

LMB Health

What do I need to look after my health?

Where to get help and support:

What to say when you call the Doctors....

Hello, my name is [say your first name]. I'm calling to book an appointment with Dr [name of GP] on [day you're available]. I'm calling to book an appointment with Dr [name of GP] as soon as possible please. My symptoms are....
Thanks, I'd like to come at 3pm on Tuesday.



Key Words:

NHS – National Health Service
GP – General Practitioner (Doctor)
First Aid – treatment given to prevent further injury or maintain life until professional help can be given
Pharmacy – a place to get information, advice, support, medication for minor health conditions
Donations – organs, cells or blood that maybe harvested and given to another person to aid their treatment
Blood donation – blood taken from one person and given via transfusion to another person
Stem Cell - Special cells produced by bone marrow that can turn into different types of blood cells.
Organ donation – where an organ is harvested and donated to a patient in need to prolong life, e.g. kidneys, heart
Vaccination – a scientifically produced strain of an illness give to a patient to build the immune system for protection against that illness or disease
Cancer Screening - a procedure to check the body to make early detection of a potentially harmful cancer (breast, cervical, testicular...)
Cosmetic alterations – changing the way you look for aesthetic reasons (from piercings to cosmetic surgery)
CPR - cardiopulmonary resuscitation to process of performing chest compressions to save lives
Defibrillator – a device that supplies an electronic charge to aid the resuscitation of a patient with heart issues

First Aid



First aid is the **initial care** received when an **accident** has occurred. The care may take place for a **temporary period** while an individual or impacted parties awaits support from **emergency services**.

First aid has the following goals when supporting injured individuals:

- ✓ To **preserve life**
- ✓ To **prevent further injury**
- ✓ To **support recovery**

Administering Medication

Medication is commonly used to **reduce pain**. Medication is also required in emergency situations where an individual may have had an **allergic reaction** causing the body to swell, rash or go in to shock. E.g. **Ventolin**, **EpiPen** (Adrenalin)

Attending to Injuries

This could relate to **dressing wounds** with medicine, band-aids, gauze and bandages in order to help **prevent infection** or **control bleeding**. Bandages may also be used to **strap body parts** to **prevent movement**.

Recovery Position

Rolling an injured person **on to their side** to **support the clearing of their airway**, as well as to **remove choking hazards**.

CPR

First aid such as conducting **CPR** or attending to injuries. It is **common practice** now for staff to be **trained** and **regularly updated** in CPR. Basic principles of CPR include workers, having a knowledge of the **DRS ABCD** approach to emergency situations.

- D - Danger
- R - Response
- S - Send for Help
- A - Airway
- B - Breathing
- C - CPR
- D - Defibrillator

Contact Emergency Services

The roll of **CPR** is essentially to **preserve life** until professional support arrives. **Time** is everything in an emergency situation so always be quick to make the call to **000** or **112**!

Right Care, Right Place



NHS inform

- Check your symptoms
- Find local services and opening times
- Health advice to help you stay well



Pharmacist

- Coughs, colds, and sore throats
- Aches, pains and UTIs
- Diarrhoea or constipation
- Help if you run out of your repeat prescription



Optometrist

- Red and/or sticky eye
- Blurred or reduced vision
- Flashes and floaters



GP Practice

A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues



NHS 24

When your GP and pharmacy are closed, and you are too ill to wait call NHS 24 on 111



NHS 24 Online App

A handy app to help you check your symptoms and find your nearest service



Mental Wellbeing

- Help for mental wellbeing: nhsinform.scot/mind-to-mind
- Breathing Space: 0800 83 85 87
- For urgent mental healthcare call NHS 24 on 111



Dentist

- Injury to mouth or teeth
- Swelling in mouth
- Toothache and general dental advice



Minor Injuries Unit

- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures



999 or A&E

For emergencies including:

- Suspected heart attack or stroke
- Severe breathing difficulties
- Severe bleeding

If you think you need to attend A&E, but it is not life or limb threatening call NHS 24 on 111

To check your symptoms visit: nhsinform.scot

Cosmetic procedures, both surgical and non-surgical, carry risks which may impact the physical and psychological well-being of patients.

Infection:

All procedures that involve cutting or penetrating the skin carry the risk of infection.

Scarring:

While scars are a natural part of healing, they can be unsightly or interfere with movement.

Bleeding and Hematoma:

Bleeding can occur during or after surgery, and a hematoma (blood clot) can cause swelling and pain.

Swelling and Bruising:

These are common side effects of surgery and often subside over time.

Nerve Damage:

Nerve damage can lead to numbness or altered sensation.

Anesthesia Complications:

General anesthesia can carry risks, including complications like pneumonia or blood clots.

Unsatisfactory Results:

The outcome of a procedure may not meet a patient's expectations, requiring revisions or additional procedures.

Emotional Distress:

Unsatisfactory results or complications can lead to emotional distress and psychological impact.

Allergic Reactions:

Some individuals may be allergic to materials used during surgery, such as anesthesia or sutures.

Fluid Build-up (Seroma):

A seroma is a collection of fluid that can accumulate under the skin after surgery, causing swelling.

The specific risks associated with a procedure will vary depending on the procedure itself, the patient's individual health, and the skill of the practitioner. It's crucial to have a thorough consultation with a qualified professional to discuss the risks and benefits of any cosmetic procedure before making a decision. Understanding the potential risks and having realistic expectations can help patients make informed choices and manage their expectations.

Why early cancer detection is so important!

BOWEL CANCER If detected in its earliest stages, there is around a 90% chance of it being cured. Many bowel cancers are potentially preventable in the UK, with regular screening and reducing lifestyle risks.	LUNG CANCER More men and women die of lung cancer than any other cancer. Survival rates are currently low because it is detected late.	CERVICAL CANCER Is a very treatable disease if detected in its earliest stages! At present 1 in 4 women, and 1 in 3 women aged 25-29, fail to attend for NHS cervical screening .
BREAST CANCER Of the 55,000 women diagnosed with breast cancer each year in the UK, 23% are preventable by risk reduction and breast screening.	PROSTATE CANCER More than 47,000 men are diagnosed with prostate cancer in the UK every year – that's around 130 every day. Cancer diagnoses fell significantly during the pandemic due to missed screening appointments and fewer people going to the doctor.	SKIN CANCER The earlier skin cancer is detected, the better the outcome. This is particularly true for a malignant mole or melanoma.

