

This leaflet has been designed for patients by the AL – PF Locality Group of Patients

**THINK !**   
**before going to Accident and Emergency**



- There is growing evidence that some people use Accident and Emergency when they do not need to do so
- That costs us all - as patients - money that could be better spent on health services elsewhere – over **£80** a visit !!
- **It is important to remember that the Accident and Emergency Department should only be used for the seriously ill and injured**

## When you are ill

Choosing the most appropriate service ensures that you receive the **best** treatment in the **shortest** possible time



NHS Direct	Your Local Pharmacy	Your GP Surgery	The Out of Hours Service	Leigh Walk in Centre	Accident and Emergency
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**Turn over to see more about the choices you can make**



NHS Direct	Your Local Pharmacy	Your GP Surgery	The Out of Hours Service	Walk in Centre	Accident and Emergency
<p>NHS Direct is a 24 hour nurse led advice line:-</p> <p style="text-align: center;"><b>Telephone 08454647</b></p> <p>NHS Direct will assess your problem and advise you on the best course of action. They will also provide health advice</p> <p><b>If you are unsure which service you require NHS Direct will be able to advise.</b></p>	<p>Your local pharmacy offers expert advice and information on using the correct medicines, as well as providing general information on healthcare e.g. :-</p> <ul style="list-style-type: none"> <li>• Coughs and colds</li> <li>• Runny noses</li> <li>• Stomach upsets</li> <li>• Pain and inflammation</li> <li>• Minor eye infections</li> <li>• Emergency Contraception</li> <li>• Travel Advice</li> <li>• Support to stop smoking</li> </ul>	<p>Your GP provides a wide range of services</p> <p>Consider going to your doctor with any of the following :-</p> <ul style="list-style-type: none"> <li>• Tummy pain</li> <li>• Infections</li> <li>• Backache</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Contraception</li> <li>• High temperature and fever</li> <li>• Pregnancy problems</li> <li>• Vaginal bleeding</li> <li>• Rectal bleeding</li> <li>• Breathing problems</li> <li>• Urinary problems</li> </ul>	<p>When a GP practice is closed in the evening /at weekend/during holiday periods 'The Out of Hours Service' can be contacted on :-</p> <p style="text-align: center;"><b>Telephone 01942 829911</b></p> <ul style="list-style-type: none"> <li>• Tummy pain</li> <li>• Infections</li> <li>• Backache</li> <li>• High temperature and fever</li> <li>• Vomiting and diarrhoea</li> <li>• Breathing problems</li> <li>• Flu like symptoms</li> <li>• Urinary problems</li> </ul> <p><b>Please only use the 'Out of Hour's Service' when you are too ill to wait until your GP reopens.</b></p>	<p>The Walk in Centre is a nurse led minor illness and minor injuries clinic :-</p> <p style="text-align: center;"><b>Walk in, or telephone Telephone 01942 483453</b></p> <p style="text-align: center;"><b>Illness</b></p> <ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Ear infection</li> <li>• Viral infection</li> <li>• Skin Infection</li> </ul> <p style="text-align: center;"><b>Injuries</b></p> <ul style="list-style-type: none"> <li>• Injuries of shoulder, arms hands low leg and ankle</li> <li>• Minor burns and scalds</li> <li>• Minor cuts and wounds</li> <li>• Minor head injuries (without loss of consciousness)</li> </ul> <p style="text-align: center;"><b>Emergency Contraception</b></p>	<p>A&amp;E should only be used for <b>serious illnesses or injuries...</b></p> <p>So that essential treatment is given as quickly as possible to those who need it most.</p> <p><b>Patients with :-</b></p> <ul style="list-style-type: none"> <li>• <b>Unconsciousness</b></li> <li>• <b>Losing a lot of blood</b></li> <li>• <b>Severe Difficulty in breathing</b></li> <li>• <b>Chest pain</b></li> <li>• <b>Severe head injury</b></li> <li>• <b>Suspected broken bones</b></li> <li>• <b>Suspected stroke</b></li> </ul>