Whitewater Health

June 2025

Patient Participation Group

DO YOU REALLY NEED TO SEE A GP?

Many people use their GP as their first port of call when they are unwell or have any health problems. But did you know that there are often quicker ways to obtain the necessary care, freeing up valuable GP appointments for those who really need to see a GP? Worse still, some patients try to make an appointment with a GP when they should really be seeking urgent emergency care, via A&E or by calling 999.

Below is some helpful information on services you can access to help with lots of different medical problems, without having to see a GP first.

Is your life potentially in danger?

Ring 999 if you have any of these conditions:

- Anaphylactic shock
- Severe bleeding
- Severe breathlessness
- Severe burns
- Suspected heart attack
- Choking
- Drowning incident
- Uncontrollable fits
- Hypo (low sugar)
- Hypothermia
- Deep lacerations
- Suspected meningitis
- Suspected stroke
- Unconscious
- Looking very poorly or condition significantly deteriorating

Have you got a medical emergency?

Go straight to A+E if you have:

- Severe abdominal pain
- Sudden blindness
- Breathless, can't speak
- Suspected fractures
- Floppy unresponsive baby
- Severe head injury
- Lethargic drowsy child
- Persistent nose bleed
- Drug overdose
- Swallowed foreign body

Could you see a nurse?

Our nurses deal with a range of conditions:

- Asthma
- Blood pressure
- Cardiovascular reviews
- COPD
- Dressings
- Family planning
- Health checks
- Ring pessaries
- Smears & Swabs
- Travel advice
- Vaccinations
- Weight monitoring

Do you need a telephone appointment?

These can be dealt with by telephone:

- Simple urine infections
- Conjunctivitis
- Discussing results
- Ongoing sick notes
- Medication advice
- Viral illnesses
- Minor illness
- Certain reviews

Do you need the Minor Injuries Unit (MIU)?

These conditions are dealt with by MIU:

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

Do you need to see a dentist?

See a dentist if you have:

- Dental abscess
- Toothache
- Gum problems

Do you need to see a pharmacist?

Your pharmacist can give you advice on:

- Athlete's foot
- Minor allergies
- Bloating and wind
- Cold sores
- Conjunctivitis
- Constipation
- Coughs & colds
- Cystitis
- Dermatitis & eczema
- Diarrhoea
- Ear wax
- Emergency contraception
- Hayfever
- Headaches
- Headlice
- Indigestion
- Irritable bowel
- Mouth ulcers
- Nasal congestion
- Piles
- Runny nose
- Scabies
- Sinus problems
- Sleep problems
- Sore throat
- Styes
- Teething troubles
- Threadworms
- Thrush
- Urine infections
- Verrucas
- Viral infections
- Warts

Think Pharmacy First

Can you look after yourself?

These conditions respond to self-care:

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

Did you know you can refer yourself?

Refer yourself without seeing doctor first:

- Alcohol abuse
- Counselling
- Drug abuse
- Family planning
- Mild to moderate anxiety
- Mild-moderate depression
- Muscle & joint pain treatment
- Stop smoking advice
- Weight management
- Vasectomy

PPG Contact Details:

(Please Note: The PPG is unable to deal with any medical or personal matters)

Email: Whitewaterppg@gmail.com
https://www.facebook.com/WhitewaterPPG

Practice/Surgery Contact Details :

Website: www.whitewaterhealth.nhs.uk
Telephone (Hartley Wintney - 01252 842087); (Hook - 01256-762125)