

Do You Need An Appointment?

Alongside our Doctors and Advanced Nurse Practitioners, we have other Clinicians available for appointments . . .

LOCAL PHARMACIES:

Pharmacies can prescribe antibiotics for these conditions;

- earache (aged 1 to 17 years)
- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)
- urinary tract infections or UTIs (women aged 16 to 64 years)

Pharmacies can also offer a range of guidance and advice for issues such as bites, stings, skin issues, hay fever, thrush, ulcers, blisters, hair loss, warts, verrucas, diarrhoea, constipation, conjunctivitis (aged 2 or over) plus more. They can also offer over-the-counter products.

PLEASE VISIT [NHS.UK/THINKPHARMACYFIRST](https://www.nhs.uk/thinkpharmacyfirst) OR SPEAK TO OUR RECEPTION TEAM WHO CAN ADVISE ON LOCAL PHARMACIES YOU CAN ATTEND.

PRACTICE NURSES:

- Asthma
- COPD
- Injections/Vaccinations
- Blood Pressure
- Diabetes
- Dressings, stitches and wound management
- Contraception and sexual health
- Cervical screening
- Weight management and dietary advice

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SURGERY PHARMACISTS:

Our surgery pharmacists are available for telephone appointments to discuss;

- medication related queries
- medication reviews
- medication reconciliation i.e. update medications post discharge, new patients
- medicines information
- repeat prescribing/repeat dispensing
- drug monitoring
- liaise with community/hospital/pharmacy teams as needed
- blood pressure (BP) queries
- pre-diabetes

PLEASE SPEAK TO OUR RECEPTION TEAM TO BOOK A TELEPHONE APPOINTMENT.

FIRST CONTACT PHYSIOTHERAPIST/MSK SPECIALIST (aged 16+):

Our physiotherapist is available for face-to-face or telephone appointments to discuss;

- All soft tissue injuries, sprains, strains or sports injuries
- Arthritis – any joint
- Possible problems with muscles, ligaments, tendons or bone, eg tennis elbow, carpal tunnel syndrome, ankle sprains
- Spinal pain including lower back pain, mid-back pain and neck pain
- Spinal-related pain in arms or legs, including nerve symptoms, eg pins and needles or numbness
- Changes in walking and posture
- Post-orthopaedic surgery

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SELF-REFER TO BEXLEY MSK SERVICES BY VISITING BEXLEYMSK.ENGAGE.GP

MENTAL HEALTH NURSE (aged 18+):

Our mental health nurse is available for face-to-face or telephone appointments to discuss;

- mental health conditions, such as anxiety, depression or OCD
- physical symptoms associated with mental health, such as sleep issues
- new mental health diagnosis
- medication reviews of anti-depressants
- discuss initiating antidepressants
- medication concerns and queries, such as dosage or side effects
- information about other mental health services in the area

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DIETITIAN:

Our dietitian is available for face-to-face or telephone appointments to discuss;

- Malnutrition
- Low weight and weight loss
- Weight management & related co-morbidities i.e. cardiovascular disease, hypertension, pre-diabetes
- Diet and learning disabilities
- Gastro issues such as first line IBS & coeliac advise, constipation & diarrhoea
- Deficiencies: Iron/B12/folate deficiency anaemia
- Wound management for nutritional advice on wound healing i.e. pressure sores, surgical wounds, burns

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SOCIAL PRESCRIBER (aged 18+):

Our social prescriber is available for telephone appointments to discuss;

- loneliness and isolation
- stress and low-level mental health concerns
- care needs, such as elderly patients needing assistance in the home or with day-to-day life
- wanting to improve their physical activity levels
- signposting for advice on housing, legal or money issues
- patients wanting information about social groups, clubs and activities in the area

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OPTICIANS:

If you are having any of the below issues, you can contact an approved optician to make an appointment and ask to be seen under Medical Eye Conditions Service (MECS);

- Sudden or recent reduction in vision in one or both eyes
- Red eye(s) or eye lids
- Pain and / or discomfort in the eyes, around the eye area or temples
- Recent onset or sudden increase of flashes and / or floaters in one or both eyes (appears like a fly, black specks or a cobweb moving across your vision)
- Mild trauma, for example a scratch to the outer surface of the eye(s) or lid(s)
- Suspected foreign body in the eye
- Recent onset of double vision
- Significant recent discharge from or watering of the eye

PLEASE VISIT SEL-MECS.COM/BEXLEY-MECS OR SPEAK TO OUR RECEPTION TEAM WHO CAN ADVISE ON LOCAL OPTICIANS YOU CAN ATTEND.

WOMEN'S AND GIRLS' HEALTH HUB:

The Women's and Girls' Health Hub is designed to improve access to healthcare for female residents. You can self-refer into the service and book an appointment tailored to your healthcare needs. They can offer appointments for;

- heavy periods
- peri/menopause
- coils and other contraception
- pre-pregnancy advice
- guidance on treating thrush or bacterial vaginosis
- emergency contraception
- cervical screenings
- sexual health advice
- help if you have been sexually assaulted.

PLEASE VISIT OXLEAS.NHS.UK/WOMENS-AND-GIRLS-HUB TO BOOK AN APPOINTMENT

May 2025

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