

## HEALTHCARE ROLES AT ST JAMES SURGERY

### PRACTICE MATRONS (NURSE PRESCRIBERS)

EXAMINE, ASSESS, MAKE DIAGNOSES, TREAT, PRESCRIBE AND REFER

- MOST COMMON MEDICAL CONDITIONS
- MINOR ILLNESSES
- HOME VISITS
- REFERRALS
- MENTAL HEALTH
- END OF LIFE CARE
- DEMENTIA REVIEWS
- MEDICATION REVIEWS
- LEARNING DISABILITY REVIEWS
- CARE HOME VIRTUAL ROUNDS

### PRACTICE NURSES

- MINOR ILLNESSES
- WOUND MANAGEMENT AND DRESSINGS
- SWABS
- VACCINATIONS AND IMMUNISATIONS
- CERVICAL SMEARS
- SKIN PROBLEMS
- CHRONIC DISEASE MANAGEMENT (DIABETES, COPD, ASTHMA, CHRONIC HEART DISEASE, HEART FAILURE)
- CONTRACEPTION
- EAR ACHE
- URINE INFECTIONS
- EYE INFECTIONS

### HEALTHCARE ASSISTANTS

- BLOOD PRESSURE
- DRESSINGS
- ECGS
- CHAPERONING
- NHS HEALTHCHECKS
- VACCINATIONS (ONLY IF QUALIFIED)
- ASSIST WITH DISEASE CLINICS
- ANTICOAGULATION MONITORING

### PHYSIOTHERAPY ASSESSMENT (FOR PATIENTS AGED 16 OR OVER ONLY)

- STRAINS AND SPRAINS
- MUSCLE AND JOINT PAIN OR STIFFNESS
- EXERCISE ADVICE
- JOINT INJECTIONS
- REFERRALS

### MENTAL HEALTH LINK NURSE (OVER 18 ONLY)

- LOW MOOD/ANXIETY/STRESS
- REVIEW OF ESTABLISHED DIAGNOSIS

### **CARE ADVISOR**

- SOCIAL CARE: INFORMATION ON CARE NEEDS AND FINANCIAL CRITERIA
- GENERAL BENEFITS ADVICE
- BLUE BADGE
- DEMENTIA ASSESSMENT
- WHEELCHAIR REFERRALS
- INFO AND REFERRALS TO COLCHESTER HELPLINE AND TENDRING CARELINE
- EQUIPMENT ASSESSMENTS
- CARERS SUPPORT, COMPLETING EMERGENCY CARERS PLAN, RESPITE ADVICE

### **SOCIAL PRESCRIBER – VINCE LYONS**

#### **PRACTICAL OR EMOTIONAL SUPPORT ON A NON-MEDICAL NATURE**

#### **LIVE WELL LINK WELL CAN HELP YOU TO ACCESS SUPPORT WITH THE FOLLOWING:**

- HEALTHY LIVING
- WEIGHT MANAGEMENT
- LIFESTYLE ADVICE
- MAINTAINING PHYSICAL AND MENTAL WELLBEING
- SUPPORTING INDEPENDENCE
- MOBILITY AND EQUIPMENT
- LOOKING AFTER SOMEONE
- GETTING OUT AND ABOUT
- HOME ADAPTATIONS
- MONEY WORRIES
- SOCIAL INCLUSION

### **Tendring PCN Staff– Great Bentley Surgery, Mayflower Medical Practice & St James Surgery**

**Clinical Pharmacists**

**Prescribing Technician**

**Care Co-ordinators**

**Cancer Care Nurse**

**Children's and Young Persons Counsellor**

**GP Assistant**

**Safeguarding Coordinator**

**IF THE ABOVE HEALTH PROFESSIONALS ARE UNABLE TO HELP WITH YOUR REQUEST THEY WILL CONSULT WITH A DOCTOR**