

BOOKING AN APPOINTMENT WITH A NURSE

Some people like to book appointments in advance to fit in with their work or other commitments; others prefer to ring for a same day appointment. Some have routine matters to discuss whilst others have urgent problems needing prompt attention.

We do our very best to meet all these varying needs within the limitations of the number of doctors and appointments available. Often a Nurse will be able to deal with your issue and receptionists may need to ask you a few questions to help you find the most appropriate clinician.

Conditions that can be dealt with by our Nursing team	
Asthma	Gastric symptoms
Back pain	Hay fever
Blood pressure	Impetigo
Chest infection	Insect bites
Cold/ cough	Minor injury
Conjunctivitis	Muscle pain
Contraception	Rashes
Delayed periods	Skin problems
Diabetes	Sore throat
Diarrhoea/ vomiting	Urinary infections
Ears	
Female problems such as Gynaecological, breast and HRT/menopause issues	

Appletree Medical Practice

DO YOU KNOW
WHAT OUR
NURSES
CAN DO?

Appletree Medical Practice

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Belper
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E-mail: appletree.medical@nhs.net
(Reviewed Feb 19)



Do you know what our Nurses can do?

At Appletree our Nurses are trained to deal with a wide range of common conditions and give expert advice on self management.

If you need treatment and/or advice on any of the following conditions please ask to make an appointment with the most appropriate Nurse specialising in that aspect.

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There is always a doctor available if further advice is required or the nurse feels that fast tracking a patient to see a GP is required.

Some minor illnesses can be dealt with over the phone and our receptionists have been trained to ask the right questions to ensure you are dealt with by the most appropriate clinician in the most appropriate fashion.

NURSING TEAM

We have a team of very capable and experienced nursing staff comprising:

NURSE PRACTITIONER

Ryan Ilott, one of our Nurse Practitioners, leads the nursing team at Appletree. She runs her own clinics for patients presenting with acute and long term routine conditions.

Ryan can diagnose, treat and manage common ailments such as ear, chest and urine infections. She sees patients with musculoskeletal problems, e.g. back, knee, ankle, hip and shoulder pain, and offers contraceptive advice, emergency contraception and prescribes medication. Ryan will see temporary residents for urgent problems, and refers patients for specialist intervention.

Tracey Knighton, who is also a Nurse Practitioner, specialises in the management of minor illness and injuries. Tracey can prescribe medication and refer patients for specialist intervention.

ADVANCED CLINICAL PRACTITIONERS

Heidi Hill focusses on frail and elderly patients, and those at particular risk of hospital admission. She is experienced in the long term management of patients with complex issues. Heidi sees patients in care homes, in their own homes and face to face at the surgery.

Helen Rodger has a paramedic background and as such is well placed to carry out urgent home visits and conduct first line assessments at the surgery.

PRACTICE NURSES

Angela Gitto, Amy Armiger, Lisa Brown and Kerry Miller, our Practice Nurses, are available by appointment for various treatments, health promotion advice and screening, including smears, immunisations and vaccinations. They too specialise in areas such as Diabetes, Hypertension, Asthma and COPD.

HEALTH CARE ASSISTANT (HCA)

Jess Holmes is our very capable HCA. She has undergone training to enable her to take blood samples, blood pressure, assist with minor surgery, health checks that do not involve medication and to perform ECGs.

It may be easier to book an appointment with a Nurse than a Doctor. Nevertheless, there is always a Doctor available if there is any cause for concern.

