



FIRST TIME USERS OF THE NATIONAL HEALTH SERVICE (NHS)

RIDGMOUNT PRACTICE

Registration with an NHS doctor entitles you to:

- Free consultation with your doctor (General Practitioner – GP)
- Free hospital treatment in Accident and Emergency (A&E) **but always consider contacting your GP first.**
- Free hospital treatment if your GP recommends it (a few conditions are not eligible for treatment on the NHS) **remember to always contact your GP first.**

You will be asked to pay for:

- Any medication your GP prescribes at £8.40 per item. (from 1/4/2016).

WHAT IS A GENERAL PRACTITIONER?

The General Practitioner or GP is a general doctor who has specialised in family health. They are used to seeing patients with different health problems. **For most health problems, the GP is usually the first doctor you consult.** If you have a complicated problem or an illness that requires specialist advice the GP may refer you to the appropriate doctor.

CAN I OBTAIN MORE OF MY PRESCRIBED MEDICATION IN THE UK?

We can prescribe some of the more common medications. You may be given slightly different medication from the one originally prescribed.

WHAT DO I DO IF I HAVE AN ACCIDENT OR REQUIRE EMERGENCY TREATMENT?

Ring the GP you are registered with, attend Walk-in Clinic or go to your nearest Accident and Emergency Department. There is one of these at most large hospitals. Treatment at Accident and Emergency is free if you have registered with the NHS. **Accident and Emergency Departments should only be used in extreme emergencies.** If you need to call an ambulance call 999.

Major A&E Departments assess and treat patients who have serious injuries or illnesses. Generally, you should visit A&E or call 999 for emergencies such as:

- loss of consciousness
- pain that is not relieved by simple analgesia (pain relief)
- acute confused state
- persistent, severe chest pain or breathing difficulties

WHAT IF I'M NOT WELL ENOUGH TO VISIT MY DOCTOR?

Telephone your GP for advice. If your doctor is worried he/she may arrange for a doctor to visit you at home.

WHAT DO I DO IF I WANT TO SEE A GYNAECOLOGIST?

In UK, gynaecologists work in a different way to those in many other countries. They do not see people for contraception or for vaginal infections. If you need contraception you should either visit your GP surgery (where a nurse or GP can help) or a Family Planning Clinic: www.fpa.org.uk

If you would like a smear test (pap smear), this can be done by a Practice Nurse at your GP surgery or at a Family Planning Clinic. Routine screening is for women age 25-65yrs.

WHAT DO I DO IF I THINK I MAY HAVE A SEXUALLY TRANSMITTED INFECTION?

You may either visit the GP or a Genito Urinary Medicine Clinic (GUM Clinics). All treatment is offered free at GUM Clinics is free and is confidential. You do not need a referral from a GP to visit these clinics.

FREE TREATMENT

If you are under 19 or pregnant or have certain medical conditions you may automatically be eligible for free NHS treatment and prescriptions. Full details of who is exempt are available in a leaflet called 'Are You Entitled to Help with NHS Costs?' Help with NHS charges are not regarded as 'a public fund' and therefore overseas students are entitled to apply for assistance. However, apart from the above categories, most overseas students will not meet the eligibility requirements for help. If you think you may be eligible complete form HC1 available from most doctors' surgeries and Post Offices.

Useful numbers and contact details:

NHS 111

Tel: 111 or www.nhsdirect.nhs.uk

(To find local dentists, doctors, pharmacies, opticians, hospitals or NHS Walk-In Centres)

NHS Walk-In Centres:

www.nhs.uk/service-search

Family Planning Advice and Clinic Information:

Your GP or Practice Nurse can offer advice on Family Planning or contact 0845 122 8690 or www.fpa.org.uk

Sexual Health Clinics:

www.camdenproviderservices.nhs.uk/service/sexualhealth

FEELING UNWELL, THINK.....

GP FIRST!

We can give you the expert treatment or advice you need in the right place at the right time.

Most ailments can be managed by your GP or the Primary Care Team at your Practice.

Let's reduce the pressure on A&E and save A&E for emergencies only.

See your GP First!

CONTACT YOUR GP FIRST AND HELP US TO HELP YOU.