



Tararua Health Group LTD

40 DENMARK STREET, DANNEVIRKE,
TEL 06 374 5691

FAX 06 374 9426

PO BOX 275, DANNEVIRKE 4930
EMAIL corporate@thg.org.nz

- Dannevirke Community Hospital
- Barraud Street Health Centre
- Te Rongopai
- Pahiatua Medical Centre
- Norsewood & District Health Centre
- Woodville Health Centre

website www.thg.org.nz



WINTER NEWSLETTER 2016 Barraud Street Health Centre

Haere mai and welcome to our practice.

Over the winter months we expect to see a greater number of patients. We have changed our staffing resources to try to cope with the additional numbers. It will help if you have phoned us to book an appointment rather than "walking in" and expecting to be seen in our acute clinic.

Our acute clinics are reserved for patients who are acutely unwell with chest pain, bleeding, breathing problems, or a child is acutely unwell. These clinics are not set aside for patients who require regular prescriptions, medical certificates, etc.

Please be patient over the next few months and remember:

PHONE US FOR AN APPOINTMENT on: (06) 374 5691.



MEASLES ALERT!

Many of you will be aware that there are confirmed cases of measles in the MidCentral Health district.

Measles is an extremely contagious viral infection, and has the following symptoms:

- Fever;
- Cough;
- Runny nose;
- Sore and watery 'pink' eyes;
- Small white spots on the back inner cheek of the mouth;
- A blotchy rash which tends to start on the face, behind the ears, before moving over the head and down your body, lasting up to a week.

IF YOU BELIEVE YOU HAVE BEEN IN CONTACT WITH SOMEONE WITH SUSPECTED MEASLES AND/OR HAVING THE SYMPTOMS ABOVE, PLEASE IMMEDIATELY ASK FOR A FACE-MASK AND NOTIFY THE RECEPTIONIST OF YOUR CONCERN.

PLEASE AVOID CALLING IN TO THE PRACTICE, BUT PHONE FOR ADVICE.



So... it is timely for a reminder for having your children up to date with their immunisations (particularly the 'MMR': Measles/Mumps/Rubella vaccine).

During childhood, our children are exposed to thousands of germs, some of which are potentially harmful to their health. Immunisation is the most effective way to actively protect your child from preventable diseases, ranging from whooping cough to meningitis and measles.

Please contact one of our nurses if you have any questions regarding childhood immunisations.



Helpful Information on Renewal of Your Prescriptions

- A prescription for long-term medications can be written for three months. This is a legal requirement.
- If a medical condition is stable it is possible, after discussion with your prescriber, to request a script renewal in between appointments.
- There are strict criteria which need to be met before a script can be issued by the prescriber (GP, etc). If these are not current, an appointment may still be necessary.
- Only long-term medication can be requested without an appointment.
- Please allow two working days for your script to be ready to collect.
- Urgent (on the day) requests will incur an extra fee.
- It is a good idea to have at least a week's medication on hand in case of emergencies.
- At busy times (e.g. long holiday weekends, Christmas) please try to request your prescriptions in plenty of time. Also, please try to get your scripts filled at the pharmacy well before these holiday periods when the Pharmacies will be very busy.



Winter Ills

The winter "flu" season is upon us and here are a few measures you can take to protect yourself and your family/whanau:

- * Hand hygiene is very important at all times. Always cover coughs and sneezes – preferably with a tissue. Dispose of tissues correctly and wash hands afterwards. Try to rest and drink more fluids when you feel the onset of "flu-like" symptoms. You can also help stop the spread of flu by avoiding all unnecessary contact with other people while you're infectious.
- * **The flu vaccine is here. This is FREE (until 31st July) to anyone aged over 65 years and to the eligible population with certain conditions, e.g. diabetes, kidney or heart disease, pregnant women, etc. Please ask and we will tell you if you qualify for a FREE vaccine. Children can be given the flu vaccine from the age of six months.**
- * Healthy homes – Energy Smart are running a subsidised programme for home insulation. A warm, well-ventilated home can reduce mould, damp and condensation. Please ask your GP or nurse about this.
- * Dress yourself and your children warmly and appropriately for the weather.

**Influenza is a serious illness with potential severe effects including hospitalisation, complications and even death.
DON'T LET THE FLU KNOCK YOU! GET IMMUNISED!**



Nau Mai! Welcome!

We are very excited to announce the appointment of Christine Grimmert, our new Social Worker. Christine will spend three days per week working within our practice sites and one day supporting our community nurses in a multidisciplinary approach to the care of our patients. Christine brings an exciting background and new skills/attributes to this important role within our service.

NEW PAYMENT TERMS

AS FROM WEDNESDAY 1ST JUNE 2016

- * WE APPRECIATE PAYMENT FOR SERVICES ON THE DAY OF CONSULTATION.
- * CHARGE ACCOUNT BALANCES MUST NOT BE MORE THAN \$100.
- * WE WILL TAKE STEPS TO RECOVER DEBT IF YOUR ACCOUNT BALANCE IS MORE THAN \$100.
- * PATIENTS ARE ENCOURAGED TO HAVE AUTOMATIC PAYMENTS IN PLACE, WITH A MINIMUM PAYMENT OF \$10 PER WEEK.
- * IF YOUR ACCOUNT IS MORE THAN \$100, YOU MAY BE ASKED TO PAY FOR YOUR CONSULTATION AT THE TIME.

IF YOU HAVE ANY CONCERNS REGARDING OUR NEW TERMS, OR IF YOU WOULD LIKE TO DISCUSS YOUR ACCOUNT BALANCE, PLEASE ASK AT RECEPTION TO SPEAK WITH THE SENIOR ADMINISTRATOR.



Paying Fees by Automatic Payment



A friendly reminder that if you are paying your fees by automatic payment, please

remember to include your PATIENT CHART NUMBER or NHI NUMBER AS THE REFERENCE (your chart number appears on the right-hand side of your statement). This will ensure that the payment is allocated to the correct account. Thank you.



Manage My Health - Access your healthcare information online at home

ManageMyHealth™ is a place where you can access medication information specific to yourself online. You can view: your medical conditions, allergies record, latest lab results, past prescriptions (and request repeat prescriptions), check your recalls and that your information is correct.

Tararua Health Group fully supports the concept of a patient held electronic health record. For us, it is a way to have secure electronic communication with you, which can help us manage the day to day running of our practice. Talk to your GP for further information.

Opening hours for the centre: reception opens at 8.45am with appointments for GPs commencing at 9:00am and nurses starting at 9:00am. Please phone (06) 374 5691. If you are calling about a repeat prescription you may be directed to an answerphone which is cleared by our duty nurse.

After hours: the national Healthline is 0800 611 116. After hours services are provided by City Doctors in Palmerston North or at the A&E department, Palmerston North Hospital.

Saturday clinics: Each Saturday there is a GP clinic held at Barraud St Health Centre from 10am to 12 noon.
N.B. there is a \$20 extra charge for consultations at these clinics.