

Depression & Anxiety Service

- Anger issues
- Depression
- OCD
- Panic
- Stress
- Anxiety
- Mood disorders
- Phobia
- Trauma

Citizen Advice Bureau

- Benefits advice
- Discrimination
- Financial worries
- Law and rights
- Work issues
- Debt information
- Employment advice
- Housing
- Tax

Do you need a dentist?

- Dental abscess
- Gum problems
- Toothache

Do you need a nurse?

- Asthma
- Blocked ears & wax
- Chronic bronchitis care
- Family planning
- Travel advice
- Weight monitoring
- Blood pressure
- Cardiovascular reviews
- Dressings
- Health Checks
- Smear and Swabs
- Vaccinations

Where else can you go for help and advice?

- www.pinpointdevon.co.uk
- www.patient.co.uk
- NHS Choices
- Our website
- 111

Contacts

Litchdon Medical Centre
Landkey Road
Barnstaple
EX32 9LL

☎ 01271 323 443 | ✉ D-CCG.AdminLitchdon@nhs.net

Local Hospital

North Devon District Hospital
01271 322 577

Emergency dentist

NHS Dental Access Helpline
03330 063 300

Midwives

NDDH
01271 311 767

Minor injuries unit

Bideford Hospital
01271 322 577

Health Visitors & School Nurse

Virgin Care Integrated Children's Services
01271 341 500

Depression & Anxiety Service

Barnstaple
01271 335 041

Citizen Advice Bureau

03444 111 444

Local Pharmacies

Lloyds Litchdon 01271 342434
Lloyds Brannams 01271 342076
Bear Street 01271 342549
Boots High Street 01271 326 772
Boots Roundswell 01271 328117
Sainsbury's Pharmacy 01271 343402
Tesco Extra Pharmacy 01172 918822

Litchdon Medical Centre



GET THE RIGHT
HELP FOR YOU
AND YOUR
CONDITION

DEVON CEPN



Why?

General Practice is currently under more pressure than ever. We know that a GP appointment is not always needed and actually may lead to delays in treatments and poorer standards of care being provided. Often patients may be able to self-care or direct themselves the most appropriate healthcare professional and we would like to help empower our patients to be able to do this.

Is your life in danger – CALL 999

- Anaphylaxis
- Severe breathing difficulty
- Suspected heart attack
- Drowning
- Low blood sugar
- Deep lacerations/cuts
- Suspected stroke
- Severe bleeding
- Severe burns
- Choking
- Uncontrollable seizure
- Hypothermia
- Suspected meningitis
- Unconscious
- Appears very unwell



Have you got a medical emergency? GO STRAIGHT TO A MAJOR A&E

- Severe abdominal pain
- Breathlessness
- Floppy/unresponsive baby
- Lethargic/drowsy child
- Drug overdose
- Sudden blindness
- Suspected fractures
- Severe head injury
- Persistent nose bleed
- Swallowed foreign body

Do you need the Minor Injuries Unit?

- Bites & stings
- Cuts and grazes
- Foreign bodies in skin
- Sprains and strains
- Minor wound infections
- Burns and scalds
- Eye problems
- Minor head injuries
- Road traffic accidents



Do you need to see a pharmacist?

- Athletes foot
- Bloating and wind
- Conjunctivitis
- Cough and cold
- Dermatitis and eczema
- Ear wax
- Hay fever
- Headlice
- Irritable bowel
- Nasal congestion
- Runny nose
- Sinus problems
- Sore throat
- Teething problems
- Thrush
- Verruca
- Warts
- Minor allergies
- Cold sores
- Constipation
- Cystitis
- Diarrhoea
- Emergency contraception
- Headaches
- Indigestion
- Mouth ulcers
- Piles
- Scabies
- Sleep problems
- Styes
- Thread worms
- Urine infections (not all pharmacies)
- Viral infections

Can you look after yourself? These conditions respond well to self-care

- Coughs and colds
- Earache
- Hangover
- Sunburn
- Sore throat
- Diarrhoea
- Flu
- Minor grazes
- Viral illness

Do you need a district nurse? District nurses see the housebound for?

- Catheter problems
- End of life care
- Hospital discharge care
- Dressings
- Injections
- Ulcer care

Who else can you contact directly?

Health Visitor

- Abuse concerns
- Post natal blues
- Support at home
- Healthy eating
- Preschool issues

School nurse

- Bedwetting
- Bullying
- Drug advice
- Health education
- Safe guarding
- Signposting services
- Behaviour issues
- Developmental screening
- General support
- Immunisations
- Safe sex
- Stop smoking

Midwife

- Normal antenatal care
- Pregnancy advice
- Antenatal care

Physiotherapist – available in some areas

- Back pain
- Joint problems
- Rehabilitation
- Soft tissue problems
- Exercise advice
- Sport injury
- Posture advice