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Practice News

New Initiative—Patient Information Evenings

Te Ngae Medical are starting a series of Patient Health Information evenings, we hope to be able to hold around 3 of these a year. If there is a particular health topic you would like us to present on, please contact the practice. These will be patient orientated and we encourage you to contact us so that we can cover issues you are interested in.



Our first meeting, to be held on the evening of Tuesday 16th May, is on COPD Chronic Obstructive Pulmonary Disease

COPD is used to describe progressive lung diseases, including emphysema and chronic bronchitis. You may have COPD if you have: increased breathlessness, frequent coughing, wheezing or tightness in the chest.

We intend these evening sessions to be a relaxed and informative discussion where the Doctors and nurses will talk about COPD. Areas to be covered; what are the causes? how to use your medications effectively? community support and the importance of annual review to assist in achieving effective health management. There will be time for questions and informal discussion afterwards. If you are interested in attending please RSVP to the admin staff as we may need to restrict numbers.

What: COPD patient information evening

Where: Te Ngae Medical Centre rooms

When: Tuesday 16th May @ 5.45 – 7.00 pm

RSVP: ph 073456627 or email tengaeadmin@raphs.org.nz

Text 2 remind



We have a number of patients who don't turn up for their consultations, if booked with both the nurse and Doctor, this can equate to an hour of lost appointment time—frustrating when we know there are people wanting to see their Dr or nurse. Over the next month we are introducing 'text 2 remind', this will go out to all adult patients the afternoon prior, as a friendly reminder of their appointment the following day. When you next visit, please ensure we have your correct mobile number.

Influenza Vaccinations

If you haven't already done so, please book in with one of our nurses to have your influenza vaccination.

Influenza –like illnesses tend to increase in the months of May/June. You are eligible for a free vaccine if you are over the age of 65 or have;

- cardiovascular disease
- chronic respiratory disease if on preventer inhalers
- are pregnant
- Type 1 or Type 11 diabetes
- Some cancers

Allow for traffic delays on Te Ngae Road

For those of our patients who live east of Tarawera Road, please allow extra time for travel along Te Ngae Road. This is particularly for those patients with appointments around school drop off and pick up times. In the morning, the traffic is often backed up past the airport, making for a long and slow drive in.

MMR Vaccine

There is a short film circulating that makes an unfortunate and dangerous claim that the measles, mumps and rubella (MMR) vaccine is linked to autism. The funded MMR vaccine protects our children against Measles, Mumps, and Rubella Diseases, all potentially very serious diseases. We believe it is important for parents to be fully informed with the correct information.

The Immunisation Advisory Centre has published a brochure refuting the arguments in the film. If you would like more information please ask your Practice Nurse for a copy.

The staff at Te Ngae Medical Centre support and recommend childhood immunisation.

Repeat Prescriptions—why a charge?

It is important that requests for repeat prescriptions are reviewed by a Doctor and we ask our patients to attend the practice for regular medication reviews, depending on the medication you are on this may be 3 or 6 monthly. The charge incurred is to cover the time taken by the Doctors to review your medications, your history and for the script to be generated.

Please allow 3 days for your prescription request to be completed. You can ring the nurses directly on 073456627, ext 2 and leave a message or, email the nurses on tengaenurses@raphs.org.nz.

If we have a query we will call you, otherwise your prescription will be ready for collection at the practice or faxed to your designated pharmacy within three days of you calling us. If your prescription request is urgent please advise the nurses when you call/email. There is a charge for all repeat prescriptions and an additional fee applies if requested urgently. A fax fee is incurred if the prescription is to be faxed to a pharmacy and not collected.

The urgent fee is incurred when the prescription is required within 24 hours.

Community Spirit

LoveSoup: Thank you to those who have placed donations in our reception donation box. It is lovely to be able to catch up with Elmer and Gina each month and pass in your donations in the form of petrol vouchers.

Eastside Mokoia Community Association are holding a food donation drive, we will have a collection box in the surgery

Free Hearing Check



Bay Audiology are holding free screening clinics at our rooms on the second Monday of each month. This is a 20 minute appointment for a basic hearing check to detect any presence of hearing loss. If a hearing loss is detected, the Screener will book a consultation with the Audiologist at their rooms in town.

If interested, please phone the rooms to arrange an appointment. You do not need to be a patient of Te Ngae Medical to attend.

Urgent Clinic

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

Monday to Friday 8.30 — 11.00am

No appointment necessary, one problem only