

Advanced Nurse Practitioner



Rachel Viggars
BSc (Hons)
Specialist Practice – GPN



Specialist Nurse Practitioner Clinical Nurse Lead

Rachel is an experienced nurse with 17 years practice experience and is excited to be starting at Merepark Medical Centre from the 18th March 2019.

Rachel is currently undertaking an MSc in Frailty and Integrated Care, and was awarded the title of Queens Nurse in 2017, having been recognised for her contribution and commitment to community nursing and nursing leadership. In 2018, Rachel won the 'Mentor of the Year' award for supporting student nurses for Keele University, and was shortlisted for the national General Practice Nurse of the year award.

Nurse Practitioners can assess and examine, make a diagnosis, refer or treat many common conditions previously managed by doctors.

Nurse Practitioners manage many long term conditions such as:

- Asthma
- Eczema
- High blood pressure
- Coronary heart disease
- Raised cholesterol levels
 - Diabetes
 - Epilepsy
- Respiratory disease

Rachel can also provide an advanced range of nursing services, including prescribing. There are many problems she can treat, for example:

- Joint injuries
 - Sprains
- Recent onset back pain
 - Skin rashes
 - Shingles
 - Scabies
- Infections of the chest, skin, ears, eyes or urinary tract
 - Abdominal pain
 - Asthma attacks
 - Vaginal problems