Courtenay Medical

March 2023 Newsletter

www.cmed.co.nz

Courtenay Medical Update - GP shortage

We are continuing with our recruitment process to find two new GP's to join our team.

We appreciate your continued patience as our current GP's, Dr Dave Pickett, Dr Rebecca Rowe and Dr Debbie Taylor are stretched to capacity for face-to-face appointments.

Dr Hui Wang continues to support the team with her Video Consultations from Melbourne. Please note, if you do not have the technology at home, you can always come into the clinic for a video consultation. Please contact Reception for further information on this service.

Health Improvement Practitioner

We now have a Health Improvement Practitioner (HIP) in the practice. A HIP is an extension to our team that provides help and support to patients with any problems.
These are FREE Appointments for enrolled patients.
Available on Tuesdays, Wednesdays & Fridays.
Appointments can be in the clinic or via phone call.
HIP visits are approx. 30 minutes in length.
Please call Reception if you would like to book yourself an appointment, no referral needed.

Examples of areas that the HIP visit can help with include:
Stress and grief
Anxiety and low mood (mild-moderate presentations)
Coping with a diagnosis or illness
Sleep problems, fatigue and energy management
Chronic pain
Lifestyle changes and Health choices (e.g. eating, exercise, smoking cessation)
Family or relationship issues
Gender identity, sexual orientation
Addiction

Measles

Measles has been identified again in NZ recently. Measles is highly contagious and can be very serious for people who are not protected against it. The MMR vaccine provides great protection against measles. If you and your whānau are not vaccinated or are not sure - contact us to check if you need it. The vaccine is completely free for those born after 1 Jan 1969.

To find information https://www.health.govt.nz/measlesexposure

Repeat Prescriptions

Repeat prescriptions must be requested using your Manage My Health App, please **allow 3 working days** for your script to be available. You must specify your Pharmacy of choice when ordering your script

For **ALL Urgent** scripts please call the practice on 04 801 5228.

Contacting us

Please leave a voice mail message if you cannot get through on our phones during busy times. We clear these regularly.

For General health advice:

please try these options before phoning us for non-urgent advice

Healthline 0800 611 116
www.healthline.govt.nz

Or www.healthnavigator.org.nz for reliable patient friendly health information

Have you signed up and activated your ManageMyHealth

Payments

Payment for consultations is required on the day of consultation, including telephone & Video consultations, which incur a normal consultation fee.

Courtenay Medical

March 2023 Newsletter

www.cmed.co.nz

Prescriptions

The turnaround time for standard prescriptions is now **three (3) working days** (previously two (2) working days).
While most prescriptions are turned around quicker than this, the three-day period takes the stress off the system, particularly when a GP is away for any length of time and particularly as we are short staffed.
Any prescription required within the three-day period is considered **URGENT** and carries an additional charge.

Masks

We do ask that you wear a mask in the waiting room. It is a mandatory requirement for healthcare settings.
Masks reduce the risk of transmission and reduce the risk of catching an infection.

Covid Care

From 13 February, the funding has changed for patients with a positive Covid result. Antiviral medications are available for the following groups at no charge: Over 65 / Underlying Health Conditions / Maori or Pacific over 50
Visit COVID19.health.nz to find out more.

If you are very unwell with Covid-19 please contact us.

Travel Health

Organising your travel health needs is complex and involves much more than just getting a few vaccinations. We recommend that you get your travel health organised at least 6 weeks prior to departing.

Please go to our website Travel Health page for all the information regarding our Travel health service.

A Pre-Travel Questionnaire will need to be completed for each person. You can download this from our website.

Yellow fever – Please note we do not provide Yellow Fever.

Practice Plus Online GP service

We are pleased to offer Practice Plus to our patients as an extension of care options when we are unavailable.

Weekdays 5pm to 10pm
Weekends and Public Holidays 8am to 8pm
www.practiceplus.nz

When we are closed…

You can seek medical attention at Wellington Accident & Urgent Medical Centre, 17 Adelaide Rd, Newtown, Wellington (04) 384-4944

Open every day 8am-9pm

AMC WELLINGTON ACCIDENT & URGENT MEDICAL CENTRE

Practice Plus online GP Service
Weekdays 5pm to 10pm
Weekends and Public Holidays 8am to 8pm
www.practiceplus.nz

Practice PLUS

Between the hours of 9 pm – 8 am
Wellington Hospital Emergency Department, Riddiford St, Newtown

EMERGENCY

Free health advice when you need it
Healthline
0800 611 116
www.healthline.govt.nz

Facebook & Wi-Fi

We have free Wi-Fi in the waiting room.
We have changed providers so you will need a new password, see our Noticeboard for this.