

SITE PROFILE - SPANIARD'S BAY

Information about the Spaniard's Bay Medical Clinic

Dr. Jason Efford and Dr. Chris Patey operate a dual practice. The practice has been in existence for approximately 10 years with 5000 to 6000 patients. The street address for the clinic is 283 – 289 Conception Bay Highway, Baccalieu Trail Pharmacy, Spaniard's Bay. The clinic is located inside the main doors of the Baccalieu Trail Pharmacy.

Carbonear General Hospital is the local referral site. The practice is approximately 24 kms away from the hospital. The Carbonear General Hospital is a category A hospital with 80 acute care beds. Services include: anesthesia, chemotherapy, family practice, general surgery, gynecology, obstetrics, ICU/cardiac, internal medicine, laboratory, palliative care, pathology, pediatrics, psychiatry, radiology, respiratory therapy, ultrasonography and 24-hour emergency (category A). Other services include: nursing nutritional, pharmacy, physiotherapy, occupational therapy, pastoral care, social work, diabetic education, and speech language pathology. Visiting clinics include: audiology, neurology, and ophthalmology.

Community Information

General Information about Spaniard's Bay can be found at:

- 1) <http://www.townofspaniardsbay.ca/default.php>
- 2) http://en.wikipedia.org/wiki/Spaniard's_Bay
- 3) <http://www.carbonear.ca>
- 4) <http://www.bayroberts.com/attract.htm>

Spaniard's Bay has a population of approximately 2500 people. It is located on the Baccalieu Trail on Route 70 and is the largest bay in Conception Bay.

There are no grocery stores in Spaniard's Bay. They are several convenience stores and a pharmacy.

Spaniard's Bay is a 2 to 5 minute drive to Bay Roberts and a 15 to 20 minute drive to Carbonear. These are larger communities of approximately 4,000 to 6,000 people. Both communities have shopping malls, Walmart, Tim Horton's, and Canadian Tire. There is a pool in Carbonear that is open year round. There is a skating arena in Whitbourne and many great hiking trails in Norman's Cove, Spreadeagle, Dildo, Whiteway and Heart's Content.

Transportation, Accommodations, Orientation and Other Relevant Information

There is no public transit in Spaniard's Bay. There are various taxi services in the area and they are listed below with telephone numbers.

- Birch Hills Taxi - 709-786-4848
- Bradbury's Taxi and Courier Services – 709-683-1655
- Herb's Taxi – 709-786-6111
- Love's Taxi – 709-786-3014
- My Taxi Cabs – 709-786-1888

If you require transportation from St. John's to Spaniard's Bay, please call Newhook's Transportation at 709-227-2552. They travel to and from St. John's daily. Discuss with them a pick up location and time.

Unless otherwise stated by the medical student / resident, no accommodations are provided but rather the student / resident commutes daily from St. John's or has found a private accommodation.

Wear your name tag at all times while in the clinic. No aftershave, perfume or scented deodorants are permitted.

As a medical student / resident you have already received an Eastern Health orientation in St. John's. As a result, medical students and residents are not required to redo the orientation while training elsewhere in the rural Eastern Region.

For lunches, there are several fast food establishments in Bay Roberts and a convenience store within walking distance of the clinic. The clinic also has a kitchen with fridge, microwave, and hot plate.

For Medical Students / Residents Doing Rotations in the Spaniard's Bay Health Centre:

Directly contact your preceptor to discuss the time you should arrive at the clinic on your first day and what time you will meet your preceptor. Your preceptor will give you a tour of the clinic on your first day.

Contact Information

Dr. Jason Efford (Assistant's name is Jody)
Spaniards Bay Medical Clinic
P.O. Box 280
Spaniard's Bay, NL A0A 3X0
Telephone: 709-786-3171
Fax: 709-786-5257

Directions from St. John's to Spaniard's Bay

Directions (as per Google Maps) from St. John's to Spaniard's Bay, NL:

1. Head southwest on New Gower St toward Barthers Hill - 500 m
2. Continue onto NL-2 N - 14.5 km
3. Take the Trans Canada Highway exit toward Clarenville/Gander/Newfoundland and Labrador 1 W - 550 m
4. Merge onto NL-1 W - 51.1 km
5. Take exit 31 for NL-70 toward NL-75/Bay Roberts/Carbonear/Baccalieu Trail - 600 m
6. Merge onto Newfoundland and Labrador 70 N - 1.2 km
7. Continue onto NL-75 N - 22.1 km
8. Turn right toward New Harbour Rd - 290 m
9. Turn right onto New Harbour Rd - 2.1 km
10. Turn left onto Newfoundland and Labrador 70 N - 500 m
11. Welcome to Spaniard's Bay!

Office of Student Affairs – Toll Free Number: 1-877-794-9740

The toll free number with the Office of Student Affairs, MUN is specifically for people studying / doing rotations anywhere in Canada.

Rural Medical Education Network

The information contained in this site profile has been compiled by Cassandra Ingram, Academic Program Administrator, Rural Eastern Region. MUN. If you have further questions / concerns, please contact her by email at Cassandra.ingram@med.mun.ca or telephone at 709-466-7560.

The Rural Medical Education Network is a division of the Faculty of Medicine. The website is: <http://www.med.mun.ca/RMEN/Home.aspx>.