

Common illness and how best to treat them—

(Antibiotics are not effective in the treatment of virus, therefore we will not prescribe

	Ear Infection		
Symptoms	Earache is common but does not always occur. Duller hearing and or a fever are common. Children may feel sick or vomit.	Flu	Acute Sinusitis
Duration	Most earaches will clear up on their own within a few days	Usually caused by a virus	Usually caused by a virus and in most cases develops from a cold or flu-like illness. Acute means the infection develops quickly and lasts a short time, most no longer than a week.
Best treatment	Paracetamol or ibuprofen can be used to ease pain and fever.	Treatment aims to ease symptoms, there is no magic cure. Paracetamol or ibuprofen can be used to ease aches, pain and fever. Ask your pharmacist for advice on easing symptoms.	Blocked or runny nose (maybe green or yellow), pain (often throbbing) and tenderness over infected sinus, chewing maybe painful, fever and you may feel generally unwell. Symptoms usually go within a week or so
Notes	If dullness of hearing persists, a child comes more ill or does not improve over 2-3 days or has symptoms you are unsure about, see a doctor.		Paracetamol can be used to ease any pain and fever. Decongestant can be used to ease any pain and fever. Decongestant nasal sprays or drops are sometimes used. As your pharmacist for advice on easing symptoms. Swelling or redness of an eyelid or cheek in a child with sinusitis should be reported to a doctor urgently.

Treatment Room



APPOINTMENT ONLY

Mayflower Medical Centre
419 Main Road
Dovercourt
Harwich
Essex
CO12 4EX

The Treatment Room Service is a nurse led clinic based in the Mayflower Medical Centre with book on the day appointments

Many of us visit our GP with minor health problems that can be easily resolved without a doctor's appointment. We aim to provide a local, accessible health care and treatment without the need for a Doctor's appointment.

The treatment room is a nurse led clinic fully supported and supervised by the duty Doctor for that day. **Our Nurse Practitioners can also provide prescriptions if required.**

Following feedback from patients as well as a recent Patient Survey, in order to improve your patient experience we have changed the treatment room to an appointment only system.

Treatment room / Nurse appointments will be released on the day from 8am to 6pm. This is in addition to the current nurse led clinics already available.

Only people with life threatening illnesses will be seen without an appointment. Excludes Bank holidays.

How does it work?

Appointments will be made available from 8am on the **on the day only**.

The phone lines open at 8am through to 6.30pm, Monday to Friday only.

Receptionists will ask you for brief details of your medical condition to help us make sure you are booked in with the correct nurse for the correct amount of time.

Our treatment service provides consultations, advice and treatment for minor illnesses including:

- Rashes
- Ear ache
- Suspected chest or throat infections
- Emergency contraception
- Chest pain
- Asthma/breathlessness
- Urine infections
- Constipation

This is not an exhaustive list, feel free to ask at reception if you're unsure.

BLOOD TESTS INJECTIONS DIABETES COPD WARFARIN CHECK
BLOOD PRESSURE CHECK INFECTION EAR SYRINGE
CONTRACEPTION MEDICATION REVIEW ASTHMA WOUND DRESSING

Please continue to book appointments for the following clinics:

- Blood tests
- Baby Immunisation (Baby clinic only)
- Injections
- Blood Pressure Check
- *Ear syringe
- Cervical Smears
- Contraception (repeat)
- Medication review
- COPD
- Asthma
- Diabetes
- Warfarin Check
- Wound Dressing
- Chronic Disease Management

***Note:** For ear irrigation, please ensure that olive oil (or a wax softener) has been used 5 days before your appointment, as failure to do so may result in a delay in your treatment. Ear irrigation is only for patients over 16 years old.

Other services available:

Harwich Minor Injuries Unit is a nurse-led and there are no doctors available. Minor Injuries are an often quicker alternative to Accident and Emergency for patients with less serious or minor injuries, often referred to as the walking wounded.

For example:

Wounds
Sprains
Strains
Minor dislocations
Suspected Fractures
Removal of foreign bodies
Burns and scalds
Bites and stings
Minor head injuries

Opening Hours are 9am – 5pm every day
Telephone number – 01255 201206
(Please note that the MIU is not part of the Mayflower Medical Centre.)

Dental Problems - We are unable to help with dental pain/problems- please contact your Dentist or call 111.

Emergency Treatment - The nearest A&E department is in Colchester. If you need an ambulance, dial 999