

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

Practice News

Our Registrar, Dr Sam Whittaker leaves us in early November to head back to Auckland—we have all enjoyed having Sam here for the last 5 months and I know he will be missed by many of our patients.

Dr Eesha Karunanayake, joins us as our new Registrar in December and will be with us until early June 2016. Dr Eesha is currently working at Rotorua Hospital.

Selina Booten is the new face on reception. A former pre-school teacher, Selina has two young children, the eldest of which attends Lynmore School. Selina is new to the 'medical' world (and yes there is a lot to learn!) but has settled in well.

I was honoured last week to see our nurse Achla Patel sworn in at Court as a Justice of the Peace.



Only two months until Christmas!

If you have regular 3 monthly medical reviews, are on a ACC or sickness benefit or have 3 monthly prescription reviews—please think ahead and plan your appointments for earlier, rather than later in December.

Te Ngae Medical will be open, normal operating hours, on the 29—31st December

HPV Vaccine

The Ministry of Health is revitalising the National HPV Immunisation Programme and has asked that we recall all 14 year old girls who are not fully immunised. 14 year girls may therefore receive an invite letter from the practice to come in and have their HPV immunisation. If your daughter has already had this at school, we may not have been notified in which case you may still receive an invite letter.

The human papilloma virus (HPV) is the name given to a family of viruses. Different types of HPV are classed as either low risk or high risk. Some types of HPV can cause warts or verrucas—other types are associated with cervical cancer. Simply put, the HPV vaccine helps protect against the two types of HPV that cause 70% of all cervical cancers. It is important that young women receive this protection early enough - a good time is in the early teenage years – getting the vaccine as early as possible will protect them in the future. To be fully immunised girls need to receive a course of 3 vaccines.

Do you need a medical for your Drivers Licence?

When making an appointment for your drivers licence renewal, please inform the Admin staff as you will need to see the nurse prior to seeing the Doctor.

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

A word from Jo Price our PRIMHIS nurse

My name is Jo and I work as a Clinical Nurse Specialist in the Primary Mental Health Intervention Service (PRIMHIS). PRIMHIS are a team of clinicians who work with people with mild to moderate mental health concerns and provide brief (4 to 6 sessions) talking therapy intervention. Most Thursday's patients attend the clinic I provide at the Te Ngae Medical Centre. At the outset you will identify your current problems and goals of service. Together we will work on a plan based on what outcomes you are seeking. The service is free.

I trained as a comprehensive nurse and since registering have specialised in mental health working in various settings and roles. I started my career working at the Whare Whakauae unit in Rotorua for 3 years before moving to Waikato hospital working in consult liaison psychiatry. I then did a secondment for a year in maternal mental health. Following that I returned to Rotorua and worked on the crisis team for 7 years. My interest in education then took me to a new job as the clinical nurse educator. Currently I work full time in PRIMHIS, having a clinical role as well as an educative role. I have completed my post graduate certificate in health sciences, and as a talking therapist I hold a certificate in Cognitive Behaviour Therapy (CBT). I have continued my study and I am in my final few months of completing my post graduate diploma in CBT. I also have experience with Acceptance Commitment Therapy (ACT), mindfulness, and problem solving.

Depression and anxiety is extremely common in New Zealand. Depression occurs in one in 5 New Zealanders, and anxiety is close behind that. Sometimes people do not realise that they may be experiencing symptoms of depression or anxiety. Some common symptoms are changes in sleep and appetite, decreased energy and motivation, loss of interest in hobbies or pleasure, withdrawal from friends and usual activities such as exercise. People can experience feeling more irritable, feeling sad for no particular reason, and notice negative thinking. Some people can get so down that they feel life is not worth living and feel suicidal.

For those feeling anxious you may experience physical symptoms like heart racing, feeling nauseas, or butterflies in the tummy, or feeling sweaty. You may notice that you will be avoiding certain things to try and manage your anxiety. You may even be experiencing lots of 'what if's' and worry. Leaving you feeling quite exhausted! At times people will cope by an increase in alcohol or drugs, but this may leave you feeling worse the next day.

If self harm or suicidal thinking or planning is a concern for you then we have a crisis team available 24 hours per day 7 days a week, a free call on 0800 166 167.

Depression and anxiety is very treatable with different ways of helping things improve. Some helpful things that you can do for yourself now that will help to break the vicious cycle is 'behaviour activation', that is engaging in something you previously got pleasure from, such as exercise, gardening, or catching up with a friend.

I know at times it is hard as you can lack motivation, but motivation is like a muscle that works a lot like other muscles, the more you use it the stronger it gets. So starting off with exercise doesn't mean pounding the pavements for 60 minutes so you are left sore and exhausted, it's just starting with something simple like a walk around the block, or going up and down some stairs, just to get the motivation going. This may even be spending a short amount of time in the garden, or your other hobbies, you will notice that the more you engage with this, it is likely to have a positive impact on how you are feeling.



Keeping it Real in Rotorua

Are you, or is one of your family or friends, under 20 and in need of support? **Real** is all about supporting young people to love life. The Real team work with young people between the ages of 10 and 20 years who are experiencing mild to moderate health concerns. They have clinics at the following schools: Rotorua Lakes, Rotorua Girls, Western Heights, and Rotorua Boys.

Young people can also access Real through self referral by calling 07 348 2944, also check out the website www.real.org.nz, fb www.facebook.com/realNZyouth