

The Barraud Street

Barraud Street Health Centre
Haere mai and welcome to our Practice



ARE YOU OVER 35?
GET YOUR HEART CHECKED
Heart Disease is affecting our Māori men

Do it for your whānau
Make the time and ring your doctor now.



MANAGE MY HEALTH – Access your Health Care Information online at home or the App on your cell phone.



ManageMyHealth is available to you right now.

The registration process is quick and easy – with no joining fees. All you need to do to get started is to talk to your doctor and ask to be set up.

Patient Portal is Here!

- View your lab results
- Order repeat prescriptions
- Book appointments
- View your health record
- Contact your doctor

It's easy.
It's safe.
It's free.

Ask our receptionist for more information today or to register

20 seconds with these two
will save you running to the toilet

NEED TO TALK?
1737
24/7 SUPPORT FROM A TRAINED COUNSELLOR
CALL OR TEXT FOR FREE

We value your feedback. Tell us how we can improve our service. You can talk to a staff member or place your written feedback on our patient journey map on the wall. This information is discussed by staff every three months and we make improvements based on your feedback.



Doctors Pauline Blackmore Marta Kroo Harry Bilkhu Brian Quick Paul Cooper Bobbi-Jo Whitfield	Community Nursing team Sue Dykes Katherine Emmer-son Maree Hoggard Vicky Stretch	NETP Nurse Kelsie Campbell	Administration and Receptionists Mary Boyden Sheryl Brighouse Paula Erskine Kris Exeter Amy Gooding Leanne Mildon Correna Richards Jose Small Rebecca Watts Janet Williams CEO Sharon Wards Operations Manager Gavin Welsh
RMIP students Mark Owen-Cooper Hope Yuan Chloe Palmer	Practice Nurses Lisa Dine Dorothy Halliwell Richelle Hartgill Sabine James Rochelle Murphy Kelsey Newell Rowena Panchaud Rebecca Stinson Sarah Thomson Michelle Wilson Tayla Brighouse	Senior Administrator Bron Wotherspoon	
Nurse Practitioner Ingrid Cheer Kathleen Brown (from Oct)			
Nurse Practitioner Intern Sue Dykes			

Opening hours for the centre: **reception opens at 8.45am with appointments for GPs and Nurses commencing 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 Health-line no. is 0800 611 116. After hours services are provided by City Doctors in Palmerston North or at the ED 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.

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

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.



Mumps is a viral illness, which can cause swelling and tenderness of one or more salivary (parotid) glands. Some people with mumps have no symptoms and others may only have symptoms in other organs, for example, meningitis or inflammation of the testicles (orchitis).

There have been cases of mumps around our district in the past month

How you get it

Mumps is spread through the air from person to person by coughing and sneezing, and by direct contact with infected saliva.

Symptoms

Most children under two years of age have no symptoms when they get mumps. Those who get mumps as an adult are more likely to experience severe disease. When symptoms are present they usually include; fever, headache, malaise, muscle aches, poor appetite, swelling and tenderness of one or more salivary glands (just below the ear lobe). However, some people have symptoms in organs other than the salivary glands. For example mumps meningitis may present as headache, sensitivity to light, neck stiffness, fever and/or vomiting.

On average, fever usually lasts one to six days, but salivary gland swelling can last for more than 10 days. It usually takes 6-18 days from exposure to the first symptom, ranging from 12-25 days

Treatment
There is no treatment for the mumps infection. Management of symptoms is focused on improving comfort.

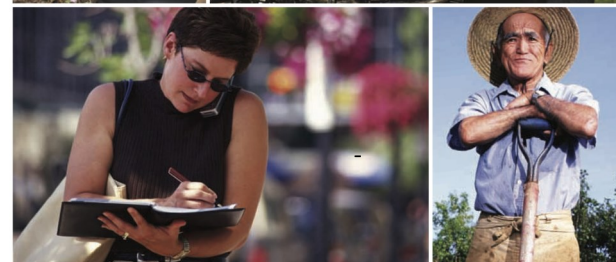
Prevention

Immunisation given on-time is the best method of preventing mumps. The measles, mumps, rubella vaccine (MMR) is given as part of the immunisation schedule at 15 months and 4 years of age. No mumps-only vaccine is available in New Zealand. People with mumps are excluded from early childhood education, school and work until nine days after the appearance of swollen salivary glands to protect others from infection. Contacts of mumps cases, who are not immune to mumps e.g. those who are unvaccinated, are excluded from early childhood education, school and work until 25 days after the appearance of swollen glands in the last case they were in contact with.

Child care facilities/schools may ask for evidence of immunisation

HOW BLUE WILL YOU DO?
This Blue September, join us in the fight against prostate cancer
Find out more at blueseptember.org.nz

Adult Tetanus and Diphtheria Immunisation



CAN YOU REMEMBER WHEN YOU HAD YOUR LAST INJECTION FOR TETANUS AND DIPHTHERIA? IF NOT, THEN READ ON ...

New Zealand children have been immunised against tetanus and diphtheria since 1960. Diphtheria vaccine is combined with tetanus to protect adults from both infections.

A tetanus-diphtheria injection given at age 45 and 65 years maintains your protection against these infections.

Consultations - Information

Consultations are booked for 15 minutes only.

Due to time constraints it is not always possible to deal with multiple concerns.

If you bring in a list, please be mindful that only 1 – 2 things will be dealt with during a single consultation. This is for patient safety. For each person's appointment the doctor or nurse has to read your notes and write up notes at the end of the consultation.

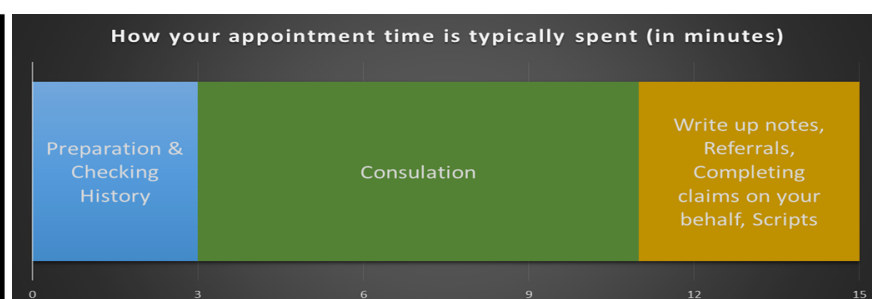
If you have multiple issues that you would like to discuss, please can you make a 30 minute appointment? There will be a standard double charge for this.

Please can you make a separate appointment for travel medicine and travel queries as this cannot safely be done at the end of or part of another consultation. The travel consultations will need to be 30 minutes.

REFUND POLICY
THG refund procedure

- Photo and signatory ID must be provided.
- Refunds will only be given to the Account holder
- Accounts must have enough credit to cover one consult
- Refunds from your account will only be given out in the afternoon after 1pm.

LET'S WORK TOGETHER



Tararua Health Group LTD

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