

# The Orchard Medical Practice – Signposting External Services

Many health problems **DO NOT** need a Doctor or Nurse. It is important that patients use their GP and A&E services appropriately. There is a lot of useful information at [www.nhsinform.co.uk](http://www.nhsinform.co.uk). Efficient signposting can ensure that patients receive appropriate care by directing them to the correct point of service.

Please see below symptoms that can be seen and dealt with initially without having to consult with a GP

Coughs & colds, sore throats and earache, conjunctivitis for those over the age of 1, Mouth ulcers and cold sores, verruca's, dry skin, nappy rash, small patches of impetigo, abrasions, bruises, Insect bites, hay fever, sunburn, thrush, head lice, piles, UTI's constipation, pain relief, shingles, sinusitis & emergency contraception, chickenpox, worms, diarrhoea & vomiting

**Community Pharmacist**

Dry, red, sore, watery, sticky, or itchy eyes or eyelids  
Squints in children, flashing lights, headaches when reading or watching TV, cysts and styes, conjunctivitis, corneal ulcers or abrasion, reduced or double vision, inflammation of the edge of eyelids (blepharitis)

**Optician**

Podiatrists can treat a range of foot conditions where there is a medical need, including:

- Foot problems/medical condition that could lead to foot ulceration or amputation
- Painful toenails
- Diabetic patients with a foot problem
- Open wounds below the ankle for 4 weeks or longer
- Children with foot pain
- Sudden red, hot, swollen foot with or without an open wound
- Assessment and treatment of Musculoskeletal problems associated with walking or running.

Podiatry offers a self-referral service for potential patients. Applications can be made completing [this downloadable form](#) and return it to [LLR.Podiatry@nhs.net](mailto:LLR.Podiatry@nhs.net) or completing the online form below.

**Smoking**

- For help to stop smoking please visit: <https://livewell.leicester.gov.uk/services/stopping-smoking/>
- Call 0345 646 6666
- Text 'ready' to 66777

**Podiatry / Feet**

**Social Prescribing Link Workers**

- Socially isolated or lonely and would benefit from being part of their community
- A Carer
- Struggling with debt, finances, access to food supports, or have benefit queries
- At risk of homelessness or in need of Housing supports
- Unemployed and would like support to find work
- Have experienced a bereavement
- Are experiencing problems within their family/neighborhoods
- Are suffering with their mental wellbeing due to social factors
- Struggling with any changes in their circumstances which can lead to further problems
- Suffer from long term conditions and may benefit from support in the community
- Are interested in volunteering
- Are experiencing/fled Domestic abuse and require links to services to support
- You feel they would benefit from help with any other social problems

To access the Social Prescribing Link Workers please contact the reception team for a referral

Helping patients to take responsibility in managing their own health and wellbeing through coaching, learning new strategies and setting health promoting goals. They can help with: Mental Health, Bereavement, Long Term conditions, Stress Related Illness

**Health & Wellbeing Service**

To access the Health & Wellbeing Service please contact the reception team for a referral

**Dentist**

Any condition involving your mouth or teeth