

## The Role of the Nurse Practitioner

Portsmouth Group Practice has a team of Nurse Practitioners working alongside the GPs. Nurse Practitioners are trained, specialist nurse. They have undertaken additional medical education in order to provide advanced nursing care, and in most cases, can prescribe medication. Nurse Practitioners can provide treatment and advice for many problems for which you may have seen a doctor in the past. Their main areas of expertise are in the management of common illnesses and long term conditions.

Our Nurse Practitioners can assess and examine you, make a diagnosis and provide advice and treatment including a prescription if required. They can make referrals to hospital doctors or other health care professionals, and admit patients into hospital when necessary.

There are some limits to their responsibilities. They can arrange for a GP to sign a sick certificate, so you will still need to request this from your own GP, please ask at Reception.

The Nurse Practitioners work closely with your doctor and liaise frequently with him/her about your care.

### **Nurse practitioners can treat the following medical issues:**

Acute back pain, joint sprains	Tonsillitis, cough, sinusitis, sore throat,
Acute chest infection	colds and flu-like illnesses. <i>(NB a cough may persist for up to three or four weeks after other cold/flu symptoms have gone)</i>
Conjunctivitis, sticky discharging eye, sty	Urinary tract infections
Cystitis	Vaginal thrush, soreness, lump or discharge
Diarrhoea, constipation, piles	Vomiting
Dizziness, giddiness, unusual headache	Wounds, scalds, burns, rashes
Earache, swollen glands	Breast lumps or lumps to other regions
Thrush	Skin complaints
Raised temperature that does not improve	Muscular skeletal
After one week of pharmacists' advice and	Wound infections
Home treatment	
Shingles	

### **Same day appointments**

Same day appointments are available to consult the Nurse Practitioners.

### **Routine appointments**

Patients with a long term condition are either seen annually or at their medication review appointment. All patients who receive repeat prescriptions for any medicine need to see their GP or Nurse Specialist once or twice a year to have their prescription reviewed.

Some patients, often those with complex and long-standing medical problems, may need an appointment with a doctor. The Nurse Practitioner is usually able to assess the situation and in some cases will organise initial blood tests and other investigations prior to arranging a follow up appointment with your doctor.

The Nurse Practitioners complement the service that we offer to you, our patients.

Please be assured that a doctor's appointment will be available should you prefer but you may get an earlier appointment if you opt to consult the Nurse Practitioners.