

I need a doctor now! Where should I go?

Often times it seems that an illness or injury strikes at the most inconvenient time. You are leaving for vacation tomorrow and wake up with significant sinus pain. Saturday afternoon rolls around and your child is complaining of a sore throat or ear ache. It is six o'clock on a Tuesday and you stumble in the driveway on your way in from checking the mail. Is your ankle broken or is it just a bad sprain? When these situations crop up, you may feel uncertain about where to go. Immediate access to a physician is needed, but is it really an emergency?

These are all situations in which it would be appropriate to seek medical care at an Urgent Care Clinic. But knowing where to go isn't always simple. Recognizing the difference between an urgent care issue and a true medical emergency, could save your life. And if it isn't a true medical emergency, knowing the difference could certainly save your wallet! So what is considered an emergency medical situation?

Emergency Room:

An emergency medical situation is any medical issue which is life-threatening or limb-threatening. If you are experiencing any of the following symptoms, a trip to the Emergency Room is in order:

- Chest Pain, Chest Pressure or Severe Heart Palpitations; especially if pain radiates down your arm or to your jaw or is accompanied by sweating, vomiting or shortness of breath
- Difficulty Breathing or Severe Shortness of Breath
- Sudden Dizziness or Changes in Vision
- Changes in Mental Status, Confusion or Difficulty Speaking
- Sudden Weakness or Paralysis, especially if it is on one side of the face and/or body
- Loss of Consciousness
- Seizures
- Major Burns or Wounds
- Severe Spinal Injury, Head Injury or Eye Injury

Urgent Care:

An Urgent Care Clinic is an excellent option for common non-life-threatening illnesses or injuries. If you become ill or are injured, but your regular doctor is not available, an Urgent Care Visit is a much better option than an Emergency Room visit. First, it is much less expensive. Depending on the reason you are being seen, an Urgent Care visit can be 1/3rd the cost of an Emergency Room visit and carries a much lower co-pay with most insurance plans. In addition, wait-times are usually lower. If you go to an Emergency Room with a non-life-threatening medical issue, you will have to wait for the physician to attend to those with more severe issues before you are seen.

The following list of ailments could be treated with an Urgent Care visit:

- Minor Illnesses and Infections
- Sprains and Strains
- Mild Asthma Attacks
- Minor Broken Bones
- Small Cuts, Burns or Bites
- Sore throat
- Rashes
- Urinary Tract Infections
- Ear Aches
- Pink Eye
- Allergic Reactions
- Sinus Pain/Infections
- Upper Respiratory Infections

Urgent Care Clinics fill a vital role in the continuum of providing a community convenient and affordable health care options with lower cost than an Emergency Room, extended weekday and weekend hours when a regular physician's office may not be open and no appointment is necessary. Newman Memorial Hospital is proud to be able to step in and fill this need for Shattuck and the surrounding communities. This facility is unique in that it is only staffed by physicians and it is hospital based. This means that if your illness or injury is deemed to require more intensive care than can be provided at the Urgent Care Clinic, you can be transferred seamlessly into the hospital system. There you can receive more in-depth care with the same medical team and instant access to the healthcare record instead of being transferred somewhere and having to start again from square one. The Newman Memorial Urgent Care Clinic will be open on October 10, 2016. Hours of operation will be Monday through Friday from 10 am to 8 pm and Saturday/Sunday from 8 am to 4 pm. Newman Memorial Hospital looks forward to serving our community with compassion and excellence through this convenient and affordable new option for their healthcare needs.