**Chatsworth Road Medical Centre**

**AN APPEAL FROM THE PATIENT PARTICIPATION GROUP**

Do I really need to see a GP?

Did you know that nearly 20% of all GP appointments in the UK can be dealt with by an alternative healthcare professional?

We have put together the guide below to ensure patients know not only the most appropriate way to receive treatment or advice, but in most instances, the fastest. You can access these services directly and don’t need a referral from your GP.

**YOU DON’T NEED TO SEE YOUR GP IF YOU**

* Have musculoskeletal problems like back pain, knee pain and neck pain. **To self-refer call Physiotherapy 01246 565050.**
* Have problems with your feet. **To self-refer call Podiatry 01246 293731.**
* Concerned you have an STI. **Call** **Sexual Health Service 0800 328 3383.**
* Have minor ailments e.g. cold-sores, hay-fever, thrush, conjunctivitis. **Visit your local Pharmacy.**
* Ante-natal booking after confirming pregnancy (8-10 weeks after confirming). **Call the Midwifery Base 01246 206161.**
* Are over 55 and want a free hearing test. **To self-refer call Scrivens 0800 0275102, Specsavers 01246 222334, Boot’s Hearingcare 0345 270 1600 or Chesterfield Royal Hospital Audiology 01246 514403.**

Contact details for these and other direct access services such as Mental Health, Lifestyle Advice, School Nurse, Dental, local A & E departments, Opticians, District Nurse, Continence and Social care, are available on the practice website:  
[**https://www.chatsworthroadmedicalcentre.nhs.uk/direct-access-services**](https://www.chatsworthroadmedicalcentre.nhs.uk/direct-access-services)   
  
Due to the ever-increasing demand for GP appointments the practice may initially triage and discuss your problems over the telephone but if clinically necessary a face-to-face appointment will be arranged.