



Tararua Health Group LTD

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website www.thg.org.nz

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



WINTER NEWSLETTER 2016 Woodville Health Centre

Haere mai and welcome to our Practice.

We are currently working through some improvements to our service and we welcome your input and feedback. Thank you for assisting us in this important role of improving our community health. Please feel free to write some comments on a post-it note and add to the white feedback sign in the hallway. We regularly collate this feedback and use it to help in improving our services.



Opening Hours for the Centre:

Mondays from 2pm to 5pm
Wednesdays and Thursdays from 9am to 12:30pm and 1:30pm to 5:00pm

Phone number for the Centre:
376 6466 or (06) 374 5691

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 10:00am to 12:00noon. You are welcome to go to Dannevirke to access this service.

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



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.



Tararua Youth Health Clinic – for youth aged between 10-18 years

Tararua Health Group holds a Youth Health Clinic each Monday at Tararua College from 1pm-3pm and from 3pm-5pm each Monday at the Tararua Community Youth Service Building at 183 Main Street, Pahiatua.

The service is FREE and is led by our Registered Nurse who is able to provide healthcare that includes advice on: sexual health, general health, youth health education etc.

If you would like to see the Nurse for a friendly, confidential chat, please drop in during these times as no appointment is necessary.

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!**

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.



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.