

Do You Need An Appointment?

Alongside our Doctors and 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) FOR GUIDANCE 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

PLEASE SPEAK TO OUR RECEPTION TEAM TO BOOK AN APPOINTMENT.

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 SUBMIT AN ACCURX PATIENT TRIAGE ON OUR SURGERY WEBSITE OR THE NHS APP.

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

PLEASE SUBMIT AN ACCURX PATIENT TRIAGE ON OUR SURGERY WEBSITE OR THE NHS APP

OR SELF-REFER TO BEXLEY MSK SERVICES BY VISITING [BEXLEYMSK.ENGAGE.GP](https://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

PLEASE SUBMIT AN ACCURX PATIENT TRIAGE ON OUR SURGERY WEBSITE OR THE NHS APP

OR SELF-REFER TO MIND IN BEXLEY VISITING [MINDINBEXLEY.ORG.UK](https://mindinbexley.org.uk).

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](https://sel-meecs.com/bexley-meecs) FOR GUIDANCE 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](https://oxleas.nhs.uk/womens-and-girls-hub) TO BOOK AN APPOINTMENT.

**PLEASE SEE A FULL LIST OF SELF-REFERRAL OPTIONS AT
[BEXLEYWELLBEING.ORG/SERVICES/SELF-REFERRAL](https://bexleywellbeing.org/services/self-referral)**

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