

ADDITIONAL SERVICES

Antenatal Clinic

These are held on ALL DAY Monday and Wednesday, by appointment with the Midwife.

Asthma Clinic and Spirometry Checks

Asthma checks are available with Sylvia and Karen during normal surgery times and last approximately 20 minutes. Spirometry checks are also available from the Nurse during normal surgery times and last approximately 45 minutes. These appointments must be booked in advance.

Blood Pressure

We advise everyone over 35 years of age to have their blood pressure checked at least every 5 years – please make an appointment to see the Nurse or Healthcare Assistant (HCA) (10 minute appointments)

Cervical Smears

These are undertaken by trained nurses and are available by appointment only, during normal surgery times. If you prefer, or have symptoms, then a smear can be undertaken by a doctor of your choice.

Child Development

Childhood vaccinations and immunisations are undertaken by our trained nurses at our regular Monday afternoon Child Development Clinic, by appointment.

Diabetic Clinic

These are run by daily by the nurses by appointment only.

Family Planning

Most methods of family planning. See any Doctor during normal surgery times. For routine pill and contraceptive injection reviews a nurse appointment is needed.

Foreign Travel

Health advice for those travelling abroad is given by Jane Wright (PN) and Sylvia Jaggs (PN). Yellow Fever vaccination can be provided if necessary. Please complete a Foreign Travel form at least 6 weeks prior to departure. Some travel vaccinations are available on the NHS, but others including Hepatitis B, Japanese B encephalitis, meningococcal A, C W₁₃₅ & Y, tick-borne encephalitis, oral typhoid, rabies and yellow fever will be at a cost.

Healthy Heart Reviews

Please make an appointment with Jane Wright for your routine IHD reviews.

Immunisations/Vaccinations

The Nurses can check these are up to date. The Health Care Assistants can perform B12, influenza and pneumococcal injections.

Minor Operations

We can do minor operations in our fully equipped treatment room – please see the Doctor to arrange a suitable time.

Physiotherapy

A Community Physiotherapist holds sessions at the Surgery on alternate Wednesday afternoons for physiotherapy advice and can refer you for further hospital treatment as necessary. The service ***Physio Direct*** is where patients can speak directly to a physiotherapist between 8am – 4pm Monday to Friday is available on: **01609 783388**

Smokers

See Doctor or Nurse for sensible advice about how to stop.

INR Clinics (Warfarin)

These are nurse-led clinics and are held on Wednesday mornings and Thursday afternoons for monitoring of Warfarin.

Wart Treatment

Cautery by liquid nitrogen is available on the first week of each month by appointment. Please discuss with your Doctor before making an appointment.

SERVICES SOCIAL

The Hambleton/Richmondshire Division of the County Council Social Services Department is based in offices at White Rose House, Thurston Road, Northallerton (**01609 536791**). General Practitioners are able to refer patients, as appropriate, to the various Social Services units:-

Children & Families Unit (0-18 years), Health & Disabilities Unit (18-65 years), Mental Health (18-65 years), Older Persons Unit (over 65 years). Out of hours an emergency duty unit team covering all life stages can be contacted on **01904 762314**.