

# East End Health Centre



HEALTH SERVICES AUTHORITY  
CAYMAN ISLANDS  
Caring People. Quality Service.

My health. My team. My choice.

## Opening Times

Monday	8:30 am – 4:00 pm
Tuesday	8:30 am – 4:00 pm
Wednesday	8:30 am – 4:00 pm
Thursday	8:30 am – 4:00 pm
Friday	8:30 am – 4:00 pm
Saturday	8:30 am – 12:00 noon





## **Our Philosophy**

The Cayman Islands Health Services Authority is committed to ensuring the wellness of our people. It is our firm belief that every member of the community is entitled to the highest possible standard of healthcare through a community based health system.

The East End Health Centre is an important part of the Health Services Authority's commitment to provide the highest quality health care and improve wellbeing of people in the Cayman Islands.

## **Aim of Service**

The present East End Health Centre opened in October 1997. The centre provides primary health care services to the community of East End. This includes General Practice, screening, postnatal and child healthcare, health education and support of disabled patients in their homes.

# Services Available

## **Doctors' Clinics**

This service is for the care of acute and chronic medical conditions. Screening for preventable health problems is also carried out, e.g. pap smears.

### **Schedule (by appointment)**

Monday 1:00 pm – 4:00 pm  
Thursday 9:00 am – 12:00 noon

For conditions that cannot wait for an appointment please contact the nurse at the clinic.

## **Home Care Services**

This service is provided by nurses and physicians for home bound elderly or disabled patients through a referral system.

### **Schedule for Doctor's Home Visits**

Monday 2:00 pm – 4:00 pm

## **Mental Health Service**

A Community Mental Health Nurse is available to the residents of East End and provides home based care for patients with mental health problems.

## **Nutritionist Services**

Service can be sought from the Bodden Town Health Centre.



### **Specimen Collection**

Patients who have a blood test ordered can have the blood drawn between 8:30 am – 10:30 am Mondays & Thursdays. Specimens for laboratory testing will be collected and sent to the Cayman Islands Hospital Lab.

### **Postnatal Home Visits**

Postnatal home visits are available to all mothers and their babies after they are discharged from the hospital.

### **Child Health Care (by appointment)**

All children from birth to 5 years of age are eligible for child health services. This includes:

- Growth and development assessment
  - Immunization
  - Health Education
- 2nd & 4th Monday 1:00 pm – 4:00 pm

### **Immunizations**

The Childhood Immunization Schedule of the Cayman Islands includes immunization against Tuberculosis, Hepatitis B, Rota Virus, Diphtheria, Whooping Cough, Tetanus, Polio, Haemophilus Influenzae b infections (e.g. meningitis), Chicken Pox, Measles, Mumps & Rubella, Pneumonia and HPV.

Please check with the Public Health Nurse for an immunization schedule and for adult immunizations.

### **Family Planning**

Information and advice is offered on family planning methods. A range of methods are available including pills, injections and condoms. Pap smear tests are also available. Clients are seen initially by a doctor, then reviewed by a nurse for follow up visits.

### **Sexual Health Care**

Information, advice and counseling is available on sexual health issues. Confidential screening can be carried out for the detection of sexually transmitted diseases (STDs) including HIV.

### **School Health**

The Public Health Nurse provides health screening and health education at schools within the district.

## Health Promotion

Health leaflets and information is available on a range of issues. Education sessions on various health topics can be arranged on request.

## Other Services

Nursing services are available during opening hours and include:

- Screening and monitoring of blood pressure, blood sugars, urinalysis, assessment and management of growth and weight and minor illnesses.
- Dressing
- Injections (by doctor's orders)
- Counseling
- Nebulization (by doctor's orders)

## Pharmacy

A pharmacist is available on:

Mon & Thur 8:30 am – 1:00 pm & 2:00 pm – 4:00 pm

Refills are available on Mondays & Thursdays only.

**Medicines cannot be given without a prescription.**

## East End Health Centre Staff

The committed team at the East End Health Centre includes:

General Practitioner  
Public Health Nurse  
Pharmacist  
Registered Nurse

Mental Health Nurse  
Receptionist  
Housekeeper

## Tips on Staying Healthy

Many of today's common illnesses and diseases can be prevented by leading a healthy lifestyle. Follow these tips:

- Be active every day.
- Learn to relax and manage stress.
- If you use alcohol, limit its use. Females should have no more than 1 standard drink per day and males should have no more than 2 standard drinks per day.
- Enjoy time with family and friends.
- Enjoy a low fat, high fiber diet.
- Have regular health checks and screening such as pap smears, blood pressure checks.
- Make time to enjoy hobbies and interests.
- If you smoke, try to stop or reduce the amount you smoke.

For further information and appointments please contact **947-7440**.