3336602. Otherwise dial 111 for urgent assistance.

FOOTCARE AND PODIATRY (PATIENTS AGED 60+):

- Painful foot problems or abnormalities
- Ingrowing toe nails, verrucas (**NOT** corns, calluses or nail cutting)

Call 01803 217712 or pick up a Podiatry Assessment form from the surgery

MUSCULAR AND SKELETAL PROBLEMS:

- Back and neck pain, sprains and strains, whiplash disorders
- Joint and muscle pain or sports injuries

You can refer yourself directly to the physiotherapy service (often a same-day appointment). Call 01626 883765 on Monday to Friday between 8.30 & 12 noon.

RIVERSIDE & TOWER HOUSE SURGERY**PATIENT PARTICIPATION GROUP (PPG)****INFORMATION LEAFLET****MEDICAL SERVICES IN OUR AREA**

**BEFORE ASKING FOR AN
APPOINTMENT WITH THE DOCTOR,
COULD ONE OF THESE SERVICES HELP
FIRST?**

PPG Leaflet 3

www.towerhousesurgery.co.uk

FOR LIFE THREATENING CONDITIONS CALL 999 IMMEDIATELY:

For example:

- Severe chest pain or severe breathing difficulty
- Unconsciousness or severe blood loss
- Severe burns or scalds, or choking
- Suspected stroke, fitting or concussion
- Severe allergic reactions

IF IT IS *NOT* A LIFE THREATENING CONDITION THERE ARE OTHER OPTIONS:

For minor injuries go to the surgery during opening hours (except for broken bones):

- Minor scalds and burns, cuts and grazes
- Foreign bodies such as splinters
- Minor head injuries from a low fall
- Muscle or joint injury, sprains and strains
- Skin complaints
- Insect/animal/human bites or stings
- Localised allergic reactions and infections
- Minor eye injuries, infections and wounds
- Emergency contraception
- Broken bones

Many of these injuries can be dealt with at the surgery by a nurse or doctor between 8.30am- 6.00pm on weekdays. When the surgery is closed the nearest MINOR INJURIES UNIT is at Newton Abbot Hospital. The opening times are 8.00am-10.00pm daily. Telephone 01626 324500.

If you require this leaflet in a different format please contact the surgery.

MINOR AILMENTS AND CONDITIONS, SUCH AS:

- Teething and nappy rash
- Hay fever, cold sores, mouth ulcers
- Diarrhoea, thrush, uncomplicated urinary tract infections
- Skin rashes, impetigo, threadworms, athlete's foot
- Eye infections, coughs, colds, sore throats, blocked nose, or ear ache

Go to your local pharmacy/chemist, or dial 111, or visit NHS Choices at: www.nhs.co.uk.

All pharmacies have staff who are trained to treat minor ailments and the conditions listed above. They usually have an area or consulting room if you want to have a conversation in private in confidence. They will also tell you if they think you need to seek other medical advice. They can help you understand the medicines you are taking and how to get the best from them.

MENTAL WELLBEING CONCERNS (FOR OVER 18'S):

- Panic attacks or anxiety, excessive worry, health anxiety
- Depression, low mood, social anxiety and shyness, bulimia
- Obsessive compulsive disorder
- Post traumatic stress disorder, phobias

Call the Depression and Anxiety Service on 01626 203500 (9.00am to 5.00pm, Monday to Friday)

BABIES, CHILDREN AND PARENTING:

- Baby and child growth and development
- Childhood conditions, allergies and infections
- Breastfeeding, bottle feeding and weaning, teething
- Post natal depression
- Child behaviour issues, e.g. sleeping, eating, tantrums
- Support with parenting, family health and relationships

Contact your Health Visitor on 01626 836201 or Dial 111.