

# Dyfi Valley Health

## PRACTICE GUIDE



Often we think that only the doctor can help when we visit our medical practice.

But at Dyfi Valley Health we have a number of other health professionals who can ensure that you get the right treatment as quickly as possible.

**Dyfi Valley Health**  
**Iechyd Bro Ddyfi**



**GIG**  
**CYMRU**  
**NHS**  
**WALES**

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

[www.dyfivalleyhealth.org](http://www.dyfivalleyhealth.org)

## DYFI VALLEY HEALTH

Dyfi Valley Health, Forge Rd,  
Machynlleth SY20 8EQ

Telephone 01654 702224

Fax: 01654 703688

Practice email: [contact@DyfiValleyHealth.org](mailto:contact@DyfiValleyHealth.org)

## OPENING TIMES FOR DYFI VALLEY HEALTH AND THE PHARMACY

**Monday to Friday - 08:00 to 18:30**

**Saturday and Sunday - Closed**

The doctors and staff at Dyfi Valley Health aim to offer the highest standard of patient-centred healthcare.

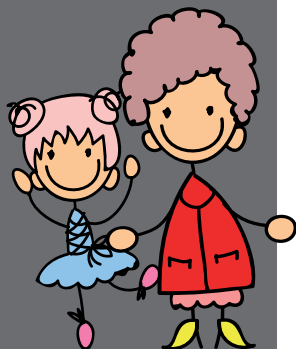
In addition to providing everyday healthcare, we also run many clinics for the management of chronic diseases, and offer a wide range of other medical services including asthma, diabetes, antenatal and postnatal care, minor surgery, minor injuries, childhood vaccinations and well-person check-ups.

## IS IT TIME TO DIAL 999?

Call 999 for life threatening conditions that need immediate medical attention:

- Choking
- Chest pain
- Blacking out
- Blood loss
- Serious injury
- Suspected stroke

**A&E is always the place to go  
for serious illness or injury.**



## REPEAT PRESCRIPTIONS

Please note that we do not take telephone requests for repeat prescriptions.

We need three working days to process your request and order in your medication.

You can order your repeat prescription via My Health Online, in writing, by fax (01654 703688) or in person.

- Patients living 1 mile or more away from Dyfi Valley health can collect their prescription from the dispensary at Dyfi Valley Health.
- Those patients living a mile or less from the surgery will need to collect their prescription from the pharmacy directly.

Rowlands Pharmacy, 8 Pentre Hedyn Street Machynlleth, SY20 8DN is the nearest pharmacy, their contact number is 01654 702237. Call ahead to confirm that we can deliver your prescription to the Rowlands Pharmacy on your behalf.

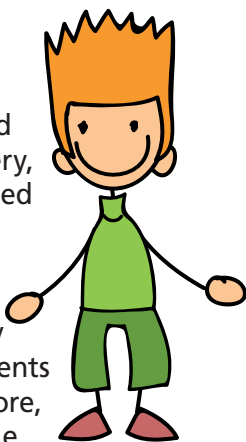
## SAMPLES FOR TESTING

Specimens for the hospital laboratory are collected from the Health Centre at midday each weekday. If you are asked to bring a sample to the surgery, please put it in the box provided at reception before midday.

## TEST RESULTS

Our phone lines are extremely busy in the morning with patients making appointments; therefore, we request that where possible, patients ring in the afternoon for test results.

If a result requires any follow up you will be asked to make an appointment.



## HOW TO REGISTER WITH THE PRACTICE:

Providing you live in our catchment area, (our receptionists can check this for you), new patients, registering with our practice will be required to complete a new patient registration form, including your NHS number (this can be obtained from your previous surgery if you do not know it). Alternatively, you can download the registration form from:

[www.dyfivalleyhealth.org/become-a-patient](http://www.dyfivalleyhealth.org/become-a-patient)

You will also be required to provide proof of address. Please note that you will need to complete, and sign, an individual form for each member of your family.

## MY HEALTH ONLINE (MHOL)

My Health Online allows you to view your basic medical records and order repeat prescriptions online. You will soon be able to book appointments as well.

To register, please come to the reception with:

- Proof of ID (preferably Photo ID like passport or driver's licence)
- Confirmation of your email address
- My Health Online registration letter and details.

Once registered, you will receive a confirmation letter; this can either be printed or sent to your email address.

More step by step information is available by visiting:

[www.DyfiValleyHealth.org/how-toregister-for-my-health-online](http://www.DyfiValleyHealth.org/how-toregister-for-my-health-online)

## CHANGE OF NAME OR ADDRESS

Please download the change of address form via: [www.dyfivalleyhealth.org/downloads](http://www.dyfivalleyhealth.org/downloads) or inform reception of any change of name, address, telephone number etc. you can also amend if you are registered with MHOL.

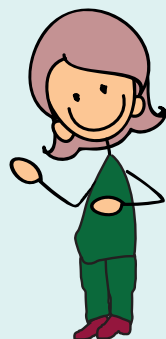
If you are moving out of our practice area, you will be advised to register with your nearest practice.

## SUGGESTIONS, CONCERNS AND COMPLIMENTS

The Health Centre welcomes suggestions, concerns and compliments from patients, families and carers, and you are invited to have your say to help us review how we can best provide services within resources available.

Dyfi Valley Health follows the NHS (Concerns, Complaints and Redress Arrangements) (Wales) Regulations 2011. Posters and Leaflets are displayed within the Health Centre. Key Features of the Complaint Process are:

- Concerns can be raised no later than 12 months from the date on which the issue occurred.
- Acknowledgement of concerns to be made within 2 working days of their receipt.
- Response to be sent within 30 working days of receipt and if this is not possible, the person to be kept informed.



If you have a concern, you can either speak to Practice staff and or Practice Manager directly.

If you would prefer, you are also entitled to ask Powys Teaching Health Board to look into a concern instead of taking the matter to the Practice. They can be contacted via

[www.powysthb.wales.nhs.uk/complaints](http://www.powysthb.wales.nhs.uk/complaints)

or by ringing 01874 712582

Patients can also contact the Powys Community Health Council for advice, assistance, and support via: Powys CHC  
Tel: 01874 624206 (North Powys residents)  
Ladywell House, Newtown, Powys SY16 1JB  
or via [enquiries.powyschc@waleschc.org.uk](mailto:enquiries.powyschc@waleschc.org.uk)

## MAKING AN APPOINTMENT

We operate a telephone triage system to ensure each patient always sees the most appropriate health care professional within an appropriate period of time.

The Reception Team will take your details and pass them to the GP Triage Team. In some cases, it may be possible for the reception team to refer you directly to a health professional and this is why they will ask a few basic questions about your request. This is done to help save you time. Of course if you would prefer not to tell them any details that is fine and they will put you into the triage system.

A GP from the Triage Team will telephone you back. They will then assess your symptoms/concerns and offer you an appointment with the most appropriate healthcare professional to suit your needs.

In some cases, they may be able to address your concerns over the telephone, which will avoid an unnecessary trip to the surgery.

For more information on our Triage system, see the blog at [DyfiValleyHealth.org/news](http://DyfiValleyHealth.org/news)

## URGENT APPOINTMENTS

We release a limited number of urgent appointments each morning. These are for people who have urgent medical needs, NOT for routine health queries.



## CHAPERONES

You are always welcome to bring someone with you to an appointment. If you prefer we can offer a member of staff to act as a chaperone during your consultation.

### REFERRAL QUERIES

If you have not heard from the hospital or referring clinic within 6 weeks please contact the hospital/department directly.

### DISABLED ACCESS

Easy access and specially designated areas are available for the disabled.

### DID YOU KNOW THAT WE ARE A TEACHING PRACTICE?

During the year, we have students from Cardiff Medical School and Physician Associate students from Swansea University who may sit in on your consultation, with your approval.

We will make you fully aware of this before your consultation to avoid any embarrassment.

### ZERO TOLERANCE

The practice has a zero tolerance policy to violent and abusive behaviour. Dyfi Valley Health have a right to notify patients who are physically or verbally abusive to any of our staff, that they may receive written notice that they are to be removed from our list, stating the reason for their exclusion.

# Meet the team

## RECEPTIONIST

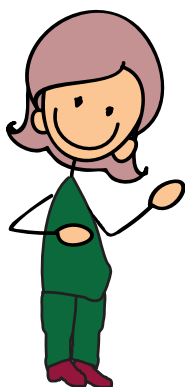
The receptionist is the first point of contact for all queries. They manage the reception desk and answer telephone calls. They begin the process for triage and booking appointments as well as:

- Organising clinics
- Calling patients for recalls
- Giving out messages about test results
- Managing patient notes coming in and out of the practice
- Registering patients

The list is endless – they are well-trained and highly competent members of the team who assist with the coordination of patient care.

## HEALTH CARE ASSISTANT

Our Health Care Assistants have basic clinical training and manage basic appointments including:

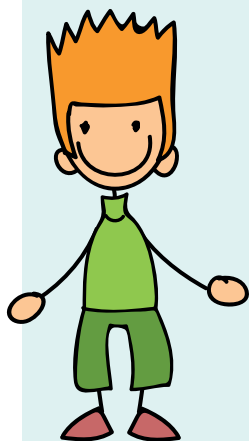


- New patient health checks
- Taking blood tests
- Spirometry (lung capacity tests)
- ECG tests (Electrocardiogram)
- Diabetic clinic foot assessments
- INR monitoring (for patients on Warfarin and similar blood thinners)
- Weight
- 24 Hour blood pressure monitoring

## PRACTICE NURSE

Practice Nurses are qualified nurses who have taken additional training to work in the medical centre. They are able to manage many routine appointments in the Medical Centre.

These include:



- Chronic disease management reviews (diabetes, COPD, heart failure, asthma, hypertension, epilepsy, atrial fibrillation, chronic kidney disease, stroke/TIA, hypothyroidism, rheumatoid arthritis, coronary heart disease)
- Contraception
- Cytology clinics
- Ear care
- Travel health
- Learning difficulty reviews
- Childhood immunisations
- Exercise on prescription referrals
- Falls assessment
- Podiatry

Practice nurses also support the minor injuries clinic.

## ADVANCED NURSE PRACTITIONER

Advanced Nurse Practitioners have additional qualifications over Practice Nurses, which allows them to carry out additional duties. They can carry out many of the tasks traditionally done by a doctor including diagnosing, prescribing medication and referring to specialists.



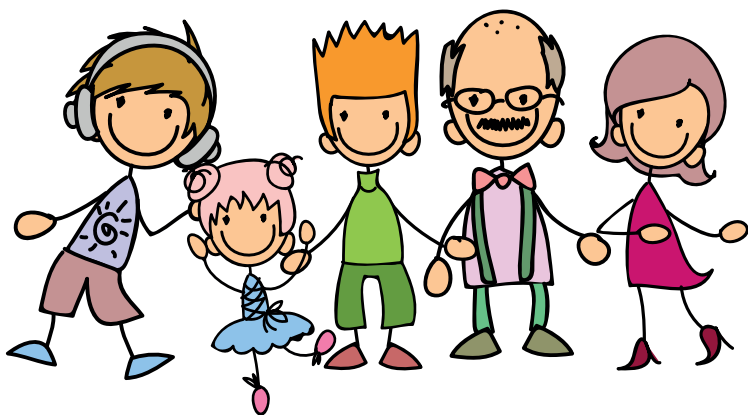
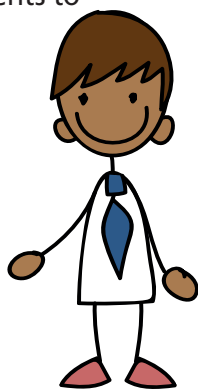
## URGENT CARE PRACTITIONER

Our Urgent Care Practitioners are advanced Paramedics, which means that they have undertaken additional training beyond their paramedic training in order to treat minor and acute illnesses.

## GENERAL PRACTITIONER (DOCTOR)

General practitioners (GPs) treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. They focus on the health of the whole person combining physical, psychological and social aspects of care.

They are highly qualified and it is important that they spend their time seeing the patients who really need their time. This is why we also have a range of other health professionals available in the medical centre to manage some of the more routine appointments.



# Clinics and Services

## ANTICOAGULANT CLINIC

At our anticoagulant clinic, we provide monitoring of all blood thinning medications.

Warfarin is managed with point of care testing using a device, which gives clinicians an immediate test result. We give each patient a daily dosage chart, allowing for safe and efficient care.

## CHILD HEALTH CLINIC

We have fortnightly child health clinics managed by doctors, practice nurses and health visitors, which are for routine health checks for babies and children, immunisations and for non-urgent child health concerns.

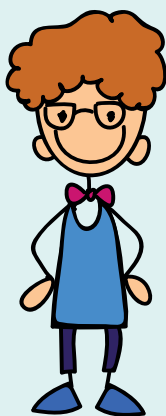
## CERVICAL SCREENING SERVICE

Please enquire at reception for Cervical Screening. Current Welsh Guidelines recommend that women aged between 25 and 49 should have this test every 3 years.

Women aged between 50 and 64 years should have this test every 5 years. Appointments can be made with our practice nurse.

## CHILDHOOD IMMUNISATION

Parents/Guardians will receive notification when these are due and will be offered an appointment.



## **CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) CLINIC AND ASTHMA CLINICS**

All patients diagnosed with COPD or Asthma will be sent an appointment to attend clinic on an annual basis.

## **DIABETIC CLINIC**

We are trained to offer advanced diabetic care including many of the services traditionally provided in hospital clinics.

The clinics are run by a mixture of GPs, practice nurses and nurse specialists. Not only do we provide all the nationally recommended screening to try and prevent complications, but we also teach how to inject insulin and other modern injectable drugs.

We can manage switches from different treatment regimes to try to give our patients the best possible personalised care.

Diabetic Clinic is run weekly and patients are screened every six months.

Diabetic patients who are registered with our practice are also invited to take part in Diabetic Retinopathy Screening; Diabetic Eye Screening Wales provide this service, they contact patients directly.

## **DISTRICT NURSES**

District Nurses provide care in the home for those patients that need it including management of chronic leg ulcers.

District Nurses can be contacted seven days a week between 09:00 – 17:00. Please call 01654 705238, you may be asked to leave a message on their answer machine.

## EAR CARE SERVICES

If you suspect that your ears are blocked with wax, our clinicians will be able to help you as they have been trained in the use of both ear irrigation and micro-suction.

Irrigation uses warm water to clear the wax and micro suction uses direct vision to safely suck the wax out of your ear, you may choose either procedure.

If you require further advice, please ask to speak with your nurse or doctor.

## HEART DISEASE CLINIC

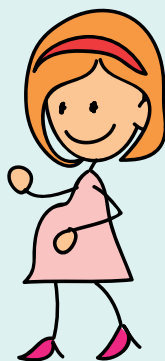
Patients who have a diagnosis of Heart Disease are seen yearly for a health check at the Heart Disease Clinic. This is carried out by a Health Care Assistant and Practice Nurse.

## HYPERTENSION (HIGH BLOOD PRESSURE) CLINIC

All patients diagnosed with hypertension will be sent an annual appointment to attend the Hypertension Clinic, with the Health Care Assistant. Patients with hypertension are advised to have their blood pressure checked every six months.

## MATERNITY SERVICES

We provide shared Maternity Medical Services in conjunction with Powys Teaching Health Board midwives; they are based at the Birth Centre, Bro Ddyfi Community Hospital. They can be contacted via Powys Teaching Health Board call centre on 01874 622443.



## SEXUAL HEALTH SERVICES

We provide all methods of contraception including pills, patches, injections, implants and coils. Please make an appointment with a GP or advanced nurse practitioner to discuss further.

Emergency contraception is available and may be prescribed over the phone if appropriate.

When we are closed, you can also get emergency contraception from chemists or from the out of hours service by calling 111.

Some procedures e.g. coil fitting/implant, need preparation. A patient requiring a coil fitting will need to speak with a GP before other appointments can be made. It would be helpful if you could inform the receptionist that you need a longer appointment. All doctors within the practice are available for contraceptive services.

## MINOR INJURIES SERVICE

Our GPs and nurses are trained to assess and treat minor injuries.

We can manage cuts, lacerations and sprains, assess possible fractures and treat minor head injuries. This service operates between 8am and 6:30pm at Dyfi Valley Health and is open to both registered and non-registered patients.

## PRIVATE MEDICAL EXAMINATION

If you need a Private Medical Examination for driving (HGV, bus or taxi), insurance purposes or recreational pursuits then our reception staff can book this for you.

These are not covered on the NHS and a fee is charged for this service – reception staff will let you know the cost at the time of booking.

Please note that Dyfi Valley Health only accept cash or cheque payment for medical examinations.

### TRAVEL CLINIC

If you are planning a holiday and need to access the Immunisation and Travel Abroad clinic, please note that you will need to make a double appointment with one of the practice nurses for advice and inoculations.

These appointments book up quickly and you will need to arrange this at least 8 weeks prior to departure.

### WELL MAN CLINIC

The Well Man Clinic is run by the Health Care Assistant. You will be offered a full health check, which includes a blood pressure check, advice on diet, smoking and alcohol.

Please enquire at reception if you would like an appointment.

### WELL WOMAN CLINIC

We also offer a Well Woman Clinic, this is run by the practice nurse who will offer you a full health check; this will include checking your blood pressure, advice on diet, smoking, alcohol, smear tests and breast care. Please enquire at reception if you would like an appointment.

### WOUND CARE SERVICE

Nurses are able to provide a wound care service in the surgery.

You can see the District Nurse at Bro Ddyfi Community Hospital for wound related care.

District Nurses can be contacted seven days a week between 09:00 – 17:00. Please call 01654 705238, you may be asked to leave a message on their answer machine.

# Alternatives to the Medical Centre

A trip to the medical practice isn't always the right place to go. There are a number of alternatives you can consider right here in the Dyfi Valley.

## LOOKING AFTER YOU

Sometimes self-care is the answer. Having a good first aid kit to hand often means you will manage without even leaving home.

Do not stretch the budget. Plasters and paracetamol for example can be bought cheaply from many shops in Machynlleth.

If you have these in the cupboard, you are prepared for when those common aches, pains, ailments and injuries surprise you:

- 3 x burns dressings
- 2 x eye pad dressings
- 2x finger dressings
- 2 x medium and large dressings
- Assorted waterproof plasters
- 1 x microporous tape
- Cleansing wipes
- Nitrile gloves
- Paracetamol, Ibuprofen
- Antihistamine
- Diarrhoea relief tablets



## 111 WALES

111 is a free service, it is available 24 hours a day, seven days a week. With a great website and free phone number, 111 Wales never sleeps.

You will find an A-Z online symptom checker offering advice on treatment, contact details to your local chemist, dentist, optician, minor injuries units and much more. Often there

is no need to leave the comfort of home!

Web: [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

Telephone: **111**

If phoning from a mobile you may be unable to connect to this number – you will then need to phone 0345 4647 instead.

## PHARMACY

Did you know that Rowlands Pharmacy in Machynlleth participates in the Minor Ailments Scheme.

This scheme offers patients access to free NHS advice and treatment for common ailments that cannot be managed by self-care.

This service offers an alternative to making an appointment with the GP to discuss many different conditions.

They might be able to offer advice and treatment for acne, athlete's foot, cold sores, dry eyes, hay fever, indigestion and reflux, in-growing toenails, thrush, scabies, sore throats and tonsillitis, conjunctivitis, worms and constipation. They can also offer emergency contraception, flu vaccinations, and support to give up smoking, as well as answer any questions you may have about your prescription medicines.



## SELF-REFERRING TO PHYSIOTHERAPY – WITHOUT VISITING YOUR GP FIRST.

For conditions such as muscular pain, back pain, neck pain, painful joints or recent injuries such as sprains and strains, you will need to complete a self-referral form. This is available in the waiting room or can be downloaded from: <https://dyfivalleyhealth.org/downloads> or [www.powysthb.wales.nhs.uk/physiotherapy-self-referral](http://www.powysthb.wales.nhs.uk/physiotherapy-self-referral)

If you need care that cannot wait until the surgery is open, please ring the GP out of Hours service on 111 which is a free number. Telephone advice on a range of medical conditions is available from NHS Direct 24 hours a day, also on 111.

Our staff are here to help you and will always try to be polite and helpful. There is an NHS zero tolerance policy. Any form of threatening or aggressive behaviour towards any NHS staff will not be tolerated.

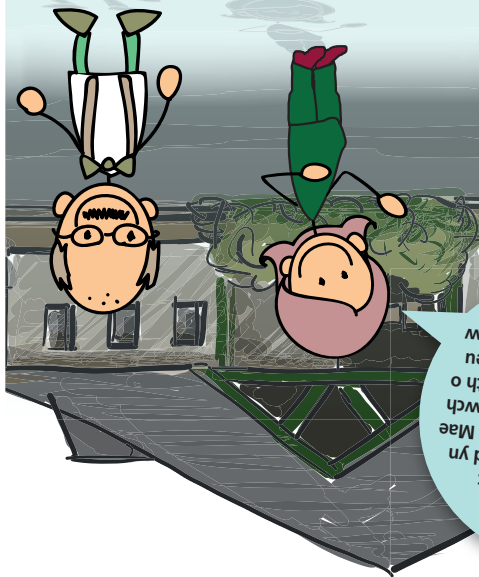
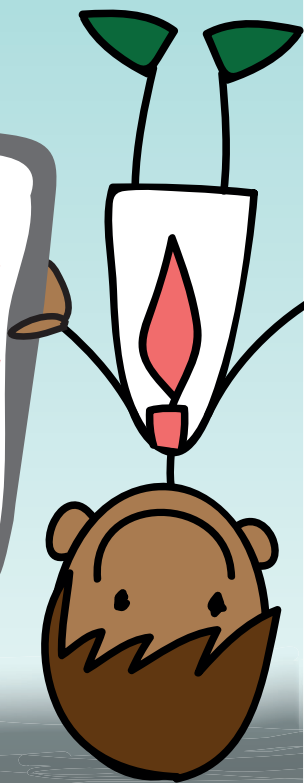
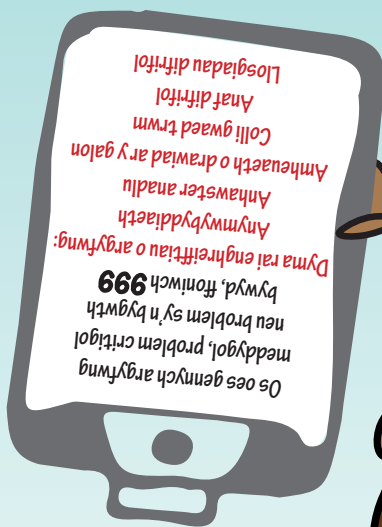


If you have a medical emergency, a critical or life threatening problem call **999**  
Here are some examples of an emergency:  
**Unconsciousness**  
**Difficulty in breathing**  
**A suspected heart attack**  
**Heavy blood loss**  
**Serious injury**  
**Severe burns**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board



Mae ein staff yma i'ch helpu chi a byddant bob amser yn ceisio bod yn gwrtais a chymwynasgar. Mae yna bolisi ddim goddefgarwch y GIG, ni fydd unrhyw fath o ymddygiad bygythiol neu ymosodol tuag at unrhyw staff y GIG yn cael ei oddef.

Os oes angen gofal arnoch na all aros nes bod y feddygta ar agor, ffoniwch y gwasanaeth Meddyg Teulu y tu allan i Orian ar 111 sy'n rhif rhad ac am ddim. Mae cynngor ffôn ar ystod o gyflyrau meddygol ar gael gan Galw Iechyd Cymru 24 awr y dydd, hefyd ar 111.

aml nid oes angen gadael cysur cartrefi

Gwe: [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

Ffôn: 111

Os ydych chi'n ffonio o ffôn symudol efallai na fyddwch chi'n gallu cysylltu â'r rhif hyn - yna bydd angen i chi ffonio 0345 4647 yn lle.

## FFERYLLFA

Oeddech chi'n gwybod bod Fferyllfa Rowlands ym Machynlleth yn cymryd rhan yn y Cynllun Mân anhwylderau?

Mae'r cynllun hwn yn cynnig mynediad i gleffion at gyngor a thriniaeth y GIG am ddim ar gyfer anhwylderau cyffredin na ellir eu rheoli gan hunanofal.

Mae'r gwasanaeth hwn yn cynnig dewis arall yn lle gwneud apwntiad gyda'r meddyg teulu i drafod llawer o wahanol amodau.

Efallai y byddan nhw'n gallu cynnig cyngor a thriniaeth ar gyfer acne, troed athletwr, doluriau annwyd, llygaid sych, clefyd y gwafr, diffyg trau ac adlif, ewinedd traed sy'n tyfu, llindeg, clafr, dolur gwddf a tonsillitis, lliid yr amrannau, mwypod a rhwymedd. Gallant hefyd gynnig atal cenhedlu brys, brechiadau fflw, a chefnogaeth i roi'r gorau i ysmegu, yn ogystal ag ateb unrhyw gwestiynau sydd gennych am eich meddyginiaethau presgripsiwn.



## HUNANGYFIRIO AT FFISIOTHERAPI – HEB YMWELD A'CH MEDDYG TEULU YN GYNTAF

Ar gyfer cyflirau fel poen cyhyrol, poen cefn, poen gwddf, cymalau poenus neu anafiadau diweddar fel ysigiadau a straenau, bydd angen i chi lenwi ffurflen hunan-atgyfeirio. Mae hwn ar gael yn yr ystafell aros neu gellir ei lawrlwytho oddi wrth: [www.dyfivallehealth.org](http://www.dyfivallehealth.org) neu [www.powysrh.wales.nhs.uk/ffisiotherapi-hunan-atgyfeirio](http://www.powysrh.wales.nhs.uk/ffisiotherapi-hunan-atgyfeirio)

# DEWISIADAU AMGEN I'R GANOLFAN FEDDYGOL

Nid taith i'r practis meddygol yw'r lle iawn i fynd bob amser. Mae yna nifer o ddewisiadau amgen y gallwch chi eu hystyried yma ym Miro Ddyfti.

## EDRYCH AR ÔL CHI

Weithiau, hunanofal yw'r ateb. Mae cael pecyn cymorth cyntaf da yn aml yn golygu y byddwch chi'n gwella heb hyd yn oed adael eich cartref.

Peidiwch â rhoi gormod o bwysau ar y gyllideb. Gellir prynu plasteri a pharacetamol er enghraifft o nifer o siopau yn y Trallwng a Llanfyllin.

Os oes gennych chi'r rhain yn y cwpwrdd rydych chi'n barod ar gyfer yr adegau pan fydd y poenau, y mân anhwylderau a'r anafiadau cyffredin yn eich taro.

- 3 x dresin llosgiadau,
- 2 x dresin padiau llygad
- 2 x dresin bys,
- 2 x dresin canolig a mawr
- Plastr gwrthddwr amrywiol
- 1 x tãp microhydraidd
- Weips glanhau
- Menig Nitril
- Paracetamol, Ibuprofen
- Antihistamine
- Tabledi rhyddhad rhag dolur rhydd



## 111 CYMRU

Mae 111 yn wasanaeth rhad ac am ddim, mae ar gael 24 awr y dydd, saith diwrnod yr wythnos. Gyda gweftan gwyboda a rhif ffôn am ddim, nid yw 111 Cymru byth yn cysgu. Fe welwch wiriwr syptomau ar-lein A-Y yn cynnig cyngor ar driniaeth, manylion cyswllt i'ch fferylllydd lleol, deintydd, optegydd, unedau mân anafiadau a llawer mwy. Yn

Sylwch mai dim ond arian parod neu  
siec taliad y mae lechyd Bro Ddyfi yn ei  
dderbyn am archwiliadau meddygol.

## CLINIG TEITHIO

Os ydych chi'n cynllunio gwyliau ac angen  
cael mynediad i'r clinig lmiwneiddio a  
Theithio Dramor, nodwch y bydd angen  
i chi wneud apwyntiad dwbl gydag un o  
nyrsys y practis i gael cyngor a brechiadau.  
Mae'r apwyntiadau hyn yn llenwi'r  
gyfilym a bydd angen i chi drefnu hyn  
o leiaf 8 wythnos cyn gadael.

## CLINIG WELL MAN

Mae'r Clinig Well Man yn cael ei redeg gan  
y Cynorthwydd Gofal Iechyd. Byddwch  
yn cael cynnig gwiriad iechyd llawn,  
sy'n cynnwys gwiriad pwysedd gwaed,  
cyngor ar ddeiet, ysmegu ac alcohol.

Holwch yn y dderbynta os hoffech apwyntiad.

## CLINIG WELL WOMAN

Rydym hefyd yn cynnig Clinig Well Woman,  
mae hwn yn cael ei redeg gan nyrs y practis  
a fydd yn ei gynnig gwiriad iechyd llawn,  
bydd hyn yn cynnwys gwiriad pwysedd  
gwaed, cyngor ar ddeiet, ysmegu, alcohol,  
proffion ceg y groth a gofal y fron. Holwch  
yn y dderbynta os hoffech apwyntiad.

## GWASANAETH GOFAL CLWYFAU

Gall nyrsys ddarparu gwasanaeth  
gofal clwyfaau yn y feddygfa.  
Gallwch weld y Nyrs Ardal yn Ysbyty Cymunedol  
Bro Ddyfi i gael gofal cysylltiedig â chlwyfaau.  
Gellir cysylltu â Nyrsys Ardal saith diwrnod  
yr wythnos rhwng 09:00 - 17:00. Ffônwch  
01654 705238, etallai y gofynnir i chi  
adael neges ar eu peiriant ateb.

## GWASANAETHAU IECHYD RHYWIOL

Rydy'm yn darparu pob dull o atal cenhedlu gan gynnwys y bilsen, clytiau, pigladau, mewnbliadau a choiliau. Gwnewch apwyntiad gyda meddyg teulu neu uwch ymarferdd nyrsio i drafod hyn.

Mae dulliau atal cenhedlu brys ar gael a gellir eu rhagnodi dros y ffôn os yw'n briodol. Pan fyddwn ar gau, gallwch hefyd gael dulliau atal cenhedlu brys gan fferylllydd neu o'r gwasanaeth y tu allan i oriau gan alw 111.

Ar gyfer rhai gweithdrefnau e.e. gosod / mewnbliannu coil, mae angen paratoi. Bydd angen i glaf sydd angen gosod coil wneud apwyntiad gyda nyrs y practis i gymryd swabiau cyn eu ffitio. Byddai'n ddefnyddio! pe gallech roi gwybod i'r derbynnydd bod angen apwyntiad hirach arnoch chi. Mae pob meddyg yn y practis ar gael ar gyfer gwasanaethau atal cenhedlu.

## GWASANAETH MÂN ANAFIADAU

Mae ein meddygon teulu a'n nyrsys wedi'u hyfforddi i asesu a thrin mân anafiadau. Gallwn reoli toriadau ac ysigiadau, asesu toriadau posibl a thrin mân anafiadau i'r pen. Mae'r gwasanaeth hwn yn gweithredu rhwng 8yb a 6.30yh ym Mhractis Machynlleth ac mae'n agored i gleffion cofrestredig ac anghofrestredig.

## ARHOLIAD MEDDYGOL PREIFAT

Os oes angen Arholiad Meddygol Preifat arnoch ar gyfer gyrru (HGV, bws neu dacsï), dibenion yswiriant neu weithgareddau hamdden yna gall ein staff derbynfa bwcio hwn ar eich rhan. Nid yw'r rhain yn dod o dan y GIG a chodir ffi am y gwasanaeth hwn - bydd staff y dderbynfa yn rhoi gwybod ichi am y gost wrth archebu.

**GWASANAETHAU GOFAL Y GLUST**

Os ydych yn amau bod eich clustiau wedi'u blocio â chwyr, bydd ein clinigwyr yn gallu eich helpu gan eu bod wedi cael eu hyfforddi i ddefnyddio dyfrhau clustiau a micro-sugno. Mae dyfrhau yn defnyddio dŵr cynnes i glirio'r cwyr ac mae micro-sugno yn defnyddio golwg uniongyrchol i sugno'r cwyr allan o'ch clust yn ddiofel, gallwch ddewis y naill weithdrefn neu'r llall. Os oes angen cyngor pellach arnoch, gofynnwch am gael siarad â'ch nyrs neu'ch meddyg.

**CLINIG CLEFYD Y GALON**

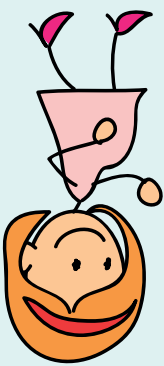
Mae clefion sy'n cael diagnosis o Glefyd y Galon yn cael eu gweld yn flynyddol am archwiliad iechyd yn y Clinig Clefyd y Galon. Gwneir hyn gan Gynorthwydd Gofal Iechyd a Nyrs Ymarfer.

**CLINIG GORBWYSEDD (PWYSEDD GWAED UCHEL)**

Antonnir apwyntiad flynyddol i bob claf sy'n cael diagnosis o orbwysedd, i ftynychu'r Clinig Gorbwysedd, gyda'r Cynorthwydd Gofal Iechyd. Cynghorir clefion â gorbwysedd i gael gwirio eu pwysedd gwaed bob chwe mis.

**GWASANAETHAU MAMOLAETH**

Rydym yn darparu Gwasanaethau Meddygol Mamolaeth a rennir ar y cyd â bydwragedd Bwrdd Iechyd Addysgu Powys; maent wedi'u lleoli yn y Ganolfan Geni, Ysbyty Cymunedol Bro Ddyfi. Gellir cysylltu â nhw trwy ganoftan alwadau Bwrdd Iechyd Addysgu Powys ar 01874 6222443.



## CLINIG DIABETIG

Rydym wedi ein hyfforddi i gynig gofal diabedig uwch gan gynnwys llawer o'r gwasanaethau a ddarperir yn draddodiadol mewn clinigau ysbytai. Mae'r clinigau'n cael eu rhedeg gan gymysgedd o feddygon teulu, nyrsys practis ac arbenigwyr nyrsio.

Nid yn unig rydyn ni'n darparu'r holl sgrinio a argymhellir yn genedlaethol i geisio atal cymhlethdodau, ond rydym hefyd yn dysgu sut i chwistrellu inswlin a chyffuriau chwistrelladwy modern eraill.

Gallwn reoli newidiadau o wahanol gyfundrefnau triniaeth i geisio rhoi cleffion y gofal personol gorau possibl. Mae Clinig Diabedig yn cael ei redeg yn wythnosol. Mae cleffion yn cael eu sgrinio bob chwe mis.

Gwahoddir cleffion diabedig sydd wedi'u cotrestru gyda'n practis hefyd i gymryd rhan mewn Sgrinio Retinopathi Diabedig; Mae Sgrinio Llygaid Diabedig Cymru yn darparu'r gwasanaeth hwn, maen nhw'n cysylltu â chleffion yn uniongyrchol.

## NYRSYS ARDAL

Mae Nyrsys Ardal yn darparu gofal yn y carref i'r cleffion hynny sydd ei angen gan gynnwys rheoli briwiau coes cronig. Gellir cysylltu â Nyrsys Ardal saith diwrnod yr wythnos rhwng 09:00 a 17:00. Ffoniwch 01654 705238, efallai y gofynnir i chi adael neges ar eu peiriant ateb.

# Clingau a gwasanaethau

## CLINIG GWRTHEULYDD

Yn ein clinig gwrthgeuludd, rydym yn monitro'r holl feddyginiathau teneuo gwaed. Mae Wartarin yn cael ei reoli gyda phroffion pwynt gotal gan ddefnyddio dyfais, sy'n rhoi canlyniad prawf ar unwaith i glinigwyr. Rydyn ni'n rhoi siart dos dyddiol i bob claf, gan ganiatáu gotal diogel ac effeithlon.

## CLINIG IECHYD PLANT

Mae gennym clinigau iechyd plant bob pythefnos a reolir gan feddygon, nyrsys practis ac ymweilwyr iechyd, sydd ar gyfer gwiriadau iechyd arterol babanod a phlant, imiwneidiadau ac ar gyfer pryduron iechyd plant nad ydynt yn rhai brys.

## GWASANAETH SGRINIO SERFIGOL

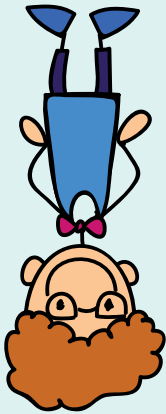
Holwch yn y dderbyntfa ar gyfer Sgrinio Serfigol. Mae Canllawiau Cymru cyfredol yn argymhell y dylai menywod rhwng 25 a 49 oed gael y prawf hwn bob 3 blynedd. Dylai menywod rhwng 50 a 64 oed gael y prawf hwn bob 5 mlynedd. Gellir gwneud apwyntiadau gyda'n nyrs practis.

## IMIWNIEDDIO MEWN PLENTYNDOD

Bydd rhieni/gwarcheidwaid yn derbyn hysbysiad pan fydd y rhain yn ddyledus ac yn cael cynnig apwyntiad.

## CLINIG CLEFYD RHWYSTROL CRONIG YR YSGYFAINT A CHLINIGAU ASTHMA

Anfonir apwyntiad i bob claf sy'n cael diagnosis o COPD neu Asthma i fynyachu'r clinig yn flynyddol.



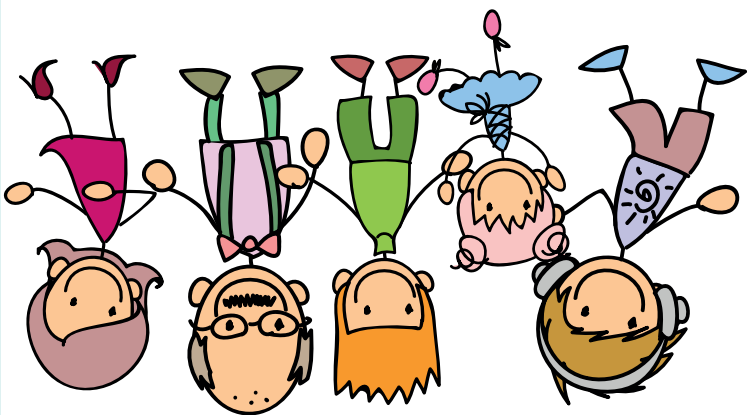
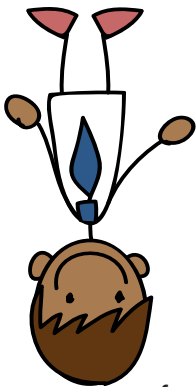
## YMARFERYDD GOFAL BRYS

Mae ein Ymarferwyr Gofal Brys yn Barafeddygon datblygedig, sy'n golygu eu bod wedi ymgymryd â hyfforddiant ychwanegol y tu hwnt i'w hyfforddiant parafeddyg er mwyn trin afiechydon mân ac aciw't.

## MEDDYG TEULU (DOCTOR)

Mae Meddygon Teulu (MT) yn trin yr holl gyflyrau meddygol cyffredin ac yn cyfeirio cleifion at ysbys'tai a gwasanaethau meddygol eraill ar gyfer triniaeth frys ac arbenigol.

Maent yn canolbwyntio ar iechyd yr unigolyn cyfan gan gyfuno agweddau corfforol, seicolegol a chymdeithasol ar ofal. Mae ganddyn nhw gymwysterau uchel ac mae'n bwysig eu bod nhw'n treulio'u hamser yn gweld y cleifion sydd wir angen eu hamser. Dyma pam mae gennym hetyd ystod o weithwyr iechyd profesiynol eraill ar gael yn y ganolfan feddygol i reoli rhai o'r apwyntiadau mwy arferol.



## NYRS Y PRACTIS

Mae Nyrsys Practis yn nyrsys cymwys sydd wedi cymryd hyfforddiant ychwanegol i weithio yn y Canolfan Feddygol. Gallant reoli llawer o apwyntiadau arferol yn y Ganolfan Feddygol.

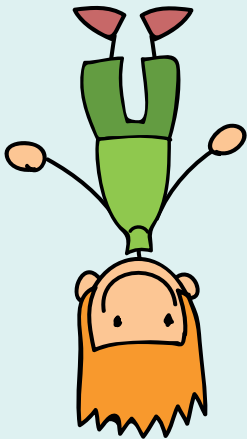
Mae'r rhain yn cynnwys:

- Adolygiadau rheoli cleyd cronig (diabetes, COPD, methiant y galon, asthma, gorbwysedd, epilepsi, ffibriliad atrïaidd, cleyd cronig yr arennau, strôc / TIA, isthyroidedd, arthritis gwynegol, cleyd coronaidd y galon)
- Atal cenhedlu Clinigau cytoleg Gofal clust Iechyd teithio Adolygiadau anhawster dysgu Imiwneiddiadau plentynod Ymarfer ar atgyfeiriadau presgripsiwn Asesiad cwmpiadau Podiatreg

Mae nyrsys practis hefyd yn cefnogi'r clinig mân anafiadau.

## YMARFERYDD NYRSIO UWCH

Mae gan Ymarferwyr Nyrsio Uwch gymwysterau ychwanegol dros Nyrsys Practis, sy'n caniatáu iddynt gyflawni dyletswyddau ychwanegol. Gallant gyflawni llawer o'r tasgau a wneir yn draddodiadol gan feddyg gan gymwys gwneud diagnosis, rhagnodi meddyginiiaeth a chyfeirio at arbenigwyr.



# CWRDD A'R TÎM

## DERBYNNYDD

Y derbynnnydd yw'r pwynt cyswilt cyntaf ar gyfer pob ymholiad. Maen nhw'n rheoli desg y dderbyntfa ac yn ateb galwadau ffôn. Maent yn dechrau'r broses ar gyfer brysbennu ac yn bwcio apwyntiadau yn ogystal â:

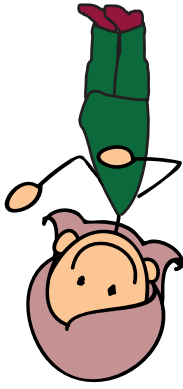
- Threfnu clinigau
- Galw clefion i gael eu galw yn ôl
- Dosbarthu negeseuon am ganlyniadau profion
- Rheoli nodiadau clefion yn dod i mewn ac allan o'r practis
- Cofrestru clefion

Maer'r rhestr yn ddiddiwedd - maen nhw'n aelod cymwys iawn o'r tîm sydd wedi'i hyfforddi'n dda ac sy'n cynorthwyo cydlynu gofal claf.

## CYNORTHWYDD GOFAL IECHYD

Mae gan ein Cynorthwyyr Gofal Iechyd hyfforddiant clinigol sylfaenol ac maent yn rheoli apwyntiadau sylfaenol gan gynnwys:

- Gwiriadau iechyd
- clefion newydd
- Cymryd profion gwaed
- Spirometreg (profion capasiti'r ysgyfaint)
- Profion ECG (Electrocardiogram)
- Asesiadau traed
- clinig diabetig
- Monitro INR (ar gyfer clefion ar Warfarin a theneuwyr gwaed tebyg)
- Pwysau
- Monitro pwysedd gwaed 24 Awr



## HEBRYNGWYR

Mae croeso i chi ddod â rhywun gyda chi i apwyntiad bob amser. Os yw'n well gennych gallwn gynnig aelod o staff i weithredu fel hebr yngwr yn ystod eich ymgynghoriad.

## YMHOLIADAU ATGYFEIRIO

Os nad ydych wedi clywed gan yr ysbity neu'r clinig atgyfeirio o fewn 6 wythnos, cysylltwch â'r ysbity / adran yn uniongyrchol.

## MYNEDIAD ANABL

Mae mynediad hawdd ac ardaloedd sydd wedi'u dynodi'n arbennig ar gael ar gyfer yr anabl.

## OEDDECH CHI'N GWYBOD EIN BOD

### NI'N BRACTIS ADDYSGU?

Yn ystod y flwyddyn, mae gennym fyfyrwyr o Ysgol Feddygol Caerdydd a myfyrwyr Cyswllt Meddyg o Brifysgol Abertawe a all eistedd yn eich ymgynghoriad, gyda'ch cymradwyaeth. Byddwn yn eich gwneud yn gwb ymwybodol o hyn cyn eich ymgynghoriad er mwyn osgoi unrhyw embaras.

## DIM GODDEFGARWCH

Mae gan y practis bolisi dim goddefgarwch at ymddygiad treisgar a chamdrioliol. Mae gan Iechyd Bro Ddyf'r hawl i hysbysu cleifion sy'n cam-drin yn gortfforol neu'n eiriol ag unrhyw un o'n staff, y gallant dderbyn rhybudd ysgrifenedig i gael eu tynnu oddi ar ein rhestr, gan nodi'r rheswm dros eu gwahardd.

624206 (preswylwyr Gogledd Powys) Ty  
Ladywell, Y Drenewydd, Powys SY16 1JB neu  
drwy [ymholiadau.powyschc@waleschc.org.uk](mailto:ymholiadau.powyschc@waleschc.org.uk)

## CREU APWYNTIAD

Rydym yn gweithredu system brysbennu ffôn i sicrhau bod pob claf bob amser yn gweld y gweithiwr gofal iechyd profesiynol mwyaf priodol o fewn cyfnod priodol o amser.

Bydd y Tîm Derbynta yn cymryd eich manylion ac yn eu trosglwyddo i'r Tîm Brysbennu MT. Mewn rhai achosion, efallai y bydd yn bosibl i dim y dderbynta eich cyfeirio'n uniongyrchol at weithiwr iechyd profesiynol a dyma pam y byddant yn gofyn ychydig o gwestiynau sylfaenol am eich cais. Gwneir hyn i helpu i arbed amser i chi. Wrth gwrs, pe byddai'n well gennych beidio â dweud wrthynt unrhyw fanylion, mae hyn yn iawn a byddant yn eich rhoi yn y system brysbennu.

Bydd Meddyg Teulu o'r Tîm Brysbennu yn eich ffonio'n ôl. Yna byddant yn asesu eich symptomau/pryderon ac yn cynnig apwyntiad i chi gyda'r gweithiwr gofal iechyd profesiynol mwyaf priodol i weddu eich anghenion. Mewn rhai achosion, efallai y gallant fynd i'r afael â'ch pryderon dros y ffôn, a fydd yn osgoi taith ddiangen i'r feddygfa.

I gael mwy o wybodaeth am ein system

Brysbennu, gweler y blog drwy  
DyfiValleyHealth.org/news

## APWYNTIADAU BRYs

Rydym yn rhyddhau nifer gyfyngedig o apwyntiadau brys bob bore. Mae'r rhain ar gyfer pobl sydd ag anghenion meddygol brys, NID ar gyfer ymholiadau iechyd arferol.



Os ydych chi'n symud allan o'n maes ymarfer, fe'ch cynghorir i gofrestru gyda'ch practis agosaf.

## AWGRYMIADAU, PRYDERON A CHWYLDROAU

Mae'r Ganolfan Iechyd yn croesawu awgrymiadau, pryderon a chwyldroau o gleigion, deuluoedd, a gotfalwyr ac fe'ch gwahoddir i ddweud eich dweud i'n helpu i adolygu'r ffordd orau o ddarparu gwasanaethau o fewn yr adnoddau sydd ar gael.

Mae Iechyd Bro Ddyfi yn dilyn Rheoliadau 2011 (Pryderon, Cwynion a Threfniadau Gwneud Iawn) y GIG. Mae poster i a thafenni yn cael eu harddangos yn y ganolfan Iechyd.

Nodweddion Allweddol y Broses Gwyno yw:

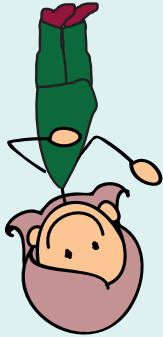
- Gellir codi pryderon erbyn 12 mis fan bellaf o'r dyddiad y digwyddodd y mater.
- Cydnabod pryderon i'w gwneud cyn pen 2 ddiwrnod gwaith ar ôl eu derbyn.
- Anfonir ymateb cyn pen 30 diwrnod gwaith o'i dderbyn ac os nad yw hyn yn bosibl, bydd y person yn cael y wybodaeth ddiweddaraf.

Os oes gennych bryder, gallwch naill ai siarad â staff y practis a neu Reolwr Ymarfer yn uniongyrchol.

Os byddai'n well gennych, mae gennych hawl hefyd i ofyn i Fwrdd Iechyd Addysgu Powys ymchwilio i bryder yn lle mynd â'r mater i'r practis. Gellir cysylltu â nhw trwy

[www.biapowys.cymru.nhs.uk/pryderon-a-channoliaethau](http://www.biapowys.cymru.nhs.uk/pryderon-a-channoliaethau) neu trwy ffonio 01874 712582

Gall cleigion hefyd gysylltu â Chyngor Iechyd Cymunedol Powys i gael cyngor, cymorth a chefnogaeth trwy: CIC Powys Ffôn: 01874



## SUT I GOFRESTRU A'R PRACTIS:

Ar yr amod eich bod yn byw yn ein dalgylch, (gall ein derbynnyddion wirio hyn ar eich rhan), bydd yn ofynnol i gleifion newydd, sy'n cofrestru gyda'n practis, gwblhau ffurflen gofrestru, gan gynnwys eich rhif GIG (gellir cael hwn o'ch meddygfa flaenorol os nad ydych yn ei wybod). Fel arall, gallwch chi lawrlwytho y ffurflen gofrestru o:

[www.dyfivalleyshealth.org/become-a-patient](http://www.dyfivalleyshealth.org/become-a-patient)

Bydd gofyn i chi hefyd ddarparu prawf cyfeiriad. Sylwch y bydd angen i chi lenwi, a llofnodi, ffurflen unigol ar gyfer pob aelod o'ch teulu.

## FY IECHYD AR-LEIN (FIAL)

Mae Fy Iechyd Ar-lein yn caniatáu ichi weld eich cofnodion meddygol sylfaenol ac archebu presgripsiynau ailadroddadwy ar-lein. Cyn bo hir, byddwch chi'n gallu trefnu apwyntiadau hefyd. I gofrestru, dewch i'r dderbyntfa gyda:

- Prawf adnabod (yn ddeffrydol pasbort neu drwydded yrru)
- Cadarnhad o'ch cyfeiriad e-bost
- Llythyr cofrestru Fy Iechyd

Ar-lein a manylion.

Ar ôl cofrestru, byddwch yn derbyn llythyr cadarnhad; gellir naill ai argraffu hwn neu ei anton i'ch cyfeiriad e-bost.

Mae mwy o wybodaeth gam wrth gam ar gael trwy ymweld â:

[www.DyfivalleysHealth.org/how-toregister-for-my-health-online](http://www.DyfivalleysHealth.org/how-toregister-for-my-health-online)

## NEWID ENW NEU CYFEIRIAD

Dadlwythwch y ffurflen newid cyfeiriad trwy: [www.dyfivalleyshealth.org/downloads](http://www.dyfivalleyshealth.org/downloads) neu hysbysu'r derbyniad o unrhyw newid enw, cyfeiriad, rhif ffôn ac ati. Gallwch hefyd newid os ydych wedi'ch cofrestru gyda FIAL.

## PRESGRIPSIYNAU AILADRODDADWY

Sylwch nad ydym yn derbyn ceisiadau ffôn am ailadrodd presgripsiynau.

Mae angen tri diwrnod gwaith arnom i brosesu'ch cais ac archebu eich meddyginiaeth. Gallwch archebu eich ail presgripsiwn trwy Fy lechyd Ar-lein, yn ysgrifenedig, trwy ffacs (01654 703688) neu'n bersonol.

- Gall cleifion sy'n byw ffilltir neu fwy i ffwrdd o lechyd Bro Ddyfi gasglu eu presgripsiwn o'r fferyllfa yn lechyd Bro Ddyfi.
- Bydd angen i'r cleifion hynny sy'n byw ffilltir neu lai o'r feddygfa gasglu eu presgripsiwn o'r fferyllfa Rowlands, 8 Pentre Hedyn Street Machynlleth, SY20 8DN yw'r

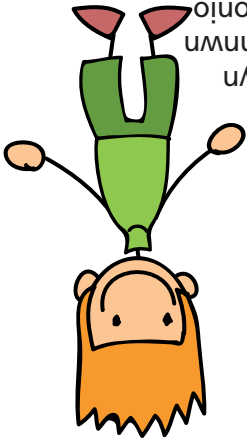
Fferylliath agosat, eu rhif cyswilt yw 01654 702237 i gadarnhau y gallwn ddanfon eich presgripsiwn i Fferyllfa Rowlands ar eich rhan.

## SAMPLAU AM BRAWF

Cesglir sbesimenau ar gyfer labordy'r ysbity o'r Ganolfan lechyd ganol dydd bob dydd o'r wythnos. Os gofynnir ichi ddod â sampl i'r feddygfa, rhowch hi yn y blwch a ddarperir yn y dderbyntfa cyn hanner dydd.

## CANLYNIADAU PRAWF

Mae ein llinellau ffôn yn hynod o brysus yn y bore gyda chleifion yn gwneud apwyntiadau; felly, gofynnwn i gleifion, lle bo hynny'n bosibl, ffônio yn y prynhawn i gael canlyniadau profion. Os oes angen unrhyw waith dilynol ar ganlyniad, gofynnir ichi wneud apwyntiad.



## IECHYD BRO DDYFI

Iechyd Bro Ddyfi, Forge Rd,  
Machynlleth SY20 8EQ

Rhif ffôn: 01654 702224

Ffacs: 01654 703688

E-bost y practis: [contact@DyfiValleyHealth.org](mailto:contact@DyfiValleyHealth.org)

## AMSEROEDD AGOR AR GFYFER IECHYD BRO

### DDYFI A'R FFERYLLFA

**Dydd Llun i ddydd Gwener – 8:00 i 18:30**

**Dydd Sadwrn a dydd Sul – ar gau**

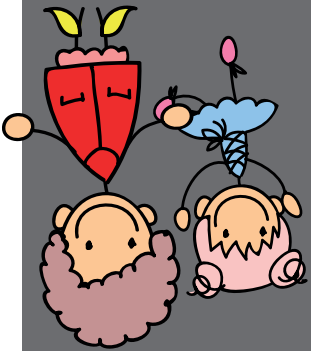
Nod meddygon a staff Iechyd Bro Ddyfi  
yw cynnig y safon uchaf o ofal iechyd sy'n  
canolbwyntio ar y claf.

Yn ogystal â darparu gofal iechyd bob dydd,  
rydym hefyd yn cynnal llawer o glinigau ar  
gyfer rheoli clefydau cronig, ac yn cynnig ystod  
eang o wasanaethau meddygol eraill gan  
gynnwys asthma, gofal cyneuedigol ac ôl-  
enedigol, diabetes, mân lawdriniaethau, mân  
anafiadau, brechiadau plentyndod a gwiriadau  
well-person..

### AMSER I DDEIALU 999?

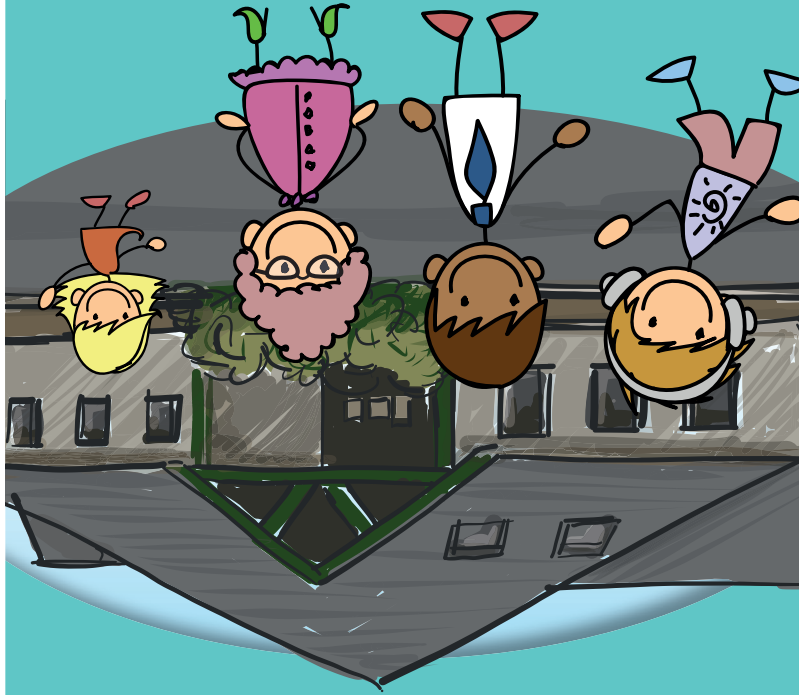
Ffoniwch 999 am gyflyrau sy'n  
bygwth bywyd sydd angen  
sylw meddygol ar unwaith:

- Tagu
- Poen yn y frest
- Colli ymwybyddiaeth
- Colli gwaed
- Anaf difrifol
- Amheuaeth o strôc



Yr Adran Damweiniau ac Achosion Brys (A&E) yw'r  
lle i fynd am salwch neu anaf difrifol bob tro.

# CANLLAW PRACTIS Iechyd Bro Ddyfi



Yn aml rydyn ni'n meddwl mai dim ond  
y meddyg all helpu pan ymwelwn â'n  
practis meddygol. Ond yn Iechyd Bro Ddyfi  
mae gennym nifer o weithwyr iechyd  
proffesiynol eraill pwys all sicrhau eich bod  
yn cael y driniaeth gywir cyn gynted â  
phosibl.



Dyfi Valley Health  
Iechyd Bro Ddyfi



GIG  
CYMRU  
WALLES  
NHS

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

[www.dyfi-valleyhealth.org](http://www.dyfi-valleyhealth.org)