



Tararua Health Group LTD

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



SUMMER NEWSLETTER 2016/17 Pahiatua Medical Centre



Haere mai and welcome to our practice.
We are receiving positive feedback from the community following the introductions of more

routine appointments. Although the practice continues to be extremely busy, the changes have allowed for us to better manage our time, resources, and reduce patient wait times for an appointment. Routine GP appointments are generally available within 24 hours, or 48 hours with the patient's preferred GP. There have been some changes in our staffing, so please check with our telephonist or receptionist so we can offer you an alternative provider (another GP or our Nurse Practitioner).

Please ensure your necessary prescriptions are requested in time before Christmas.

Opening hours for the centre: reception opens at 8.00am with appointments for GPs and nurses starting at 8.30am. Please phone (06) 376 6466. 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: you may be interested to know that each Saturday there is a GP clinic held at Barraud Street Health Centre in Dannevirke from 10 am – 12 noon. You are welcome to go to Dannevirke to access this service.

N.B. there is a \$20 extra charge for consultations at these clinics.



We have had to farewell two of our wonderful administrative staff over the past couple of months: **Jo Oliver, receptionist**, and **Karen Thompson, senior administrator**.

Jo has been working at Pahiatua Medical Centre for over nine years and will be known to most of our patients as their first point of contact with the practice. She is a valued member of the team and will be greatly missed.

Karen has been with the practice for just over twelve months and has also proved to be a valued member of the team. Both Jo and Karen have taken up new positions within practices in Palmerston North and we wish them both every success on their new journeys.



We are pleased to welcome two new staff members to the team - Dr Kylee Finn, GP, who joined us in October, and Josie Savage who joined us in late November as our new Senior Administrator.

Staff: you will be welcomed and possibly seen by the following staff:

<u>Doctors</u>	<u>Nursing/Allied Health Director</u>	<u>Community Nursing team</u>	<u>Administration and Receptionists</u>
Kylee Finn Michelle Hoarau Chris Ingham Snezana Novkovic-Djordjevic Sam Wilson	Kylie Hoskin	Sue Dykes Katherine Emmerson Maree Hoggard Raewyn Smith Vicky Stretch	Carol Mary Jo Amy Sheryl Rebecca Correna
<u>Nurse practitioner</u> Debbie Leach	<u>Practice nurses</u> Bromwyn Foreman Jeanette Horne Kim Mackail Heather Mayer Katrin Peck Angela Thomson Sarah Thomson Ruth Tylee	<u>Social Worker</u> Christine Grimmatt	<u>Administration Manager</u> Tania Last
<u>Nurse practitioner intern</u> Sue Dykes	<u>Health Care Assistant</u> Carmel Clark	<u>Senior Administrators</u> Josie Savage Bron Wotherspoon	<u>CEO</u> Sharon Wards

Be SunSmart **use the Sun Protection System**
slip, slop, slap, and wrap



Slip, Slop, Slap and Wrap.

Protect your skin and eyes from the sun's damaging rays (UV radiation).

Fact: You can be sunburnt on cool or cloudy days.

Fact: Around 90% of melanoma skin cancers are caused by too much sun exposure.

- ✓ **Slip** on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.
- ✓ **Slip** into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- ✓ **Slop** on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- ✓ **Slap** on a hat with a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.
- ✓ **Wrap** on sunglasses. Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.

A friendly reminder to keep your children up to date with their immunisations (particularly the 'MMR': Measles/Mumps/Rubella vaccine, as well as the HPV (Gardasil).

Having children home from school for the summer holidays is the perfect opportunity to have their immunisations checked and updated.

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.



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.



A friendly reminder...

pharmacies and our health centre will be very busy before and over the holiday period. Please remember to allow plenty of time to request your prescriptions from your prescriber and also try to get them filled at the pharmacy well before the holiday periods and long weekends.



Our summer holiday and Christmas tips: we recognise that Christmas time and summer holiday breaks can provide other types of pressure for everyone. If you feel that things are getting on top of you then we encourage you to talk to a member of our healthcare team.

Financial stresses can be an added pressure at this time – if you are struggling with paying your account with us then please talk with reception or the Senior Administrator so we can set up an automatic payment. Even a small contribution on a weekly basis will help.

Enjoy your parties and summer barbeques. We encourage you to keep safe, watch your alcohol intake and look after yourselves.



Wishing you all a Happy New Year!