

Inverness Healthcare – What’s the right choice?



DO I NEED EMERGENCY CARE?

Patients with potentially life-threatening conditions should immediately call 911. Emergency departments address the most serious and life-threatening health issues.

Call 911 for the following:

- ✓ Stroke/facial weakness
- ✓ New onset of weakness
- ✓ Heart attack/chest pain or tightness
- ✓ Unable to wake/unconscious
- ✓ Sudden onset of severe headache or confusion
- ✓ Seizure and/or severe head injury
- ✓ Major assault
- ✓ Severe difficulty breathing or trouble speaking
- ✓ Uncontrolled or severe bleeding
- ✓ Major trauma such as loss of limb or laceration
- ✓ Severe allergic reaction
- ✓ Severe burns

Where?

Inverness Consolidated Memorial Hospital

39 James St., Inverness
Phone: 902-258-2100

DO I NEED URGENT CARE?

Your primary care provider (doctor or nurse practitioner) is where most of your health issues can and should be addressed. However, there are times when you may not be able to see them when you require treatment. You may also not have a primary care provider.

Urgent treatment centres provide services not available in many doctor’s offices but are not the same as emergency departments. Urgent treatment centres offer an alternate level of care for those who do not have a life-threatening medical emergency but require urgent treatment. While not located in Inverness, there is an urgent treatment centre in Baddeck.

Go to an urgent treatment centre for the following:

- ✓ Mild abdominal pain
- ✓ Limb sprains
- ✓ Mild headaches
- ✓ Minor infections
- ✓ Mild asthma
- ✓ Mild mental health support
- ✓ Simple fractures
- ✓ Earaches
- ✓ Skin and eye irritations
- ✓ Small lacerations
- ✓ Minor respiratory issues

Where?

Victoria County Memorial Hospital

30 Old Margaree Rd., Baddeck

To book (or cancel) an appointment, call 902-295-2983.

No walk-ins.

Hours of operation

Seven days a week, 8 a.m. - 4 p.m.



THERE ARE NOW MORE
WAYS TO ACCESS CARE
IN NOVA SCOTIA.

Download the
YourHealthNS app today.



App Store



Google Play

Through **YourHealthNS** you can:

- Book blood collection, x-rays, or EKGs
- Check emergency department wait times
- Schedule vaccines
- Find healthcare services

Download the app or visit
www.YourHealthNS.ca

DO I NEED PRIMARY CARE?

Your primary care provider (doctor or nurse practitioner) is where most of your health issues can and should be addressed. However, there are times when you may not be able to see them when you require treatment. You may also not have a primary care provider.

Where can I go?

Inverness Walk in Clinic

Inverness Consolidated Memorial Hospital – Ambulatory Care
Monday, Tuesday, Thursday
5:30 p.m. – 7:30 p.m.
Walk ins only

Inverness Enhanced Evening Access Clinic

Inverness Consolidated Memorial Hospital – Ambulatory Care
Wednesday – 5:30 p.m. – 7:30 p.m.
To book a same day appointment, call 902-258-2737 between 1:30 p.m. – 3:30 p.m.

What can I do in the meantime?

VirtualCareNS

VirtualCareNS provides Nova Scotians with free online access to a family doctor or nurse practitioner. For more information, visit virtualcarens.ca.

Inverness & Victoria Counties Unattached Patient Clinic

If you are:

- without a primary care provider
- registered on the Need a Family Practice Registry
- a permanent resident of Inverness or Victoria Counties

You can book an appointment at the **Inverness & Victoria Counties Unattached Patient Clinic**, which provides short-term primary medical care for patients until they are assigned a permanent primary care provider (doctor or nurse practitioner).

Inverness & Victoria Counties Unattached Patient Clinic

Inverness Community Health Centre
70 Maple St., Inverness

Open two days a week between Monday and Friday, 8 a.m. – 4 p.m.

Days vary pending physician availability.

To book an appointment, call 902-258-1932

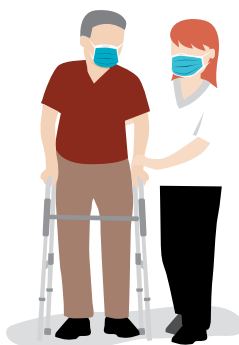
Speak with your pharmacist as they may be able to:

- Assess and prescribe for minor ailments, such as skin conditions, tick bites and urinary tract infections (UTIs)
- Renew prescriptions
- Prescribe and inject vaccines/medications

Freeman's Pharmacy

15786 Central Ave., Inverness
Monday to Saturday, 9 a.m. – 9 p.m.
Sunday – 11 a.m. – 2 p.m.
Phone: 902-258-2400

Please call ahead to determine if a pharmacist is available.



Without a primary care provider?

Add your name to the *Need a Family Practice Registry*, our way of connecting Nova Scotians who do not have a primary care provider with a family practice. You can add your name to the registry by visiting needafamilypractice.nshealth.ca or calling 811. People on the registry are contacted in chronological order when a family practice in their area is accepting new patients.

MENTAL HEALTH CONCERNS?

Call the 24-hour mental health crisis line at 1-888-429-8167

Visit mhahelpns.ca for information on support and available services.

Still not sure where to go?

Call 811 to speak with a registered nurse for health care advice, available 24 hours a day.

Health information on more than 500 topics is available at 811.NovaScotia.ca

Take advantage of online wellness sessions and information on healthy living by visiting healthynovascotia.ca