

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

Practice News

In November we had the pleasure of welcoming back Dr Rachel Lynskey, Rachel was last with us in 2013/2014 and it is a pleasure having her back.

This month we will be welcoming Dr Rose Longhurst who will be travelling from Tauranga to work as our Registrar until June next year.

Opening hours over Christmas



Over the Christmas and New Year period we will be closed for the statutory days only; Monday 26th and Tuesday 27th December and then Monday 2nd and Tuesday 3rd January.

For the week between Xmas and New Year, we will be open our usual hours with an urgent, drop in clinic operating all day and only limited booked consultations.

Laboratory hours over the Xmas and New Year break

The laboratory offer a phlebotomy service from the Te Ngae Medical Centre rooms Monday to Friday from 8am—12.00. Anyone is able to come and have their blood done here, they do not need to be a patient of the medical centre. The laboratory will open usual hours over this period.

Some exciting news from Dr Neil Poskitt

Next year I will be away from the surgery for 6 months while my wife completes a diploma of palliative care. We will be based in Christchurch and I will do some locum GP work while we are there. This will be an interesting change for both of us ! While I am away Dr Rachel Lynskey will be my locum. Rachel was a registrar in our surgery 2 years ago and many of you may have met her already. She is dual trained in both rural hospital medicine and general practice and knows the practice well.

Introducing Dr Rachel Lynskey

I am originally from the Kapiti Coast but trained in Dunedin and Christchurch before working in Greymouth and Central Otago in the South Island. I moved up to Rotorua in 2011 and fell in love with the Redwoods, Kaituna and the local community. I have just completed my training as a Rural Hospital Specialist which has allowed me to work in a variety of hospital jobs as well as spend time in general practice. Outside of work I love to mountain bike, run and whitewater kayak. I also enjoy adventure racing and compete in expedition length races. I am excited to be returning to the friendly Te Ngae team and look forward to meeting you.

HPV Vaccine will now be funded for boys

From January 1st 2017 (*Human papillomavirus*) HPV vaccines will be funded on the National Immunisation schedule for individuals aged 9-26 years (inclusive) including boys and young men. HPV4 (current vaccine) will be replaced with HPV9 which offers protection against a greater proportion of HPV related cancers including cervical, anal, penile, throat and mouth cancers and genital warts. HPV vaccine is being given at age 12 years or school year 8, but there is no formal catch up program for those people who are now eligible, so please contact one of our practice nurses to discuss or book an appointment.

Students heading off to Uni? Have you thought about Meningococcal meningitis?

Meningococcal meningitis, we often read about this frightening and highly contagious disease through the media, usually when someone has been initially misdiagnosed resulting in horrible consequences. What is meningitis? Meningitis is an inflammation of the protective layer around the brain and spinal cord. This inflammation can be caused by a virus, a bacterium, or even a fungus.

Because meningitis disease is spread like the flu, it can pass from person to person through every day activities—because of their lifestyle, students run a higher risk of contracting meningitis. The following have been identified as activities that put young people at greater risk, in particular of meningococcal C:

- Living in close or crowded conditions i.e., student accommodation
- Sharing eating and drinking utensils i.e., water bottles
- Having a weakened immune system, this can be because of irregular sleep patterns, stress
- Smoking or from being exposed to smoke

One of the reasons why this disease is misdiagnosed is because the symptoms are very similar to the flu: fever, headache, muscle pain, nausea and vomiting, rash.

There is however a vaccine available to help prevent meningococcal C, please discuss this option with your GP and look at having any student going to a tertiary institution, or who could be exposed to any of the above environmental factors, immunised.

Needing to renew your drivers licence?

NZ transport authority requires drivers to have a medical assessment for fitness to drive at ages 75, 80 and then every two years from 80 years old. Your new licence will be valid for only two to five years.

At Te Ngae Medical this involves a thorough health check up, including a review of your current conditions and medications and requires an appointment with your Doctor and a nurse. The nurses will check your vision and blood pressure and also ask that you complete a memory and cognitive test. If you fail either the vision or memory test, your Doctor is able to refer you on to a specialist or request that you complete an on-road safety test. Please feel free to seek more information or advice about this process if needed.

Community Spirit

We have our non-perishable food collection box set up in the waiting room, all contributions will be distributed by Mokoia Community Association to families in our area.

We now have our collection box for LoveSoup at the front desk. All money collected will go towards purchasing petrol vouchers. We are delighted to announce that this month we will providing LoveSoup with an additional \$160.00 that has been collected. We received a \$100.00 donation from one of our patients.

THANKYOU! 🙌😊🙌

The Doctors and staff at Te Ngae Medical would like to wish you all a Merry Christmas and thank you for being part of our practice.



- Christmas can be very stressful for many people, a little advice from us all:
- be moderate, it may be the season to be jolly, but too much food and alcohol is harmful.
 - Keep moving – keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.
 - Enjoy the day and don't expect miracles!