

Changes to our team

Introducing **Vanessa Mason**, our Office Team Leader, who joined our team in January. Vanessa has operational responsibility for the reception and admin team, and also provides support to our Practice Manager.

It is also the time of year when the GP Registrars change their placements. We say farewell in June to **Dr Caitlyn O'Fallon**, and welcome **Dr Madeline Gee**, who will be with us until early December.

hello
goodbye

When we are closed

Please contact:

Wellington Accident & Urgent Medical Centre
17 Adelaide Rd
Newtown
Wellington (04) 384-4944
Open every day **8am-11pm**



Or **11pm-8am**
Wellington Hospital Emergency Dept
Riddiford St
Newtown
Wellington

Or



Useful links for lifestyle advice...

We have become aware of a couple of good YouTube clips that we are happy to recommend to you. When you have some time, take a look at the following from Dr Mike Evans:

23 & 1/2 hours—What is the single best thing we can do for our health?

<https://www.youtube.com/watch?v=aUaInS6HIGo>

What's the best diet? Healthy Eating 101

<https://www.youtube.com/watch?v=fqhYBTg73fw>

These are just two from his library of clips. You can find others by searching under his name in YouTube.

We are happy to support you in making lifestyle changes that may improve your health outcomes—for advice specific to your needs please don't hesitate to make an appointment with a nurse or your GP.



We are now on ... Facebook.

This is another way we plan to keep in touch with patients & let you know what is happening at NMC. Please "LIKE" our page.



REMINDER....Flu vaccine is available now!

The Flu vaccination is FREE for those aged 65 years and older, pregnant women, and for some medical conditions.

The more people that are protected against influenza, and the earlier that you are vaccinated, the less it can spread. Please remember to tell friends, whanau and family.

Routine appointments...

As we are sure you can appreciate, Mondays and Fridays are often our busiest days when it comes to urgent or unforeseen requests for medical care.

If you need an appointment for a routine appointment (eg your three monthly medication review) we would appreciate it if you could try to avoid Mondays and Fridays. We have increased capacity on the other days, especially Thursdays, for routine appointments.

Thank you for your understanding regarding this.

Please call to make an appointment with our nurses.



Coughing or Sneezing

A critical time to practice good hygiene is when you are sick, especially when coughing or sneezing. Colds and other respiratory illnesses, like the flu, are spread by:

- Coughing or sneezing
- Unclean hands
- Touching your face after touching contaminated objects
- Touching objects after contaminating your hands



To help stop the spread of germs:

- [Cover your mouth and nose](#) with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket. (If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.)

Remember to [wash your hands](#) with soap and water after coughing or sneezing. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

Referral Letters

We have recently made the decision to routinely charge patients for the preparation of referral letters.

Writing a referral letter is no longer a quick task if we want to ensure the maximum chance of your referral being accepted.

Increasingly, both the public hospital system and private specialists are requiring more detailed information before accepting a referral letter. In many cases, we need to check clinical pathways to ensure you meet the criteria and have had all the required pre-work done. Your GP then has to provide a letter containing a thorough history, details of recent investigations and tests, medication lists, etc.



The standard charge will be \$20.00 but this may vary due to the complexity of the referral letter.

Patient Portal (ManageMyHealth)...

We have almost 20% of our patients now using the Patient Portal for many services, including:

- requesting repeat prescriptions
- booking non-urgent appoints
- accessing their test results

at a time that is convenient for them. We liken it to internet banking, but for your health! Charges do apply for services provided via the portal, but it might save you the time and cost of a full visit.

If you are yet to register, and are [aged 16 years or older](#), you can find more information on the home page of our website (<https://newlandsmedical.co.nz/>), or talk to one of our team. It is a fairly painless process—you just need to have an individual email address (a gmail or a yahoo email address is fine).

Please ask one of our team for a registration form.



Log in to **ManageMyHealth** and **manage** your health online in your own time