

Beaumont Park Clinic



Beaumont Woods, Dublin 9

Telephone: 837 8158

Website: www.beaumontpark.com

Practice Handbook

Beaumont Park Clinic

WELCOME TO OUR PRACTICE

THE DOCTORS

Dr John Casey

MBBCh BAO DCH DORCPI HDip Occ Health LFOM MICGP
Special Interests: Hypertension, asthma, occupational health.

Dr Richard Aboud

MB BAO BCh LRCS/PI MMedSc DCH DObs&WH DipSportsMed MSOM MICGP
Special Interests: Minor operations, women's health, cryotherapy, sports medicine.

Dr George Roberts

MB BCh BAO DCH DGM DPD FRCGP MICGP
Special Interests: Dermatology.

Dr Carol-Ann Casey

MBBCh BAO LRCP SI MRCGP

PRACTICE STAFF

Practice Manager: Ms Sarah Norton

Receptionists: Ms Moira Walsh Ms Noeleen Hannigan
Ms Claire McEnery Ms Grainne Brown
Ms Andrea Byrne Ms Geraldine Sherlock

Our receptionists are there to help you in any way they can. They make appointments, organise repeat prescriptions and deal with general enquiries. They always aim to be courteous and we greatly value their contribution to the smooth running of the surgery.

PRACTICE NURSES

Our practice nurses are Ms Anne Murphy and Ms Irene Carlos. They will be able to enhance the services we offer to you. These are some of the services that they will be offering: childhood immunisations, travel vaccines, cervical smears, asthma care and diabetic care.

TEACHING

Our practice is a teaching practice and we are fortunate to have doctors in training attached to our practice for short periods. As part of their training they are sometimes asked to "sit in" on consultations, but if you do not wish to have a second doctor present during your consultation, please tell the receptionist prior to seeing the doctor.

For the latest information click to: www.beaumontpark.com

DOHERTY'S

Late Night Pharmacy

Monday - Friday

9.00am - 8.00pm

Saturday

9.00am - 6.00pm

●
Telephone:

837 1931

●
Jason Doherty M.P.S.I.

Niamh Doherty M.P.S.I. MSc.

2 Shantalla Road, Beaumont
Dublin 9

To advertise your business here call 0044 1253 783233

Half A Century Of Dispensing Excellence

Located opposite the Beaumont House on Shantalla Road, Doherty's Pharmacy has been servicing the local community for over 50 years. During this time, it has grown from strength to strength, from a small little shop to the bright modern pharmacy seen today. But while the appearance may have changed, their values haven't and Doherty's Pharmacy still offers that old fashioned personal service so often missing in the pharmacy chains.

Owner pharmacists Jason and Niamh Doherty, together with their loyal team of staff, know and welcome all their customers. "Our strength lies in our personal service," says Jason, "You are never just a name in Doherty's Pharmacy. We recognise that our pharmacy is at the heart of this community, and we are always there for our customers when they need us. From advice on health concerns, no matter how big or small, to proving a sympathetic ear, and a caring smile, our door is always open."

Doherty's Pharmacy is also moving with the times, and has expanded their dispensing service to include blister-packing medication for those having trouble managing their medication. "I recognised that many of my customers, especially the elderly or those on a large number of tablets, were unduly stressed about taking their medication. To alleviate this, we can now provide customers with blister packs which contain all their medication in clearly marked days of the week and times of the day". The blister packs have proved a big hit with the patients, especially seeing as Doherty's do not charge a cent for this service.

Doherty's Pharmacy has also expanded their range of cosmetics and beauty products, to include the famous "Smashbox Cosmetics". We now have our own in-house beauty consultant, providing tips and advice, and even full make-overs for a mere €15 redeemable against any product". "We have put in massive effort over the past year to reduce our prices, and provide greater value for money for all our customers", says Jason.

So perhaps now is a good time to see for yourself!

Doherty's Pharmacy, 2 Shantalla Road, 01 8371931

To feature your business here call 0044 1253 783233

ADVERTISING FEATURE

SURGERY TIMES

The surgery premises are open Monday to Friday from 9.00am till 6.30pm and each Saturday from 9.30 till 11.30am (urgent cases only). Weekday consultations are by appointment only. Appointments may be made by calling into reception in person or by telephoning 837 8158.

Our doctors are available for consultation as per the following table (subject to change):

	Monday	Tuesday	Wednesday	Thursday	Friday
Dr Casey	9.00am-12.30pm 2.30-4.45pm	10.30am-1.00pm 3.00-5.45pm	9.00am-12.30pm 4.00-6.30pm	10.30am-12.30pm 2.30-5.00pm	
Dr About	9.00am-12.15pm 4.00-6.30pm	9.00am-12.15pm 2.30-4.45pm		9.00am-12.15pm 3.00-5.45pm	9.00am-12.15pm from 3.00pm
Dr C Casey	9.00am-12.15pm 2.30-4.45pm		9.00am-12.15pm 3.00-5.45pm	9.00am-12.15pm 4.00-6.30pm	9.00am-12.15pm from 3.00pm
Dr Roberts	9.00am-12.15pm 3.00-5.45pm	9.00am-12.15pm 4.00-6.30pm	9.00am-12.15pm 2.30-4.45pm		9.00am-12.15pm from 3.00pm

HOME VISITS

Home visits may be arranged for those who, due to the nature of their illness, are unable to visit the surgery. Patients are requested to telephone before 11.00am if a visit is required that day. Emergency visits only will be arranged after that time. Please give the receptionist as much information as possible to enable the doctor to allocate priority to house calls. In order to be effective, the home visiting service must be used only when really appropriate. Please use the service responsibly and remember that several patients can be seen at the surgery in the time it takes to visit a patient at home.

OUT-OF-HOURS COVER

After 6.30pm each weekday evening and 12 noon on Saturdays, the practice uses an out-of-hours service known as "D-Doc". This service is for emergencies only. To use the out-of-hours service, telephone 1850 22 44 77.

REPEAT PRESCRIPTIONS

Repeat prescriptions will be issued at the doctor's discretion and are normally for patients on long-term treatment. (Requests can only be accepted, in writing, on "repeat prescription forms" which are readily available at the reception desk. Completed forms can be left at the desk at any time during surgery hours. Alternatively, they can be requested by post **enclosing a stamped, self-addressed envelope.**) We are unable to take orders or issue repeat prescriptions at weekends, during public holidays or out of normal working hours. Please allow two complete working days before you come to collect your prescription and remember to make allowances for weekends and public holidays. Where possible, when ordering your prescription, please give the exact drug name, strength (eg mgs) and number of times taken per day.

For the latest information click to: www.beaumontpark.com

BLOOD TESTS

Your family doctor may ask you to have a blood test. This may be carried out at the practice or by the phlebotomy service at Beaumont Hospital depending on the test requested. You can make an appointment for this by calling the hospital on 809 2507. They usually have the result of your test ready about 10 days later (the same interval applies in the case of x-rays).

SERVICES AVAILABLE AT THE PRACTICE

The following range of services is now offered by the practice:

Women's Health - including smears, coil fitting, family planning.

Health Checks for Men and Women - examination and blood test including cholesterol, sugar and prostate check.

Cryotherapy - for warts (on any part of the body) and skin tags.

Dermatology - Dr Roberts has a special interest in the diagnosis and management of skin disorders in General Practice.

Minor Surgery - lumps and bumps removal, ingrown toenail removal and treatment.

Blood Tests - as requested by your doctor.

Occupational Health

Sports Medicine

Weight Management Clinic

Heartwatch Clinic

Smoking Cessation Clinic

Baby Clinic

Sexual Health Screening

Travel Vaccine Centre - all travel vaccines including yellow fever. Full travel advice available.

COMMENTS AND SUGGESTIONS

We are happy to accept and consider comments and suggestions from our patients. Please present your views in writing or directly at reception if you prefer.

DISABLED ACCESS

The practice has car parking space reserved specifically for the disabled at the front of the building. Wheelchair access is via a ramp near the front entrance. Patient services are provided at ground floor level and a disabled patients' WC is available (staff can direct patients if necessary). If access does prove difficult to any of our disabled patients, we would be happy to consider any suggestions for improvement.

OPTICIAN

The gift of sight is most precious and one we need to take special care of. You don't realise the importance of your sight until you start to lose it. Eyesight changes are very rarely for the better. But it is surprising how many people don't bother to have their eyes checked on a regular basis.

It is quite frightening to think of the consequences of failing vision. Consider how important it is to see everything clearly when driving...a split second can make the difference between safety and disaster on today's busy roads.

As we get older it is natural for eyesight to change and for eyes to become affected by various disorders such as glaucoma, diabetes, high blood pressure or cataracts which an Optician can often quickly and easily detect. So it is important to have regular eye examinations, which are quite painless, by qualified Opticians. In fact, everyone should have regular check-ups at least every two years and annually for those suffering from glaucoma.

Local Opticians have a wide selection of budget and designer frames. Contact lenses are also available. Disposable contact lenses are ideal for spectacle wearers who want the freedom of lenses for occasional use or to wear for a day and then throw away. Contact lenses are also available for those requiring correction for astigmatism. Opticians can also supply no-line lenses known as varifocals which are suitable for those who need two prescriptions and they are very easy to adapt to.

So entrust the regular care of your eyes and those of your family to a fully qualified Optician. You are entitled to apply for a free eye examination and free spectacles or an allowance off a pair of designer spectacles if you or your spouse pay PRSI, you have a medical card or are on a contributory pension or sickness benefit or are unemployed.

For your nearest Optician in this area, refer to your copy of Purple Pages.

VISIT OUR WEBSITE

The surgery is a most effective way of giving our patients access to help and the latest information 24 hours a day, seven days a week. It contains complete information about all the services we offer. It also details how the practice is organised and introduces our doctors, other medical and administrative staff and describes their various responsibilities. For easy, convenient access to our website, bookmark or place our website in your favourites folder today.

SELF TREATMENT OF COMMON ILLNESSES AND ACCIDENTS

Many common aches and pains can be simply treated at home without the need to consult a doctor.

Back Pain

The spine supports the whole weight of the upper body so it is understandable that it sometimes goes wrong.

Because of the complex nature of the spine it is advisable to consult your doctor if back pain persists for more than a few days. If, as is usual, the pain has been caused by abuse ie lifting too heavy weights etc, be sensible and take things easy. Take care to sit as upright as possible with a support for the small of the back.

Take aspirin or paracetamol which will not only relieve the pain but will help to relieve inflammation. Your doctor may well prescribe stronger drugs, heat treatment, gentle exercise or some kind of supportive corset.

Bedsores

Bedsores are far easier to prevent than cure. They are caused by prolonged pressure to certain parts of the body when lying in bed for long periods. They can be prevented by encouraging the patient to shift position as often as possible. Take care to smooth out creases in the bottom sheet to avoid irritation. If red marks appear at the pressure points such as heels, elbows, buttocks and hips, inform the doctor before they get worse.

Burns

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain subsides. This may take as long as 15 minutes! If the skin is unbroken but blistered, apply a loose, dry dressing.

If the burn is larger than four or five inches across or if the skin is broken, consult your doctor as soon as possible.

Colds

Even in this day and age there is still no magic cure for the common cold. Go to bed, take plenty of drinks. If you have a headache or are feverish, take aspirin or paracetamol. Do not bother to take antibiotics as these will have no effect!

Diarrhoea

In adults, diarrhoea is usually caused by a viral infection and is therefore unable to be treated directly. The symptoms can usually be eased by the traditional kaolin and morphine mixture or by medicines containing codeine.

Holiday diarrhoea is often due to bacteria. Again, kaolin and morphine can be taken. Consult your doctor if the symptoms persist for more than a few days.

Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel action during their first six months due to their predominantly liquid diet. Sudden bouts of unusually watery diarrhoea should be treated by taking the baby off solids and feeding them a cooled solution of boiled water with a teaspoon of sugar and half a teaspoon of salt to the pint. If the symptoms persist for more than 24 hours, or are accompanied by vomiting or weakness, consult your doctor.

Gastroenteritis

Gastroenteritis describes a group of diseases affecting the stomach or part of the intestine. Symptoms are often diarrhoea, sickness and stomachache. Because the lining of the stomach is likely to be inflamed, medicines are often immediately vomited up.

Large quantities of water, orange juice or thin soup should be taken to counter the effects of dehydration. Consult your doctor if symptoms persist for more than a day or, in the case of babies or young children, six hours.

Stomachache

Most attacks are not serious and are usually caused by indigestion or wind. A hot water bottle will often relieve the symptoms and, in the case of indigestion, a teaspoon of bicarbonate of soda in half a glass of water will help.

If the pain lasts for longer than eight hours or increases in intensity you should consult your doctor.

Sprains

Treat with a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling. Then apply, firmly, a crepe bandage and give the sprain plenty of rest until all discomfort has subsided. Further strain will inevitably lead to further swelling and a longer recovery period.

Nosebleeds

Sit in a chair, lean forward with your mouth open, and pinch your nose just below the bone for approximately 10 minutes, by which time the bleeding should have stopped. Avoid hot drinks or hot food for 24 hours. If symptoms persist, consult your doctor.

Minor Cuts And Grazes

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for about five minutes. Cover with a clean dry dressing.

Sunburn

Treat as for other burns with cold water to remove the heat. Calamine lotion will relieve the irritation whilst paracetamol will also help.

Children are particularly susceptible to sunburn and great care should be taken to avoid overexposure to the harmful effects of the sun.

Insect Bites And Stings

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms.

Note: bee stings should be scraped away rather than 'plucked' in order to avoid squeezing the contents of the venom sac into the wound.

Head Lice

These creatures, contrary to popular belief, prefer clean hair and are, therefore, not a sign of poor personal hygiene. Medicated head lotion can be obtained from the chemist without prescription.

Chickenpox

On the first day a rash appears as small red patches about 3-4mm across. Within a few hours of these developing, small blisters appear in the centre of these patches. During the next three or four days further patches will appear and the earlier ones will turn 'crusty' and fall off.

Calamine lotion may be applied to soothe the often severe itching. Cool baths may also help. The most infectious period is from two or three days before the rash appears and up to five days after this date. Children may return to school as soon as the last 'crusts' have dropped off.

German Measles (Rubella)

The rash appears during the first day and usually covers the body, arms and legs in small pink patches about 2-4mm across and doesn't itch. No other symptoms are usually present apart from occasional aching joints.

It is infectious from two days before the rash appears, until the rash disappears in about four or five days from that date.

The only danger is to unborn babies and, therefore, it is important that all contacts are informed in order that anyone who may be pregnant can contact their doctor.

Immunisation can prevent this disease.

Measles

The rash is blotchy and red and appears on the face and body around the fourth day of illness. It is at its most infectious from two or three days before the rash appears until eight or ten days after that date.

Immunisation can prevent this disease.

Mumps

Symptoms are swelling of the gland in front of one ear often followed, after a couple of days, by swelling in front of the other ear. It is infectious from two or three days before the swelling appears until eight or ten days after that date. If the pain is severe you should consult your doctor. *Immunisation can prevent this disease.*

COMPLAINTS PROCEDURE

Although we will always strive to provide the best service possible to you we do recognise that sometimes things might go wrong and it is our aim to resolve such issues promptly. Should you have any complaints about any aspect of our service we would ask that you make our reception staff aware, ideally at the time the problem arises.



**BEAUMONT
BEAUTY CLINIC**

Providing the following services:

- Waxing
- Electrolysis
- Eyebrow Shaping & Tinting
- Ear Piercing
- Manicure & Pedicure
- Spray Tan
- Body Wrap
- Facial & Make-up
- Gift Vouchers Available

Tel: 01 837 2470
388 Collins Avenue (above florist), Whitehall, Dublin 9

Spoil yourself – you deserve it!

We all deserve to be pampered – and in this busy, stressful world what better way to relax and unwind than a visit to a beauty salon. If you thought the world of pampering was reserved for the rich and famous, well, think again. There is a whole range of beauty treatments available; in short, everything you need to keep you looking and feeling utterly beautiful.

Quite literally a trip to a beauty salon can make you beautiful, from your face right down to the nails on your toes. Most salons offer the services of a manicurist, so you can have a manicure and pedicure at the same time. Most nail services include the nails being professionally shaped, buffed and completed with the polish of your choice. So, indulge your hands and feet in the healthy benefits of a manicure and pedicure. Most beauty salons offer a wide selection of affordable, top-to-toe body treatments including facials, waxing, eye treatments and electrolysis. The list is endless. Go along and see just what treatments are on offer.

If you are stuck for a gift idea, the majority of hair and beauty salons sell vouchers to be exchanged for treatments or products – young or old, what better gift than being pampered?

Check out the treatments offered by your local beauty salons – it's GREAT therapy! Looking good makes you feel good, and increases self confidence. So go on, spoil yourself – you deserve it.



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241 Swords Road, Santry, Dublin 9
(Patrick O'Sullivan M.P.S.I.)



Monday to Friday 9am - 8pm
Saturday 9am - 6pm

FBS

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Why your business needs a website

WITHOUT a website, your business or practice is *invisible* to the two thirds of prospective clients that use the Internet to locate products and services, and this figure grows daily.

Worse still, if your competitors have a website and you don't, then they are picking up your share of the prospects for your type of business when they search online.

Pay As You Go websites are proving to be a godsend to small and medium-sized businesses across the UK and Ireland.

Introduced by OPG Ltd, who have been building websites for more than eight years, and whose innovative ideas have been helping businesses to grow and prosper for over 30 years, they provide businesses and professional practices with 24/7 access to their targeted market.

A website not only saves you money on brochures and other such material, it greatly increases the effectiveness of your current advertising because, in effect, you are open for business around the clock.

Uniquely, the Pay - Monthly service comes with Web Partner support. This 'phone-a-friend' facility will provide answers to your queries and help you develop your site as your business grows.

So if you don't yet have a website, or are unhappy with the one you have, call today for an informal chat on 0044 1253 783233. You'll be glad you did!

To feature your business here call 0044 1253 783233

ADVERTISING FEATURE

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LOCATION MAP

