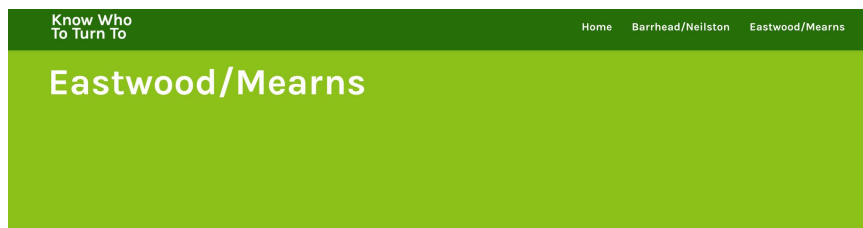


## Clarkston Medical's A - Z Directory of Medical Complaints and who you should see.

Items with a 'Red Flag Protocol' may need dealt with by a 999 call, you will be asked questions to determine whether this is necessary.

It is always worth checking the East Renfrewshire Know Who To Turn To website first in case your questions are answered without an appointment:



NHS Inform has some excellent advice and self-help tips for many health problems. In the first instance, it is worth you clicking on their logo and putting in the details of your symptoms or the condition you have or think you have - you will likely have your questions answered without even having to leave home!



Click on the screenshot below for a reminder of what signposting is all about:



Conditions A - Z Red = Red Flag Protocol	Who to make an appointment with (green = external)	Alternative	External Signposting / Link / Tel
Abscess (NEW)	PN	GP	
Abdominal pain	GP		
Abrasions	TR	PN	
<b>Allergic Reaction</b>			
Ankle pain	PODIATRY	MSK	<a href="#">Podiatry 347 8909</a>
Antidepressants	GP		
<b>Arm Weakness</b>			
Asthma (Acute) > 12YO	MIP	GP	
Asthma (Acute) <12yo	GP		
Asthma (Review)	PN	PH	
Back pain (new)	APP		
Back pain (chronic)	MSK	GP	
<b>Bleeding currently</b>			
Bleeding between periods	GP		
Blood Pressure	HCA	PH	
BP medication	PH	PN	
Breast Lump	GP		
Breast pain	GP		
<b>Breathing Difficulties</b>			
Burns	MINOR INJURIES	TR	<a href="#">MINOR INJURIES</a>
Calf pain (No Swelling)	GP		
Calf Swelling	GP		
Cellulitis	MIP	GP	
Chest Infection	MIP	GP	
<b>Chest pain</b>	GP		
Chickenpox	SELF CARE	COMMUNITY PHARMACY	<a href="#">WEBSITE</a>
Child Unwell	GP ASAP - STRAIGHT DOWN		
Cold sore	COMMUNITY PHARMACY		
Colds	SELF CARE		<a href="#">WEBSITE</a>
<b>Confused</b>			
Conjunctivitis	COMMUNITY PHARMACY	OPTICIAN	
Constipation (Under 5)	Health Visitor	GP	451 0778
Constipation (Over 5)	GP		
Contraception - review	PN	GP	
Contraception - new	PN	GP	
Cough	MIP		
Cuts	TR	PN	IF BAD - MINOR INJ.
Diarrhoea and vomiting (Children)	SELF CARE	GP TEL	<a href="#">WEBSITE</a>
Diarrhoea and vomiting (Adults)	SELF CARE	GP TEL	<a href="#">WEBSITE</a>
Dizziness	GP		
<b>District Nurses</b>			451 0808
Dressing	TR	PN	
Ear Syringe	TR		DROPS FOR 2 WEEKS BEFORE SYRINGE
Earache >12yo	MIP	GP	
Earache <12yo	GP		
Early pregnancy problems	EPAS pre-booking	Midwife after booking	EPAS 201 2300
ECG	HCA	TR	
Eczema:acute exacerbation	GP		
Elbow pain	APP		
Emergency contraception	COMMUNITY PHARMACY		
Eye infection/pain ( >4 weeks old)			Optician
<b>Facial Droop</b>			
<b>Floppy Child</b>			
Flu	GP TEL		<a href="#">WEBSITE</a>
Flu Immunisation	Flu Clinic		

Foot pain			<a href="#">Podiatry 347 8909</a>
Hand/Finger pain	GP		
Hayfever	SELF CARE	COMMUNITY PHARMACY	
Headaches (& Migraine)	GP		
Head Injury (just a bump)	GP		<a href="#">WEBSITE</a>
<b>Head Injury (knocked out)</b>			<b>A&amp;E</b>
Headlice	COMMUNITY PHARMACY		Pharmacist 451 0778
Health Visitors			
Hip - pain	APP		
Impetigo – skin infections	COMMUNITY PHARMACY		
Impotence	GP		
Indigestion	GP		
Infected wounds	PN	MIP	
Ingrown toenail	PODIATRY		<a href="#">Podiatry 347 8909</a>
Injuries	MINOR INJURIES		<a href="#">MINOR INJURIES</a>
Insect bite/ stings	SELF CARE	COMMUNITY PHARMACY	<a href="#">WEBSITE</a>
Knee pain	APP		
Midwives			QEUEH 201 2256 VRI 347 8071
Moles	GP		
Mouth ulcers/ thrush Children	HV	COMMUNITY PHARMACY	
Mouth ulcers > 3 weeks Adult	DENTIST		
Mumps	GP		
Nappy rash	Health Visitor	GP	451 0778
Neck pain	APP		
New Patient Medical	HCA		
<b>Nosebleed - Acute</b>			
Nosebleeds, recurrent/minor	GP	PN	
Oral Thrush	COMMUNITY PHARMACY	GP	
Period problems	GP		
Piles/ haemorrhoids	GP		
Podiatry (Chiropody) requests	Podiatry		<a href="#">Podiatry 347 8909</a>
Pregnancy - First Booking	Central Booking Line		0141 232 4005
Pregnancy Follow up appt.	Midwife		QEUEH 201 2256 VRI 347 8071
Rashes	GP		
Referral done/sent?	SECRETARY		
<b>Seizures</b>			
Shingles	MIP	GP	
Side effects of medication	PH TEL	GP TEL	
Sinusitis	GP		
Skin Infection	PN	MIP	
Shoulder pain	APP		
Smear	TR	PN	
Smoking cessation	COMMUNITY PHARMACY		
Sore throat	SELF CARE	MIP	
<b>Speech Difficulty</b>			
Sunburn	SELF CARE		<a href="#">WEBSITE</a>
Swollen Feet	GP		
Swollen Lips	GP		
Teeth/Gums	DENTIST		Dentist
Temperature/ Fever/Hot - Child	COMMUNITY PHARMACY	GP	
Temperature/ Fever/Hot - Adult	COMMUNITY PHARMACY	MIP	
Thigh pain	GP		
Thrush - vaginal	COMMUNITY PHARMACY	PN	
Travel Advice < 6 WEEKS	PRIVATE TRAVEL CLINIC		<a href="#">TRAVEL ADVICE LINKS</a>
Travel advice > 6 WEEKS	PN TEL		
<b>Unconscious</b>			
UTI Female 16-65	REFER TO PROTOCOL		
UTI CHILDREN, MALE, >65s	GP - MIDSTREAM WHITE TOP		

Vaginal discharge	PN	GP	
Varicose veins	GP		
<b>Visual Loss - Sudden</b>			
Vomiting	GP TEL		
Warts and VERRUCAE - new	SELF CARE	COMMUNITY PHARMACY	
Worms	COMMUNITY PHARMACY		
Wound Care	TR		
Wound Infection	PN		