



# Tararua Health Group LTD

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

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## SPRING NEWSLETTER 2016 Barraud Street Health Centre

Haere mai and welcome to our practice.



With the onset of winter we have seen an increase in the numbers of sick patients. Our staff appreciate you phoning in advance as we can allocate you an appointment directly rather than have you waiting around in our busy waiting room to be triaged "acutely".

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.**

**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.

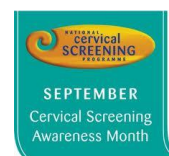
**After hours:** the national Healthline is 0800 611 116. After hours services are provided by City Doctors in Palmerston North or at the A&E department, Palmerston North Hospital.

**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.**

## MONTHLY HEALTH FOCUS

### SEPTEMBER

#### Cervical Screening Awareness Month



Did you know that New Zealand has one of the best screening programmes in the world, with the number of women who die from cervical cancer dropping by 60% since 1990? September is Cervical Screening Awareness month and the National Cervical Screening Programme (NCSP) encourages NZ women to consider their health and make cervical screening a priority. Cervical cancer is one of the most preventable forms of cancer and screening every three years can reduce the risk of developing it by up to 90%.

*"While a smear isn't necessarily something we women look forward to, it can save your life. We recommend screening every three years to pick up changes early on and reduce the risk of developing cervical cancer. Having regular smears means any abnormal cells will be detected and treated early on, before they become cancerous"* says Dr Jane O'Hallaran, Clinical Director of the National Screening Unit.

Please talk to our staff for more information.



#### This September is the inaugural respiratory awareness month, known as Breathe Better September.

Kicking off Breathe Better September is Balloon Day, where Kiwis join together to raise awareness of asthma in various ways, including fundraising events in their local communities. How we support this locally is by:

*Tararua Breathe Easy Support Group is developed for adults with Asthma, Chronic Bronchitis and Emphysema. The group has been developed to improve the quality of life for those suffering from respiratory disease and to support their carers, partners and spouses through fellowship and knowledge. The group was developed as Shortness of Breathe is frightening, particularly for people suffering from chronic lung conditions. Lung Disease is a stressful life event, which can lead to lifestyle change causing panic, isolation, and depression.*

*The Tararua Breathe Easy Support Group meet every month on the third Thursday of the month from 10am to 12noon, at the Tararua REAP building on Gordon Street, Dannevirke – there is NO charge for this service.*

Information brochures are available from the Community Respiratory Nurse and the Respiratory Physiotherapist – ask one of our staff members for their contact details.

## OCTOBER

### Breast Screening Awareness Month

BreastScreen Aotearoa is New Zealand's free national breast screening programme for women aged between 45 and 69 years. Organised breast screening programmes aim to reduce breast cancer mortality by routinely screening an entire, defined population at regular intervals (in this circumstance, women with no symptoms of breast cancer). A reduction in mortality at a population level depends upon high levels of coverage of the population, quality screening and follow-up services. If you have any questions, please do not hesitate to contact one of our staff to discuss further or contact BreastScreen Aotearoa on FREEPHONE 0800 270 200.



### Quit Smoking

*If you are a smoker, you'll know smoking is expensive! Imagine how much money you could save if you stopped! We are not talking small amounts here... someone smoking a pack a day spends about \$160 a week on cigarettes, which is nearly \$8,500 each year! With the money saved from stopping smoking, you could:*

*- Go on holiday... pay off some debt... buy a car... rent a bigger house, or pay more off your mortgage... treat yourself and your whanau to a nice meal out – every week!*

Talk to our staff for advice on quitting smoking.

### 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.



### Text 2 Remind

Our new patient TXT2Remind system enables us to remind our patients that they have an appointment the next day - patients can now cancel their appointment by texting N. This will send a response to our receptionists who will ensure the appointment is cancelled.

**If cancelling please ensure you allow plenty of time prior to your appointment.**

### 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.



### NEW PAYMENT TERMS

#### AS FROM WEDNESDAY 1<sup>ST</sup> 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.