

## Dr. John McCormack

MB Bch BAO DCh Dobs FPC MICGP

Rosmuc Health Centre, Connemara, County Galway Telephone: 091 574107 Fax: 091 574109

### Winter 2010 Practice Newsletter

#### Surgery Hours

	Mornings	Afternoons
<b>Mondays</b>	9.00 am – 1.00 pm	2.00 pm – 5.00 pm
<b>Tuesdays</b>	9.00 am – 1.00 pm	2.00 pm – 5.00 pm
<b>Wednesdays</b>	9.00 am – 1.00 pm	2.00 pm – 5.00 pm
<b>Thursdays</b>	9.00 am – 12.00 pm	<b>Closed/Half Day</b>
<b>Fridays</b>	9.00 am – 1.00 pm	2.00 pm – 5.00 pm
<b>To make an appointment contact the above number or call into Health Centre during Surgery hours.</b>		

#### Contacting the Doctor out of Normal Surgery Hours

Please contact the surgery on **091 574107** at all times where I will have a recorded message detailing both the times of the next surgery and a contact number for the On Call Doctor for **EMERGENCIES** that cannot wait until then.

#### Requests for Repeat Medications/Prescriptions

Repeat Medications/Dispensing Ordered on	Will be ready for Collection after 10:00 am on	Repeat Medications/Dispensing Ordered on	Will be ready for Collection after 10:00 am on
Monday up to 12.00 pm	<b>Thursday</b>	Monday after 12.00 pm	<b>Friday</b>
Tuesday up to 12.00 pm	<b>Friday</b>	Tuesday after 12.00 pm	<b>Tuesday</b>
Wednesday up to 12.00 pm	<b>Tuesday</b>	Wednesday after 12.00 pm	<b>Tuesday</b>
Thursday up to 12.00 pm	<b>Wednesday</b>	Closed/Half Day on Thursdays	
Friday up to 12.00 pm	<b>Wednesday</b>	Friday after 12.00 pm	<b>Thursday</b>
The <i>ready for collection</i> date is determined by the courier/delivery service available to our supplier and us. If your meds run out completely before the expected collection date, we can provide a prescription but you will have to make arrangements to collect the prescription from us and take it to a Pharmacy, as we have no quicker method of getting medications delivered other than as detailed above.			

#### Repeat Prescriptions

**Please give us at least one working day's notice.**

#### Fees

An itemized breakdown of our fee structure is displayed on our waiting room notice board and on the website. Fees have not increased since end of 2007 despite rising costs and multiple cutbacks.

#### House Calls

Many thanks to all of you who request housecalls prior to 11.00 am. This allows us to put structure to the working day and particularly allows us to work the house calls in around the appointments system. Your continued co-operation is much appreciated.

#### Blood Tests

Blood sample analysis is best done in the early part of the week i.e. Monday/Tuesday & Wednesday mornings. This allows us to get the blood samples off to the Laboratory prior to the weekend so that they can be analysed while they are fresh and thereby give accurate results.

### [Phlebotomy](#)

Norah recently completed her Phlebotomy training in UCHG and is now a qualified Phlebotomist/Vampire! Norah will be doing routine repeat bloods on Mondays & Tuesday mornings.

### [Lady Doctor](#)

Welcome to Dr. Kate Murphy who works from the Practice all day on Wednesdays. This allows me to fulfill my additional role of GP Trainer training Doctors participating on the GP Training Scheme. We now provide a full range of Women's Health services including **smears**. To check your eligibility/register for a free smear call the National Cervical Screening Service on 1800 454555.

### [Ante-natal Care](#)

Combined ante-natal care is provided free of charge via the Mother & Child scheme.

### [Family Planning](#)

The Practice provides a complete family planning service and for services not directly available here, we can refer to local colleagues.

### [Minor Surgery](#)

Many skin lesions (lumps & bumps!) can be safely and efficiently removed in General Practice. Some of these procedures are covered by VHI, Quinn Healthcare and other Medical Insurance providers. Please make a general appointment so that I can assess whether or not your lesion is suitable for removal here in the surgery.

### [Cryotherapy](#)

Cryotherapy is a well established method of removing a variety of unwanted skin lesions. We use Nitrous Oxide and when applied to certain lesions such as warts and verrucas it "freezes" them off. Cryotherapy is covered by the Medical Card/VHI/Quinn Healthcare and Hibernian.

### [Male NCT](#)

Appointments available focusing on all aspects of Men's Health. As these consultations (including the completion of an initial questionnaire which can be completed in advance at home) can take up to an hour, please let Noeleen or Norah know if this is the type of consultation you require when booking your appointment so that we can allow adequate time.

### [Travel Health](#)

If you are going to travel abroad, please consider whether you may have health needs such as vaccinations or malaria cover to arrange. Please call well in advance of your travel date as many vaccinations do not work until they have been in your system for a good while.

### [Useful Contact Numbers](#)

<b>Barbara O'Malley</b>	Public Health Nurse	<b>091 – 574265</b> available 9.30 am – 10.30 am
<b>Ciarán McDonagh</b>	Community Welfare Officer (Rosmuc/Kilkerrin/Carna area)	<b>095 – 33429</b> <b>091 – 574109</b> (Thursdays only 2.00 pm – 3.00 pm)
<b>P J Naughton</b>	Community Welfare Officer (Camus/Carraroe area)	<b>091 – 595217</b> <b>091 – 574109</b> (Thursdays only 12.00 pm – 1.00 pm)