

# Changes to Dr Khuroo's Practice!

We understand that you may want to see the GP first, however the GP may not always be the best clinician, there are other efficient services we can signpost you to which can get you seen faster, quicker and deals with your query specifically.

Please note, Dr Khuroo's Practice will be changing the way in which appointments are booked. We will be changing to an online triage system.

This means the way to request appointments will be done online\*.

Your request will be triaged by the GP and a suitable appointment will be given dependent on your needs.,

- For patients who are unable to do this online, you can call and we fill out the form for you.

## First Contact Physiotherapists (FCP)

For muscle, joint, or back pain, you don't always need to see a GP first!

**First Contact Practitioners** are **highly trained specialists** who can **assess, diagnose, and advise on treatment** for musculoskeletal issues. Seeing an FCP can often be **quicker and ensures** you're getting **expert care** from the right professional straight away.

They can help patients with musculoskeletal issues such as **back, neck and joint pain** by:

- Assessing and diagnosing issues
- Giving **expert advice** on how best to **manage their conditions**
- **Referring** them onto **specialist services** if necessary.
- Administer **joint injections**. (*if there is a clinical need*).

They can also issue **sick notes**, issue **medication** and refer to for **extensive scans**.  
Call the surgery today and book your appointment in.

## Pharmacists

Pharmacists are **qualified** and **trained healthcare professionals** who can help with a **wide range of minor illnesses, medication advice, and urgent concerns** without an appointment.

The pharmacy can manage various conditions such as:

- **Acute otitis media (middle ear infection)** - 1 to 17 years
- **Impetigo (skin infection)**- 1 year and over
- **Infected insect bites** - 1 year and over
- **Shingles** - 18 years and over
- **Sinusitis** - 12 years and over
- **Sore throat** - 5 years and over
- **Urinary Tract Infections** - Women 16 - 64 years
- **Contraception advice**

They can offer **fast, convenient support** and treatment, helping you get the care you need without **waiting to see a GP**.

## Social Prescribers

Many things that affect our health **can't be treated by doctors or medicine alone**.

**Social prescribing** is an approach which **connects people** to **activities, groups, services** within the **community**.

It often begins with a **referral** from a **GP, charity** or **other organisation** to a **Social Prescribing Link Worker**.

The **organisation** will **contact you** and **reach out** if you **need support with issues** such as **stress, loneliness, financial concerns, or lifestyle changes**.

This approach can often **provide more practical** and **personalised help** than a **GP appointment** alone.

Call us today to be **referred** to a **Social Prescribing Link Worker!**

## Enhanced Optical Screenings (EOS)

Did you know **eye related conditions** account for over **5 million GP consultations** and **270,000 A&E attendances per year**.

Collectively, the **140,000 days** currently spent by **GP's on eye-related queries**, such as **emergency eye tests** and **Minor Eye Conditions (MEC's)** appointments, could be **dealt with by community optometrists**.

**Specsavers** offer a **Enhanced Optical Screening** service which **provides specialist assessment** and care for **conditions** such as :

- **Red/Dry/Watery Eyes**
- **Blepharitis**
- **Styes**
- **Conjunctivitis**

These clinics offer **faster access** to the **right expertise**, helping ensure your **eye health** is **assessed and managed** appropriately without **needing to see a GP first**.

Call you local **Specsavers** and get **booked** in today!