

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

### Practice News



Selina, one of our receptionists gave birth a few weeks early to a baby boy, named Lance. Congratulations Selina and Lyndon! Consequently we now have a new 'face' on the front desk.

Michelle is covering Selina's maternity leave. There is a huge amount to learn and Michelle is getting to grips with it all quickly.

Dr Nicky Sankey joined us last month, Nicky is running the Urgent Clinic on Tuesday and Friday mornings, allowing the other Doctors to have more time to see their booked patients.



Don't forget we are now on Facebook. To find us, search Te Ngae Medical Centre and 'like' us on your Facebook page. We update regularly with latest practice and medical news.



Free Wifi, you can stay connected while in the medical centre's waiting area. Join the "TNMC Guest" channel. The password changes regularly so ask one of our receptionists for the current password.

### Influenza Vaccinations

**Ministry of Health have extended the funded influenza vaccination programme to August 31st**

The eligibility criteria includes all pregnant women, those aged 65 and over, those aged 65 with a specified medical condition and children under 5 who have been hospitalised with, or who have a history of, a respiratory illness.

Please ring the practice and make an appointment.

### Measles Alert—still in place

**There is still an alert in place regarding the recent measles outbreak.**

The best protection against measles is the measles, mumps and rubella (MMR) vaccine, which is fully funded. You need 2 doses of the vaccine to be fully immunised. If you were born after December 1968 check your vaccination status, as you may not be fully immunised. If you are not sure, please ring the practice and talk with one of the nurses. If you were born prior to 1969, you probably have a natural immunity.

### July is Women's Refuge Awareness Month

This is a women's organisation for women and their children, to help prevent and stop family violence in New Zealand. If you are experiencing any form of abuse in your family or your relationship, or know someone who is—there are many ways they can help you – for free, and confidentially.

Check out the website on <https://womensrefuge.org.nz> or phone 0800 733 843

### Urgent Clinic

**Walk-in clinic every morning for urgent medical conditions or accidents**

**Monday to Friday 8.30 — 11.00am**

**No appointment necessary**



## Not happy with the service you receive?

If you aren't happy with the service you receive from us—you need to let us know. We know we don't always get things right .

If you have had a negative experience, or feel we should have/could have done better—please contact the Practice Manager directly on [Henrietta.egger@rgpg.co.nz](mailto:Henrietta.egger@rgpg.co.nz). Alternatively, we keep a complaints/

comments form at the front desk, feel free to complete it, highlighting your concerns.

All feedback is taken seriously, discussed with the appropriate staff member(s) and used to reassess how we could do things better.

## 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 which may be worth considering:

Age Group	Protects against	Vaccine Brand Name
Older babies, toddlers and children  From 9 months of age	Meningococcal A,C, Y and W135 Meningitis Meningitis C Chicken pox	Menactra  Neis Vac C Varilrix/Varivax
Adolescents & young adults  Boys and young men aged 9 – 26 years  Non immune adolescents or adults	Meningococcal A,C,Y and W135 meningitis  HPV cancers and genital warts  Chicken pox	Menactra  Gardasil  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

**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 and fathers (but not funded)

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

**Varilix/Varivax** —Chickenpox, also known as varicella, is most commonly seen in children. It is a highly infectious disease caused by the varicella zoster virus. After recovery from chickenpox the virus stays dormant (inactive) in the nerves near the spine. Years later the virus can become active again and cause herpes zoster which is also known as shingles.