

## Paramedics

- Help you with a variety of health conditions, from coughs and minor injuries to more serious conditions, like asthma and heart attacks
- Carry out phone assessments or visit you in your home if appropriate

## Pharmacy Technicians

- Help with prescription and medication enquiries
- Ensure any medication changes after a stay in hospital are up to date and accurate
- Liaising with patients to ensure their medication is working effectively

## Physician Associates

- Take your medical history, perform physical examinations, analyse test results and diagnose illnesses
- Assess you for long-term health conditions
- Provide you with disease prevention advice

## Social Prescribers

- Work with you and your family to put you in touch with local activities and services that provide practical and emotional support to improve your health and wellbeing



Your practice can advise you about the right person to support your health and care needs.

We also offer a range of appointments including online, telephone, face-to-face and video consultation.

We're here to help you.



## Did you know?

GP practices offer more than GP appointments.



Find out more about the wide range of health professionals in your local surgery who can support you.



Surgeries on the Island are expanding their team of highly skilled health professionals to work alongside doctors and nurses to offer more services and specialist support to people in their local area.

Not all symptoms will require a GP appointment and our patient advisors, working with their clinical teams, will help ensure you get the right care, for your particular needs, from the right person at the right time.

This leaflet tells you more about the other health and care professionals in the team and how they can help you.

### Advanced Nurse Practitioners

- Examine, assess, diagnose, treat and prescribe medication for a wide range of symptoms
- Make referrals for other specialist services
- Help you manage a range of long-term conditions (e.g. asthma, diabetes, respiratory problems, cardiovascular disease)

### Care Coordinators

- Monitor and coordinate your treatment plans
- Educate you about your condition
- Connect you with different services

### Clinical Pharmacists

- Carry out medicine reviews if you have complex, long-term needs
- Help with prescription questions
- Support with repeat prescriptions

### Dietitians

- Help you change your diet based on your health condition
- Advise and help you make choices about your food and nutrition
- Support you if you have digestive problems, want to lose weight or gain weight after an illness, or if you have an eating disorder or a food allergy

### First Contact Physios

- Help you if you have issues with back, neck and joint pain
- Diagnose and treat you quickly



### Health and Wellbeing Coaches

- Help you take an active role in your health by providing advice and support
- Identify difficulties or issues in all areas of your life and help you find solutions and lifestyle changes to lead a happier life

### Nursing Associates

- Carry out clinical tasks like ECGs
- Support you when faced with unwelcome news and life-changing diagnoses
- Carry out blood pressure, temperature and pulse checks

### Mental Health Practitioners

- Provide guidance, advice, signposting and treatment for patients
- Help with mental health symptoms such as low mood, anxiety and depression

### Occupational Therapists

- Help you adapt to life after major surgery
- Help people with mental illness or learning disabilities with everyday activities, like work or volunteering
- Support elderly people to stay in their homes with changes like stair lifts

