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September is the first month of spring—the longer days and warmer weather are more than welcome!

It also means that there are 4 months until Christmas. If you are having regular 3 monthly reviews, please plan ahead as the month before Christmas gets very busy.

We will be closed for the statutory days of Christmas and New Year but will be open on the 22-24th December and a limited service for the 29-31 December.



Earlier this year we welcomed Natalie Heard to our nursing team. Natalie is kept busy with family and work but is also into fitness and found time to complete the Tough guy/girl challenge earlier this year.

Hi , my name is Natalie, I am a Registered Nurse and a busy mum of two boys – Jaycob 5 and Liam 3. I have been working as a Practice Nurse at Te Ngae Medical since March 2014. Prior to that, I worked as a registered Nurse at Rotorua Hospital in both the stroke unit and the medical ward. I am really enjoying working in the primary health care sector, and if I haven't already, I look forward to meeting you all soon.

Prescriptions

In July this year we had a close look at our prescription charges.

- standard repeat prescriptions available in 3 days have reduced to \$15.00
- Urgent scripts, same day if ordered before 11.00am, otherwise available the following Morning, are now \$20.00
- There is an additional fee for faxing the scripts. These scripts also have to be posted so the fee is to cover the increase in postage as well as the cost of faxing.

URGENT CLINIC

Monday—Friday

8.30 am—11.00 am

No appointment necessary

Survey attached

It is always a good idea to check that we are meeting the needs and expectations of our patients. To help us with this, we would appreciate if you could take some time and complete the attached survey and send it back to me, or drop it off at reception.

Nurse led services

We have a great nurse team consisting of Frances, Angela, Noreen, Natalie, Angela and Philippa and they offer a number of nurse-led services.

Cardiovascular or CVD

Many of you recently may have been invited to see our nurses for a cardio vascular risk assessment or Healthy Heart check. At this appointment we assess your level of risk over the next 5 years, of having a stroke or heart attack. It is now generally agreed that there are several factors that when combined together put individuals at a greater risk of stroke or heart attack. This approach replaces previous clinical decisions based primarily on individual risk factor levels. All the appropriate data is put into computer programme which expresses the risk as a %. Most patients with estimated five-year combined CVD risk below 10 percent can generally be well managed without drug treatment.

By knowing the combined risk especially if over 10% , the Doctor and patient can make decisions on more effective prevention and treatment of cardiovascular disease . These decisions include making choices about appropriate lifestyle change (principally diet, exercise and smoking), cholesterol-lowering and blood pressure lowering medication. So, if you are offered a Healthy Heart check—be proactive and book with one of our nurses today!

Annual Asthma Review

Another service our nurses provide are Annual asthma reviews--this is a cost effective way to review your current therapy and whether the asthma inhaler you are using is the best one for you. So next time you need a new prescription for your asthma inhaler talk to one of our nurses about having an Annual Asthma Review.

Childhood vaccinations:

There have recently been changes to the National Immunisation schedule to fully fund the rotavirus vaccine for all babies up until 8 months old. The rotavirus vaccine protects children from rotaviruses, which are the leading cause of severe diarrhea among infants and young children. This is great news but unfortunately there are still some childhood diseases preventable by vaccination that are not covered by the National schedule. Talk to one of our nurses about the best time to vaccinate against Chickenpox and Meningitis C and the costs involved.

Shingles vaccine for over 50 year olds

For all those of you out there who have ever had chickenpox and are over 50 years old this might be the time to think about having a Shingles Vaccine. There has been quite a lot of advertising on the TV recently for the Zostavax vaccine, 1 in 3 people will get shingles in their lifetime and as you get older your risk of Shingles and chronic pain increases.

Time to give up smoking???

Book in with one of our "Quit Smoking" trained nurses to discuss options to help you give up smoking today!

Smears

Ladies, if you are just needing to have your screening smear, book in with one of our qualified nurses instead of the doctor.