

Dr Sarah Dalziel Dr Neil Poskitt Dr Andrew McMenamain Dr Sally Hoskins Dr Robyn Parker Dr Ron Vail

It is hard to believe that we have been in our new premises for two years—the time has simply flown by. We thank all those patients who followed us 'down the road' and welcome all of you who have since enrolled with us.

We have had a few changes in that time, our most recent, and exciting news is that we are welcoming a new Doctor to our practice, Dr Ron Vail. Ron started with us on the 13th January and already seems to be part of the Te Ngae family. Please see his photo and introduction below.

Last year was also a busy year for the practice as we went through the exercise of gaining **Cornerstone General Practice Accreditation**.



Welcome Dr Ron Vail

Ron will working at the practice Tuesday to Friday

“I grew up in Southern California, obtained a BA in History at UC Santa Cruz, and worked as a Paramedic in Oakland, California before attending medical school in Richmond, Virginia. After graduating from the Family Medicine Residency Program in Klamath Falls, Oregon, I worked in Montana and Oregon as a rural Physician as well as the Medical Director for the local Emergency Medical Services and Hospice. In 2008 our family (wife Heather, daughter Laleyna, son Julian) moved to Rotorua, New Zealand, and we are proud to now be New Zealand Citizens.

Outside of enjoying the breadth of General Practice, I love spending time with my family, mountain biking, gardening and music.”

URGENT CLINIC

Monday — Friday

8.30 am—11.00 am

What is Cornerstone Accreditation?

Cornerstone is a combined quality improvement and quality assurance process which allows the practice to measure themselves against a defined set of standards. These standards titled *Aiming for Excellence-standard for New Zealand general practice* contain a range of indicators and criteria that describe minimum legal and safety standards and covers other significant areas of risk, as defined by the Royal New Zealand College of General Practitioners.

Part of the accreditation process is that we will be constantly looking at ways and means of improving the service we provide, whether it be through education of our staff, services provided to our patients or better procedures within the practice.



Summer is here!

After a fairly miserable spring of wind, rain and hail, we have been experiencing a fantastic summer since Christmas. Too hot for some of you I am sure. It is a timely reminder to be sun smart and Dr Sarah Dalzeil has some advice:

As the days get warmer and the sun comes out many of us enjoy getting out and about at our beautiful lakes or the beach. There is something about fresh air and sunshine that makes us feel great to be alive. Unfortunately too much sun has a downside; sunburn, skin cancer, premature skin aging and cataracts. The sun doesn't need to be shining brightly for you to need protection. It's the UV radiation that causes damage, even when it is cool and

cloudy.

Remember to be sun smart- Slip, slop, slap and wrap!

- Slip on some sun protective clothing that covers as much skin as possible
- Slop on sunscreen. Always apply a broad spectrum sunscreen (at least SPF 30) 20 minutes before going outdoors. Sunscreen should be reapplied every 2 hours. How much sunscreen? Generally more than you think. You need to use 35ml (7 Teaspoons) of sunscreen for our whole body to get full protection!
- Slap on a broad brimmed hat
- Wrap around sunglasses protect your eyes from UV damage which can cause cataracts.

Some changes to the Doctors consulting days:

With the arrival of Dr Vail, we have changed the days and times that some of the Doctors are practicing in order to provide a comprehensive service throughout the week.

Andrew McMenemy—All day Monday, Tuesday, Thursday and Friday

Neil Poskitt—Monday, Tuesday morning, Thursday morning and Friday afternoon

Ron Vail—All day Tuesday—Friday

Sally Hoskins—Monday afternoon, Tuesday morning, All day Wednesday and Friday morning

Sarah Dalziel—Monday and Tuesday mornings and all day Thursday

Robyn Parker—Monday morning, all day Wednesday and Fridays

If you can't get into your own Doctor we will always offer you an appointment with one of the Doctors rostered on.



Flu season is surprisingly not too far away, the Flu vaccinations usually arrive mid/end of February and we will keep you posted as to when our flu vaccination clinics start.