

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

### Practice news

#### Dr Gordon Caldwell

Dr Caldwell is one of our regular locum doctors and has been with us over the February and March period , and will be back at the beginning of May. It means our own doctors are able to get a good holiday break, knowing their patients are in good hands.

#### Cecile Suchet and Tamar Thyne

Cecile and Tamar are our regular locum nurses. Tamar works as a locum nurse at other medical practices and loves the variety of work she gets . Cecile comes to us with extensive emergency training , having worked in hospital A & E departments.

#### Dr Andrew McMenamín—an update

As you may already be aware, Dr Andrew McMenamín had an extended period of sick leave last year. He is now well on the way to a full recovery , but for the next few months will only have morning clinics. If you specifically want to see Andrew it would be best to plan in advance where possible. You may like to see another doctor within the practice if Andrew is not available when you want to be seen .

### Influenza and Zostavax Vaccinations

Influenza vaccines are expected to arrive at the beginning of April. As soon as we have them on-site we will be advertising our flu clinics in the rooms , on the website and via Facebook

Eligibility criteria for FREE seasonal influenza vaccination for 2019:

- Pregnant women (any trimester)
- People aged 65 years and older
- People aged under 65 years with eligible medical conditions eg heart , renal, respiratory disease, Diabetes and other conditions ( check with your doctor or nurse)
- Children aged 4 years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness

Free Zostavax vaccinations ( for shingles) will be available again this year, for all 65 to 81 year olds .



### LoveSoup



**LoveSoup:** Thank you to those who have placed donations in our receptions donation box. This money goes straight to LoveSoup while Te Ngae Medical Centre donates petrol vouchers every month .

## Measles Outbreak—Message from Ministry of Health



Measles is a highly infectious disease that is easily spread from an infected person by saliva or mucous droplets when coughing, sneezing or talking. Just being in the same room as someone with measles can lead to infection if you are not immunised.

The best protection against measles is the free measles, mumps and rubella (MMR) vaccine. You need 2 doses of measles-containing vaccine to be fully immunised.

New Zealanders born after 1 January 1969 are eligible for free MMR vaccinations. If you were born before the measles vaccine became available in 1969, you are considered at lower risk because you were probably exposed to measles as a child.

**People aged 10 to 29 years are at greatest risk of catching measles, as they're the group least likely to have been fully immunised as children.**

If you're unsure of your vaccination status you can check your Well Child Tamariki Ora or Plunket book, or contact your general practice.

If you can't find your records, the Ministry of Health recommends you get vaccinated anyway – it's free, and there is no harm in having an extra dose of the vaccine.

Measles patients are infectious 5 days before and until 5 days after the rash appears, which means they can pass the disease on before they realise they are unwell. If a non-immune person is exposed to the disease, they are very likely to develop the condition themselves, and may need to be excluded from work for at least two weeks until they can prove immunity or are no longer infectious. If you do not know your immunity status and come into contact with measles, you may also need to be stood down from work during the possible incubation period until your immunity status is clarified.

### ACCESSION—the patient portal

Just a reminder when booking appointments:

- **only regular 15-minute appointments** can be booked online.
- As you are not able to book any of the listed appointment types below, please ring the practice to arrange if required:  
Pre-employment medicals, any surgery, Pilot medicals, cervical smears (if done by the nurse), diabetic annual reviews, New Patient Assessments

### Community Service Cards (CSC) and cheaper Doctor visits

If you have a Community Services Card, then you and your dependants (aged under 18 years) will be entitled to a reduced fee when visiting their GP, down to \$18.50 for adults 19 years + and \$12.50 for teenagers aged 14 to 18 years. Children 14 years and under are free regardless.

What if you don't have a CSC?

You can find out if you're eligible for a CSC by calling Work and Income on 0800 999 999 or visit the website <https://www.govt.nz/browse/health/financial-help/community-services-card/#who-can-get-it>. Or ask for a pamphlet from the front desk. We are happy to assist.