

## Community Nursing Services

Community Nursing services are based at four District Clinics or Health Centres, as follows:

- St John's Clinic
- Cudjoe Head Clinic
- St Peters Clinic
- Salem Clinic

### Opening hours:

Clinics are open between 8 am and 4 pm. On Tuesdays and Thursdays, St John's Clinic remains open until 5 pm. Clinics may be closed for home visiting or for training sessions.

### Staffing:

Each clinic is staffed by at least one trained District Nurse. A doctor visits each clinic once per week. The service is supervised by the Community Nursing Manager and the Public Health Nurse, based at St John's Clinic.

### Appointments:

Most services are by appointment, except for urgent or emergency cases. To make an appointment, call the clinic stating your need.

### Telephone numbers:

St John's Clinic 491-5218  
 Cudjoe Head Clinic 491-5258  
 St Peters Clinic 491-5436  
 Salem Clinic 491-5256  
 Mental Health 491-3879

## CLINIC SCHEDULE

Days	Salem Clinic	St. Peter's Clinic	Cudjoe Head Clinic	St. John's Clinic
Mon	Antenatal & Postnatal Clinic	H-tensive Diabetic Clinic	Doctor's Clinic	Child Welfare Clinic
Tue	Home Visit	Child Welfare	Home Visit	H-tensive Diabetic Clinic
Wed	Child Welfare	Doctor's Clinic	H-tensive Diabetic Clinic	Home Visit
Thur	H-tensive Diabetic Clinic	Home Visit	Antenatal & Postnatal Clinic	Doctor's Clinic
Fri	Doctor's Clinic	Antenatal & Postnatal Clinic	Child Welfare Clinic	Antenatal & Postnatal Clinic



## Services provided:

(See schedule)



### Hypertensive / Diabetic clinic

- Blood pressure and blood sugar screening
- Weight, height and body mass index (BMI)
- Foot Inspection
- Eye care
- Nutrition and dietary counseling
- Advice and referral

### Maternal and Child Health

- Child health clinic for under fives
  - Weight and height
  - Health review
  - Nutrition, health counseling
  - Immunization
  - Developmental assessment
- Antenatal/Postnatal clinic
- Family Planning (any day)
- Pap smears
- Breast examination

## General Health

- Weekly Doctor's Clinic
- Dressings (Mon, Weds and Fri mornings except for emergencies)
- Treatment of minor ailments
- General counseling and health advice
- Nutrition assessment and counseling
- HIV counseling and testing
- Referral to other agencies or services

## Outreach Services

- Annual School Health Programme
- Visits to Schools and Day Care Centres for rapid Inspection
- Home visits to housebound elderly, antenatal, postnatal, dropouts etc

## Special clinics

- Eye clinic, hearing testing and other specialist clinics (occasional)

## Mental Health

- Counselling and advice
- Psychiatric clinic
- Home visits to mentally ill
- Visits to hospital and homes for older persons
- Prison visits
- Referral to visiting psychiatrist or to other services

*Have a problem?*

*Call your District*

*Nurse for an*

*appointment.*

*You may just get*

*the help, advice or*

*information you*

*need.*

*Community*

*Nursing*

*Services*



*Ministry of Health and  
Community Services*

*Montserrat*