

# Primary Health Care

## Clinic Services

Four Health Clinics staffed by nurses, offer the following services on specific days, (by appointment except in emergency):-



- Hypertensive / Diabetic clinic
- Nutrition and dietary counseling
- Weekly doctor's clinic
- Child health clinic for under fives
  - Weight and height
  - Health review
  - Nutrition / health counseling
  - Immunization
  - Developmental assessment
- Antenatal/Postnatal clinic
- Family Planning
- Free pap smears by appointment
- Breast examination
- HIV counseling and testing
- Dressings three days per week
- Treatment of minor ailments
- Advice and referral
- School Health Programme
- Home visits to housebound elderly, antenatal, postnatal, dropouts etc
- Eye clinic and other specialist Clinics (occasional)

For more detail, see leaflet on  
Community Nursing Services

## Environmental Health

- Vector control
- Food safety and sanitation inspection
- Information and advice on environmental issues

## Dental Clinic

- A range of dental services for exempt groups
- Dental education

## Mental Health

- Promotion of positive mental health
- Diagnosis, treatment and follow up of persons with mental health problems
- Outreach activities for the mentally challenged

## Health Promotion Unit

- Information on healthy lifestyles and other health issues
- Educational sessions and media presentations
- Collaborates with other sectors and groups on joint health activities

## HIV/AIDS

Coordination of all aspects of HIV/AIDS including:-

- Prevention
- Voluntary counseling and testing
- Treatment and care
- Prevention of stigma and discrimination



# Secondary Health Care

## Glendon Hospital St John's

- General medical and surgical wards
- Obstetric (maternity) ward
- Medical and surgical outpatient clinics
- Operating theatre
- Accident and Emergency



- Ambulance service
- X-ray Department
- Laboratory (open 8.30 am – 11:00 am)
- Pharmacy (open 9:00 am – 1:00pm)
- Nutrition services including dietary counseling by appointment
- Physiotherapy
- Visiting specialists (occasional)
- Referral to regional specialists as needed



## Nursing Education Programme

In collaboration with Montserrat  
Community College

## Care of Older Persons

### Margetson Home

- Nursing home for older persons
- Forms part of hospital complex

### Golden Years Home

- Residential care for older persons
- Run by Golden Years Foundation

### Warden Assisted Housing, Lookout

- Supervised accommodation for older persons who can help themselves.
- Run by Community Services Department.



*Please note:* All these facilities have very limited places, and priority is given to those with greatest need.

### Voluntary Groups assisting older persons

- Old People's Welfare Association (OPWA)
- Evergreen Senior Citizens Club
- St Vincent de Paul Society

## Non-Government and Private Sector

### Private Practitioners

- Medical doctors' private practices
- Private dental surgeon
- Private Pharmacy
- Massage therapists

### Montserrat Diabetes Association

- Monthly meetings with educational sessions
- Weekly educational radio programme.

### Montserrat Red Cross

- First Aid
- HIV/AIDS peer educators
- Contact tracing

### Service Clubs

#### With a health perspective

- Montserrat Rotary Club
- Montserrat Shamrock Lions Club
- Optimist Club
- Rotaract Club
- St Luke's Guild

### Important Telephone Numbers

|                             |                       |
|-----------------------------|-----------------------|
| <i>Hospital</i>             | 491- 2843/ 2835/ 2552 |
| <i>Environmental Health</i> | 491- 6057             |
| <i>Dental</i>               | 491- 7404             |
| <i>HIV</i>                  | 491- 4533             |
| <i>Mental Health</i>        | 491- 3879             |

|                             |           |
|-----------------------------|-----------|
| <i>Clinics:- St. John's</i> | 491- 5218 |
| <i>Cudjoe Head</i>          | 491-5258  |
| <i>St. Peter's</i>          | 491- 5436 |
| <i>Salem</i>                | 491- 5256 |

Health Promotion Unit, Ministry of Health

# A Guide to Health Services on Montserrat



For further information please contact the  
Ministry of Health

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