

Practice news

Dr Emma Laing

We were very sorry to say goodbye to Emma who left us at the beginning of June . She and her partner have moved to Nelson to live, and to be nearer family. She will be very much missed by us all . She started here as a registrar last June and then went on to become a permanent member of our GP staff. We wish her all the best for her next GP role in Nelson.

Dr Susana Flores

We welcome our new registrar , Dr Susana Flores , to the practice . She will be working and training with us for 6 months . After working as a psychiatric registrar in both Ireland and New Zealand she decided that general practice was what she really wanted to do . She has just completed 6 months as a GP registrar at Ngongotaha Medical Centre before coming here for her next 6 months .She is looking forward to meeting many of you .

Cecile Suchet

Cecile has been one of our regular locum nurses. We are now pleased to have her working a regular day every fortnight while still working others days as needed . Cecile comes to us with extensive emergency training , having worked in hospital A & E departments.

Dr Andrew McMEnamin—an update

As you may already be aware, Dr Andrew McMEnamin had an extended period of sick leave last year. He is on the way to a full recovery , but he will still only be working morning clinics possibly for the rest of this year. If you specifically want to see Andrew it would be best to plan in advance where possible. You may like to see , or change to , another doctor within the practice if Andrew is not available when you want to be seen .

National FLU Vaccine Shortage

Unfortunately , due to high demand, NZ is running low on FLU vaccines .

To ensure that those most in need can get the influenza vaccine, the Ministry of Health is asking General Practices and Pharmacists to ensure they closely manage their stock levels and **only vaccinate those who are eligible for publicly funded vaccines:**

- Pregnant women
- Those aged 65 and over
- Children aged 4 and under with serious respiratory illnesses
- People with severe asthma, heart disease, diabetes and other serious health conditions that make them more susceptible to influenza.



Phone Doctor



We are trialling having a designated doctor answering phone calls from patients every Monday morning. The new service will allow you to talk about your symptoms with the GP before an appointment is made .

This gives the GP the opportunity of assessing the best course of action and identifying any pre-work (e.g. blood test or x-ray) that might need to be done prior to you coming into the practice.

It may also result in the problem being resolved over the phone , and avoiding you having to come down and waiting at the medical centre . If not, the GP can then go ahead and book an urgent appointment for you .

This free service will be available on Mondays from 8.30 -- 9.30 am.

Urgent Clinic

We run an urgent drop-in clinic for our enrolled patients, between 8.30am—11.00am.

You will see a nurse or Doctor depending on your medical requirements and all children under the age of 14 years are free.

Please note that it is for one urgent medical problem only. And please be aware that ,even though the doctor and nurse are working very hard to see everyone , there is often a wait .



Treating Your Viral Infection by Dr Sally Hoskins

Winter is well and truly here, and a lot of people are experiencing illnesses due to viruses. As you would have heard in the news the country is running out of influenza vaccine, so hopefully those who need it most have had it and are protected from “the flu”. However, colds and other viral illnesses will still happen and can make people very miserable or unwell.

With a viral illness you can expect to have fevers that come and go, headache, lethargy/tiredness, muscle aches, a runny nose, cough, sore throat, loss of appetite, sometimes abdominal pain and nausea, occasional vomiting or diarrhoea.

These symptoms may last a few days to 2 weeks but will generally be getting better after 3-5 days. The best advice is to stay away from work, school, public places and to rest, drinking plenty of cold fluid and taking paracetamol for fever or pain. Antibiotics are not helpful for viruses or fevers and the colour of phlegm/sputum (spit) makes no difference to this advice. Antibiotics do not enable you to return to work earlier or speed up recovery from a virus/cold.

If you are getting worse or are worried please do seek medical help or advice from a nurse or doctor. If you have chronic medical conditions or poor immunity you may need to be seen early in any illness. Concerning symptoms that should prompt you to be seen are severe headache, vomiting, an unusual rash, confusion/extreme drowsiness, difficulty breathing (fast breaths, blue lips, sucking chest in when breath), chest pain, difficulty swallowing or generally feeling a lot worse. Sudden deterioration should mean an urgent visit to GP.

Children under 24 months old, the elderly and pregnant should choose to be seen early if any concerns. Please note illnesses may appear mild and actually be more severe so please seek help if concerned.