

Do you know that many Pharmacists are able to help you!

Some Pharmacists provide a new, [Pharmacy First](#), service (use the link for more detailed information from the NHS). Every pharmacist is trained for 5 years in the use of medicines and managing minor illnesses, so they are well equipped to provide health and wellbeing advice.

A trained Pharmacist is also experienced in spotting warning signs, otherwise known as red flag symptoms, which may warrant a referral to another healthcare provider.

This new service can free up GP appointments for patients who need them most and will give people quicker and more convenient access to safe and high-quality healthcare. It includes the supply of appropriate medicines for 7 common conditions:

- **Sore throat.**
- **earache.**
- **sinusitis.**
- **impetigo.**
- **shingles.**
- **infected insect bites.**
- **uncomplicated urinary tract infections in women.**

In addition, they can offer advice on a range of illnesses, such as coughs, colds, aches and pains. The Pharmacies also offer a more convenient way to access healthcare that includes support with healthy eating, exercise, stopping smoking, monitoring your blood pressure, contraception, flu and covid vaccinations.

The list of common conditions has been developed with input from various healthcare professionals including practising GPs and Pharmacists as well as representatives from national organisations such as the National Institute for Health and Care Excellence (NICE) and UK Health Security Agency. This ensures that the steps taken match the care patients would receive in general practice and follow the latest national guidelines.

After a consultation with the pharmacist, the pharmacy will send a notification to your GP on the same day or on the following working day.

Pharmacies have private consultation rooms that can be used for consultations with patients, and pharmacists can see patients for clinical services without always needing an appointment.