

FINDING YOUR WAY – Bearsden & Milngavie GP Practices

Many problems can be dealt with better & more quickly by another Health Care Professional...

<p>Pharmacy</p>	<ul style="list-style-type: none"> • MINOR AILMENTS • Coughs, colds and sore throats • Emergency contraception • Hay fever • Nappy rash • Pain relief 	<ul style="list-style-type: none"> • Conjunctivitis (age over 1 yr) • Head Lice, Worms • Mouth Ulcers, cold sores • Dry skin, Athletes foot • Constipation • Smoking cessation 	<p>PHARMACY FIRST</p> <ul style="list-style-type: none"> • Impetigo • Certain UTI's 		
<p>Dentist</p>	<ul style="list-style-type: none"> • Any condition involving your teeth and/or mouth 				
<p>Local Services</p>	<ul style="list-style-type: none"> • Call OPAL, East Dunbartonshire Information Line on 0141 438 2347 Mon- Fri 9.30-4.30 • Social work, benefits, home care, carer support, health and wellbeing, social activities 				
<p>Practice Nursing Team</p>	<ul style="list-style-type: none"> • Wound dressings • Suture removal • Pill/HRT checks 	<ul style="list-style-type: none"> • Chronic conditions such as Asthma, Diabetes, CHD, Heart failure, COPD 	<ul style="list-style-type: none"> • Blood pressure • Cervical smears • Minor Illness 		
<p>Health Visitor</p>	<ul style="list-style-type: none"> • Children's problems including: breast feeding, formula feeding, sleeping, minor illness, immunisation queries etc. Health visitors are based at the Milngavie Clinic 				
<p>Optician</p>	<ul style="list-style-type: none"> • All eye conditions, including dry, red, sore, watery, sticky, and itchy eyes or visual disturbance should be seen by an Optician first for their expertise. They have the correct equipment to examine the eye and can refer you directly to the hospital if required. 				
<p>Hospital Apts</p>	<ul style="list-style-type: none"> • For queries regarding new referrals or waiting times contact the hospital directly on 0141 347 8939. For follow-up appointments contact your Consultant's Secretary • To book Hospital Transport for Outpatients phone directly on 0300 123 1236 				
<p>Physiotherapy</p>	<ul style="list-style-type: none"> • For advice and self care for joint or muscle pain, visit www.nhsinform.co.uk/msk or download the NHS 24 MSK help App. • To Self-refer for Physio review, complete a Self-referral form available at Reception 				
<p>Podiatry</p>	<ul style="list-style-type: none"> • To Self-refer to Podiatry, ask at Reception for details 				
<p>Vaccinations < 5's</p>	<ul style="list-style-type: none"> • To arrange an appointment for childhood vaccinations in children under five, call the central booking number on 0141 232 4863. 				
<p>Weight Loss</p>	<ul style="list-style-type: none"> • You may be eligible to self-refer to the Glasgow Weight Management Service for free weight loss support. Please ask at reception for the form with eligibility criteria 				
<p>Self Help</p>	<p>Self Help NHS ↓ Inform</p>	<p>Find local services NHS ↓ 24</p>	<p>Physio MSK App NHS ↓ Inform</p>	<p>Pharmacy First NHS ↓ GG&C</p>	<p>OPAL East ↓ Dun</p>