

Depression & Anxiety Service

- Anger issues
- Depression
- OCD
- Panic
- Stress
- Anxiety
- Mood disorders
- Phobia
- Trauma

Citizen Advice Bureau

- Benefits advice
- Discrimination
- Financial worries
- Law and rights
- Work issues
- Debt information
- Employment advice
- Housing
- Tax

Do you need a dentist?

- Dental abscess
- Gum problems
- Toothache

Do you need a nurse?

- Asthma
- Blocked ears & wax
- Chronic bronchitis care
- Family planning
- Travel advice
- Weight monitoring
- Blood pressure
- Cardiovascular reviews
- Dressings
- Health Checks
- Smear and Swabs
- Vaccinations

Where else can you go for help and advice?

- www.pinpointdevon.co.uk
- www.patient.co.uk
- NHS Choices
- www.queensmc.com
- 111

Contacts

Queens Medical Centre:

01271 372672

Email: d-ccg.queensmc@nhs.net

Barnstaple hospital: 01271 322577

Emergency dentist: 03330 063 300

Midwife contact: 01271 322788

Minor injuries unit:

Bideford: 01271 322 577

Ilfracombe: 01271 863 448

Local pharmacies:

Bear Street Pharmacy:

01271 342549

Boots Pharmacy:

01271 326772

Brannams Lloyds Pharmacy:

01271 342076

Newport Lloyds Pharmacy:

01271 342434

Health visitor:

01271 384092 or 01271

384093

Depression & Anxiety Service:

01271 335041

Citizens Advice Bureau:

03444 111444



GET THE RIGHT
HELP FOR YOU AND
YOUR CONDITION

DEVON CEPN



Why?

General Practice is currently under more pressure than ever. We know that a GP appointment is not always needed and actually may lead to delays in treatments and poorer standards of care being provided. Often patients may be able to self-care or direct themselves the most appropriate healthcare professional and we would like to help empower our patients to be able to do this.

Is your life in danger – CALL 999

- Anaphylaxis
- Severe breathinglessness
- Suspected heart attack
- Drowning
- Low blood sugar
- Deep lacerations/cuts
- Suspected stroke
- Severe bleeding
- Severe burns
- Choking
- Uncontrollable seizure
- Hypothermia
- Suspected meningitis
- Unconscious
- Appears very unwell



Have you got a medical emergency? GO STRAIGHT TO A MAJOR A&E

- Severe abdominal pain
- Breathlessness
- Floppy/unresponsive baby
- Lethargic/drowsy child
- Drug overdose
- Sudden blindness
- Suspected fractures
- Severe head injury
- Persistent nose bleed
- Swallowed foreign body

Do you need the Minor Injuries Unit?

- Bites & stings
- Cuts and grazes
- Foreign bodies in skin
- Sprains and strains
- Minor wound infections
- Burns and scalds
- Eye problems
- Minor head injuries
- Road traffic accidents



Do you need to see a pharmacist?

- Athletes foot
- Bloating and wind
- Conjunctivitis
- Cough and cold
- Dermatitis and eczema
- Ear wax
- Hay fever
- Headlice
- Irritable bowel
- Nasal congestion
- Runny nose
- Sinus problems
- Sore throat
- Teething problems
- Thrush
- Verruca
- Warts
- Minor allergies
- Cold sores
- Constipation
- Cystitis
- Diarrhoea
- Emergency contraception
- Headaches
- Indigestion
- Mouth ulcers
- Piles
- Scabies
- Sleep problems
- Styes
- Thread worms
- Urine infections (not all pharmacies)
- Viral infections

Can you look after yourself? These conditions respond well to self-care

- Coughs and colds
- Earache
- Hangover
- Sunburn
- Sore throat
- Diarrhoea
- Flu
- Minor grazes
- Viral illness

Do you need a district nurse? District nurses see the housebound for:

- Catheter problems
- End of life care
- Hospital discharge care
- Dressings
- Injections
- Ulcer care

Who else can you contact directly?

Health Visitor

- Abuse concerns
- Post natal blues
- Support at home
- Healthy eating
- Preschool issues

School nurse

- Bedwetting
- Bullying
- Drug advice
- Health education
- Safe guarding services
- Signposting
- Behaviour issues
- Developmental screening
- General support
- Immunisations
- Safe sex
- Stop smoking

Midwife

- Normal antenatal care
- Pregnancy advice
- Antenatal care

Physiotherapist – available in some areas

- Back pain
- Joint problems
- Rehabilitation
- Soft tissue problems
- Exercise advice
- Sport injury
- Posture advice