

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

We are midway through May and the weather is fluctuating between mild autumn and freezing mid winter—ideal conditions for colds, coughs and influenza to develop.

If you haven't had your influenza vaccine as yet, it isn't too late. Please ring the surgery and make an appointment with one of our nurses at a time that suits you.

We now have free wifi for those of you who are waiting, please ask reception for the code. In this newsletter we discuss the new LEAP project, additional vaccines that are available and staff changes.

LEAP—Lakes Eclair Access Project

Lakes DHB is implementing a shared repository so that authorised clinicians will be able to view laboratory results for patients under their care. The reasoning behind this new initiative is to improve the quality and safety of care of the patient, to provide clinicians faster access to information, and to prevent patients from undergoing further, and/or repeating tests.

If you have any questions regarding this new initiative, please discuss with your GP when you see them next.

Staff Changes

In June our lovely nurse Natalie is taking a years maternity leave. To cover Natalie's absence Ann Chester, who joined us earlier this year and Achla Patel will be sharing her days.

Most of the doctors will be taking leave over the following 4 months and to help cover their absences Dr Rosalie Evans who was with us last year and over the summer period will be returning as our locum Doctor.

In June we have Dr Sam Whittaker starting as our new registrar. Sam will be working here as part of his training to be a GP until December. With the arrival of Sam, we will lose Dr Rosemary Bond.

Urgent Clinic— for one urgent problem
Monday to Friday 8.30—11.00am
No appointment necessary

Redwood Shopping Centre, 5 Tarawera Road, Rotorua
Phone 07 3456627 Fax 07 3457795 www.tengaemedical.co.nz

Protecting yourselves and your family

The National Immunisation Service provides free immunisations against some diseases, however there are other non-funded vaccines that you can buy and may be worth considering:

Age Group	Protects against	Vaccine Brand Name
Older babies, toddlers and children	Meningococcal A,C, Y and W135 Meningitis Meningitis C Chicken pox	Menatra Neis Vac C Varilrix/Varivax
Adolescents & young adults	Meningococcal A,C,Y and W135 meningitis	Menactra
Boys and young men aged 9 – 26 years	HPV cancers and genital warts	Gardasil
Non immune adolescents or adults	Chicken pox	Varilix/Varivax
People in contact with new born babies	Whooping cough	Boostrix
Adults Women aged 20 – 45 People aged 50 or older ADT booster	HPV cancers and genital warts Shingles Diphtheria, and Tetanus	Gardasil Zostavax Partially funded

Gardasil—HPV is thought to be the common sexually transmitted infection in the world. Most sexually active adults will be infected with HPV at some time in their lives. At the moment Gardasil is funded for all girls aged 11–20 years of age. However, although not funded for males it is recommended that boys within the 9–26 year age group have this vaccine. The HPV vaccination involves 3 doses spread over 6 months.

Zostavax— Shingles is a viral infection, the first symptom of which is usually a sharp, tingling pain under the skin, followed by a red rash and blisters, it is extremely painful. Shingles is caused by the same virus as chicken pox. After a bout of chicken pox the virus lies latent in the nerve cells where it remains for life, it can reactivate as shingles.

Boostrix— is a combined adult vaccine against whooping cough, diphtheria and tetanus and is funded for children at 11 years of age and pregnant women between 28–38 weeks gestation. A booster is recommended for close adult contacts or new-borns i.e., grandparents

ADT (Adult Diphtheria, Tetanus) - this vaccine is partially funded for those aged 45 and 65 years of age.

Doctors consulting days:

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

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

Ron Vail—All day Tuesday, Wednesday, Thursday and 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 Wednesdays 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.