

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.		
Duration	Most earaches will clear up on their own within a few days		
Best treatment	Paracetamol or ibuprofen can be used to ease pain and fever.		
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.		
	Flu		
Symptoms	Fever, sweats, muscle aches, a dry cough, sneezing and headache. You may also feel sick.		
Duration	Symptoms peak after 1 to 2 days and then gradually ease over several days. Most people recover in 1-2 weeks		
Best treatment	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.		
Notes	Swelling or redness of an eyelid or cheek in a child with sinusitis should be reported to a doctor urgently.		
	Acute Sinusitis		
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.		
Duration	Symptoms usually go within a week or so		
Best treatment	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.		

Treatment Room



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 providing a book on the day service for our patients.

Many of us visit our GP with minor health problems that can be easily resolved without a doctor's appointment. We aim to provide flexible, 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 Nurse and Dr for that day. Appointments are released at 8am each morning for patients needing to see the nurse. You will be asked the reason for the appointment to ensure you are seen by the most appropriate nurse.

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

If you attend reception without an appointment and your illness is not life threatening, you will be asked to book an appointment. Or call back the following day.

We do not open on Bank holidays.

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

- Minor infections
- 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.

If you feel seriously unwell with chest pain or breathlessness, please let the receptionist know so that our treatment room nurses are aware of the urgency.

Five of our nurses are able to prescribe and sign off prescriptions.

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

Please continue to book appointments for the following:

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

Other services you may need

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