

**This guide answers the questions you may have about  
GP, Community Nursing & School Health Service in  
Grampian**



English



# **Guide to GP, Community Nursing and School Health Service**

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## **GP & Community Nursing Services**

### **What do these services comprise?**

#### **General Medical Practitioners (GP)**

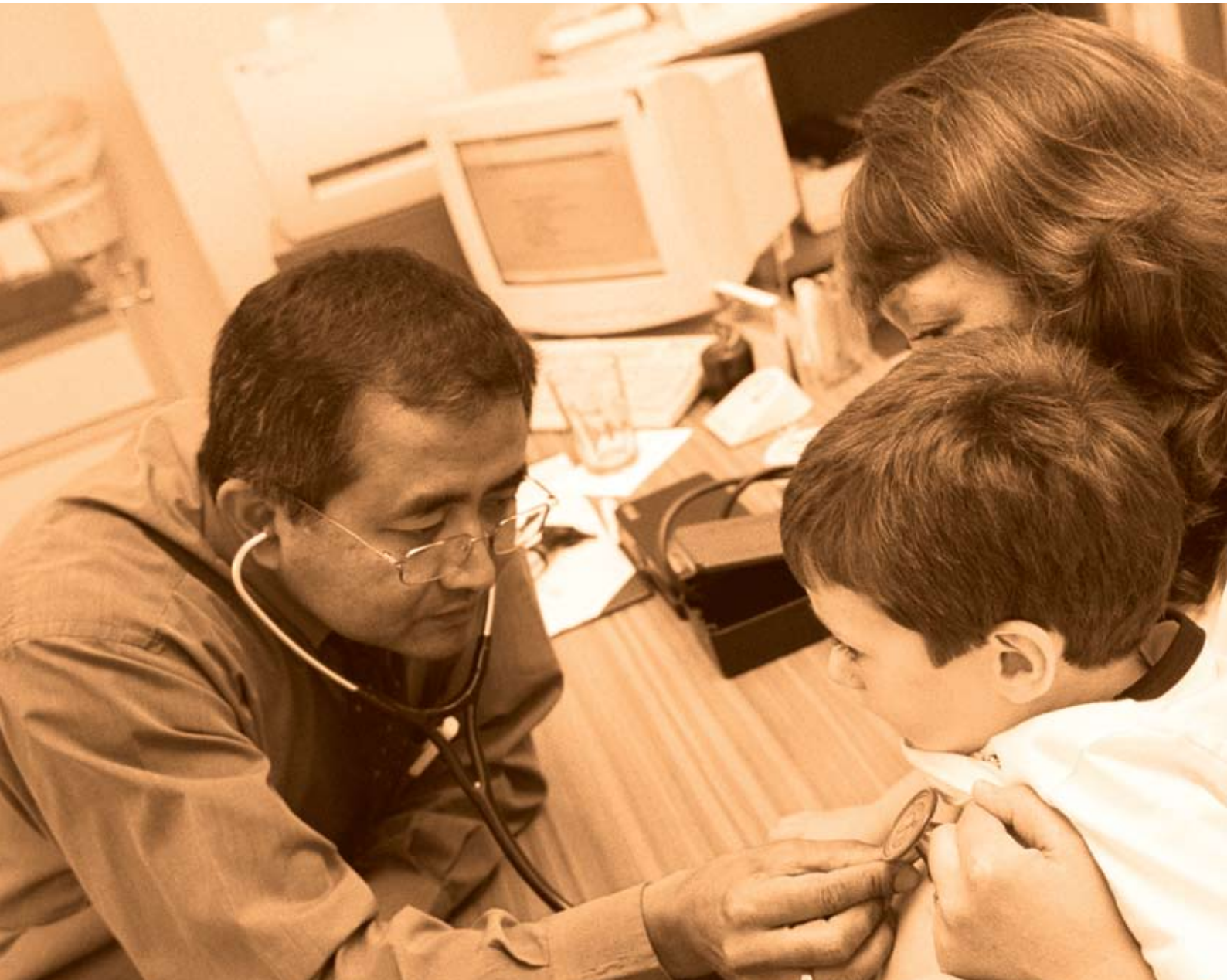
A GP is your local personal NHS doctor. If you are ill or worried about your health or the health of anyone in your family, you should go and see your local GP. The place where you go to see your GP is called either a surgery or a health centre. GPs often work together in a small group called a practice. The benefit of GPs working in small groups is that if for any reason your own GP is not available, you may ask to see another GP in the same practice.

Many practices have both male and female GPs. If your faith, religion or culture requires that you or a member of your family are treated by a GP of the same sex, please let the GP receptionist know this when you first go to register.

GPs are usually the first medical point of contact with the NHS. They are responsible for the comprehensive and continuing care of patients registered with them. GPs provide advice and treatment. If further treatment or investigation of a problem is required, the GP will co-ordinate this and ensure that it is provided. Further treatment might be provided by your GP, or by a member of their team, such as a practice nurse, midwife, health visitor or district nurse, or if required, by referral to a specialist doctor called a consultant or to other specialist services.



GPs are also keen to promote good health amongst their patients. They and their staff give advice on diet, exercise, healthy living and disease prevention. Most patients are looked after by the same GP for many years. This builds up a bond of trust between the GP and patient and enables the GP to build up a good knowledge of you and your health care needs.



## **Community Midwives**

Community midwives are qualified professionals who received specialist training to care and support women, their partners and families, before, during and after child birth. They work closely with GPs, maternity hospitals and birthing units, to ensure continuity of care for both mother and baby. Community midwives generally make contact with patients following a referral from a GP Practice or other health care professional.

## **Health Visitors**

Health visitors are qualified and registered nurses who have undergone specialist training which enables them to assess the health care needs of individuals, families and the wider community. They provide practical help and advice. Their role involves visiting people in their own homes, in particular new parents and children under five, as well as working with other sections of the community.

## **District Nurses & Community Nurses**

District nurses and community nurses provide all types of nursing care to patients in the community. This includes care of wounds, leg ulcers, catheter sites, as well as continence care, palliative care and chronic disease management. They also provide help and advice to both patients and carers.



## School Health Service

### What is the School Health Service?

The NHS Grampian School Health Service is staffed by nurses who have undergone specialist training. They work in schools to promote good health, carry out health screening and provide vaccination and immunisation services for pupils.

Primary 1 (P1) school children in Scotland are screened to check their height, weight, vision and other general health issues. Similarly, in Secondary 2, school children receive vision screening and a colour vision test. School nurses can also develop care plans for school children with health problems and ensure that everything is in place for these pupils to allow them to get on with 'school life.'

The school nurses work closely with teachers and parents and are useful source of advice and information. They also liaise with hospital services to ensure that pupils are receiving appropriate care and medicine.

In secondary schools, school nurses also play a supporting role in the classroom, particularly around social education, for example, issues relating to sexual health, smoking and drugs.

School Nurses co-ordinate immunisation and vaccination programmes. This includes immunisation against Diphtheria, Tetanus and Polio. They also provide the Human Papillomavirus Vaccine (HPV) for girls, which reduce the risk of cervical cancer. The BCG vaccine is also provided to prevent the risk of infection with tuberculosis, for those at high risk.

No treatment will be given to a child, without the prior written consent of their parent(s) or guardian(s), unless the child is old enough to fully understand the treatment offered and able to give a valid consent themselves.

### **How does my child access the School Health Service?**

The service is school-based and therefore all children have access to the service during the routine visits by the school nurse. Outwith these visits, a child or their parent(s) or guardian(s) can also see a school nurse by asking the Class Teacher in Primary Schools, or the Form Teacher in Secondary Schools to arrange this.







### **Will I be able to communicate with the doctors and nurses if I speak little or no English?**

All GP Practices, Hospitals and Community staff in Grampian are equipped with the "Language Line" telephone interpretation service. "Language Line" gives access to expert interpreters on the telephone, for 120 different languages, in 60 to 90 seconds. If you are non-English speaking or if your English is not very good, you will still be able to communicate easily with your doctor or nurse. If you prefer, you can use "Language Line" to inform your doctor or nurse that you would prefer the presence of a "face to face" interpreter, if possible, for future appointments.

### **Do you have difficulty in understanding the English language?**

If you have a problem reading or understanding the English language, this document is available in a language of your choice. Please ask an English speaking friend or relative to phone, write or email Corporate Communications.

The details are:

Corporate Communications,  
Ashgrove House,  
Aberdeen Royal Infirmary,  
Aberdeen AB25 2ZA

Telephone: (01224) 551116 or 552245

Email: [Grampian@nhs.net](mailto:Grampian@nhs.net)

### **Do you have a visual impairment?**

This document is also available in large print, as a CD and in other formats, upon request.

Ask for publication:

**CGD 090138**