

## Welcome to Park House Medical Centre

Should you need urgent medical attention while we are closed, please ring 111. this is a free call - if you ring 0115 9404555 and you will be asked to hang up and redial 111. They will advise you whether you on what care you need. If you need to be seen they will advise where this will be. Please avoid going to the Accident & Emergency Dept if you can. Alternatively, use our simple guide below or this self care leaflet.

### Step One - It's not an Emergency:- Go to the Pharmacy for immediate health advice for minor health problems.

Pharmacies sell medicines for a wide range of ailments without a prescription and can advise on where best to get further help if needed.

#### Get advice or medicines from the pharmacy for:

- High temperature, aches and pains; • Stomach upsets, indigestion and constipation;
- Allergies, hay fever, bites and stings; • Coughs and colds; • Cystitis, urinary infections and thrush
- Conjunctivitis;
- Emergency contraception (morning after pill);
- Always keep a small stock of paracetamol or ibuprofen to use as pain killers and to control high temperatures.
- Always follow the instructions on the medicine label and seek further advice if the illness continues or becomes more severe. • Don't let a health problem become urgent – contact your GP surgery and make an appointment with the doctor.

### Step Two - I NEED to see a Doctor or a Nurse - Call the surgery.

**NHS Walk-In Centres – no appointment needed.**

**Did you know?**

There are two Walk-In Centres in Nottingham City Centre that can treat many urgent health problems, illnesses and injuries.

They are open every day and you don't need an appointment

**Just walk in!**

Remember, A&E should only be used for emergencies.

**NHS Nottingham City Global Communications Group**

NHS Walk-In Centre	8am-8pm Health Centre
	
London Rd NG2 4LA Next to the Sainsbury's 0115 883 8600 7am-9pm every day	75a Upper Parliament Street NG1 6LD Closest to the NCP car park & West End shopping arcade 0115 883 1880 8am-8pm every day

**You can see an experienced nurse for the treatment of minor injuries and illnesses without an appointment. Walk-In Centres are open every day of the year.**

**Dentist – if you are in pain:- Registered patients should phone their own dental practice. If the surgery is closed you will hear recorded information. You can also phone the local out of hours dental assessment service on 0845 603 1407 or phone 111. For advice on registering with a dental practice call PALS on 0800 183 0456**

### **Step Three - It Is An Emergency**

**An emergency is a serious injury or life-threatening problem: 1 in 4 people who go to A&E don't need to be there.**

**• Collapse or unconsciousness; • Severe chest pain; • Severe breathing difficulty; • Heavy bleeding; • Suspected broken bones; • Deep wounds (e.g. stab wounds); In an emergency you can go to your nearest hospital A&E department or call 999 for an ambulance.**

**Remember that A&E and 999 should only be used in emergencies Using them for minor problems or because you have no transport puts other people's lives at risk and wastes NHS money that could be spent elsewhere. Phoning GP practice or using walk-in services will usually result in faster and more appropriate advice and treatment. Arriving at A&E by ambulance does not give you priority over other patients. [Please see our leaflet on the services available when we are closed. Click on the link 'Out Of Hours Services' here.](#) **Out Of Hours Services** .**