

June Newsletter

Staff News

We are unfortunately saying goodbye to our Registrar GP, Dr. Holly Wilson next month, she has been with us since January this year and has been a great addition to our team. We do wish her well for the future, and hope to see her again soon!

Influenza Vaccinations

Our nurses are available to offer vaccinations to all our patients who are wanting to get influenza vaccinations this season. From 1 July free flu vaccinations will be extended to:

- Children aged 3-12 years
- People with serious mental health or addiction needs.

Free flu shots are already available for a large group of people including pregnant people, over 65 year olds, Maori and Pasifika aged 55 plus, and people with underlying health conditions. If you have any questions or concerns, please contact the team on tengaenurses@raphs.org.nz.

Healthy Heart Checks

You can undergo a heart risk assessment with your GP or nurse. They can calculate your risk of a stroke or heart attack based on your age, medical history and other risk factors. They can also advise how often you need a heart risk assessment.

Seeing your GP or nurse is the best way to find out your heart health as they know how to manage your condition. All enrolled patients are offered regular cardiovascular disease checks free of charge. Our staff will be sending out text reminders to ensure these checks are completed, particularly those who are high risk patients.

COVID Boosters

The second COVID-19 booster is available for everyone 50 years and older, and health, aged-care and disability-care workers over the age of 30 once six months has passed since a previous dose. The second dose is recommended six months since their previous for:



Redwood Shopping Centre
5a Tarawera Road
Rotorua

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

- People aged 65 years and over.
- Māori and Pacific peoples aged 50 years and over.
- Residents of aged-care and disability-care facilities.
- Severely immunocompromised people who received a three-dose primary course and a fourth dose as a first booster (noting this would be a fifth dose for these people).
- People aged 16 years and over who have a medical condition that increases the risk of severe breakthrough COVID-19 illness.
- Disabled people aged 16 years and over with significant or complex health needs or multiple comorbidities that increase the risk of poor outcomes from COVID-19.
- If you have COVID-19 recently you should delay your next scheduled COVID-19 vaccination for three months, however there is no need to defer your flu vaccination.

If you have any questions, please contact the team on tengaeadmin@raphs.org.nz or you can book online for these at Book My Vaccine: <https://bookmyvaccine.covid19.health.nz/> or phoning COVID Vaccination Healthline on 0800 28 29 26 (8am to 8pm, 7 days a week).

Meningococcal Disease

Meningococcal disease is caused by a bacterial infection and can cause serious health concerns. It can affect anyone – but it's more common in children under the age of 5, teenagers, and young adults. Students in their first year of tertiary education living in student accommodation may also be at higher risk. The Meningococcal vaccine is fully funded for individuals aged 13-25 inclusively or are in their first year of living in boarding school hostels, tertiary education halls of residence. They are also available for private purchase. It's important to know the signs and symptoms of meningococcal disease because it can develop very quickly. It can be treated with antibiotics, but early treatment is very important. If you notice any of the symptoms of meningococcal disease or have any other concerns, contact your doctor without delay – or call Healthline free on 0800 611 116 at any hour of the day or night, even if you have already been seen by a health professional. Please contact our Practice Nurses to discuss eligibility, costs and dosing schedules.