

Directors Cut

Primary Care continues to be under the pump due to the many impositions of Covid-19 and the nationwide uncertainties of health changes and the shortage of health professionals.

For many years I have spoken to patients about Steven Covey's circle of concern and the much smaller circle of influence. By focusing on matters we can influence it brings a more optimistic and expanding sense to our horizons. Covid-19 is now receding as a feared outcome for all and extreme caution is now reserved for our more vulnerable citizens. In the spirit of optimism and influence what better metaphor than Courtenay Medical re-opening our front door and retiring the intercom.

The imminent health changes with disbanded DHBs, newly formed Health NZ and Maori Health Authority and emphasis on localities will likely take a couple of years to deliver tangible benefits to our patients in Wellington. Courtenay Medicals challenge is to absorb the external changes and continue the search for a sustainable model for primary care. Be assured we are part of the solution and we will continue to innovate and iterate changes.

We are truly blessed to retain our nursing services after so many staff changes to our clinical team. Howard and Ashleigh are our full time nurses and we are thankful of the continued support from our part time nurses Rebecca, Vanessa and Penny. We sadly farewell Diana as she has moved to Dunedin.

Marika is our part time Primary Care Practice assistant (PCPA). Marika is unofficially known as our "Happiness Engineer" and has worked long hours to organize and support our Covid effort and keep the place running smoothly and keep a smile on all our faces. Thankyou Marika. Lydia starts with us as a full time PCPA. This is a good news story on many levels as Lydia is Ukranian by birth and trained as an academic teaching Paediatric nurses. Lydia relishes the opportunity to start a new career as a PCPA. We are equally delighted she is taking us on.

Dr Dave Pickett

Director Courtenay Medical

Repeat Prescriptions

Repeat prescriptions must be requested using your Manage My Health App, please **allow 48 hours** 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.

Please remember to order your prescriptions before you run out as your request takes time to process. Courtenay Medical's policy requires all patients to have a medication review annually with their GP.

Online Banking & ATM deposits

Please include your name and chart number as the reference so we can allocate your payment.

Reception Email: Please do not email reception with clinical matters or to book or cancel appointments.

Our reception email is only for non-urgent administrative tasks.



Payments

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

Pre- Travel Covid Testing You must determine what pre departure requirements you need for international travel. Please contact us on 04 801 5228 to book your appointment for documentation and /or Supervised rat tests. Wellington SCL perform Covid-19 pre-departure testing daily.

<https://travelcentre.mytests.co.nz/>

My Covid record Once you have been diagnosed with Covid-19 you must upload your result to My Covid record so that regional public health and Courtenay Medical are advised.

<https://mycovidrecord.health.nz/>

Vaccine Booster 4th Dose booster vaccines are coming soon! Anyone receiving a second covid-19 booster needs to have had their three-dose primary course including their first booster. There needs to be a minimum of 6 months after first booster or a minimum of 3 months after contracting Covid-19.

We will contact you when it is your turn for the booster.

You will be able to book online via MMH or phone us to book in your for your Covid-19 booster, we will run dedicated vaccination clinics again.

June is Bowel Cancer Awareness month



Bowel Screening When it is your turn to be screened, you will receive an invitation letter, a consent form, and a free bowel screening kit. The test is simple and clean, and you do it at home. Bowel screening will be offered every two years to men and women aged 60-74 who are eligible for publicly funded healthcare. To Find out more go to www.timetoscreen.nz 0800 924 432 or talk to your doctor.

Flu vaccines Flu vaccines are now available for all patients. Fully funded Flu immunisations are available for the following people:

- Anyone aged 65+
- Those with Maori or Pacific ethnicity who are aged 55+
- Anyone who has a eligible medical condition - call our nurse to see if you are eligible

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



Or between the hours of 11pm—8am
Wellington Hospital Emergency Department, Riddiford St, Newtown, Wellington.



Or Phone Healthline on 0800 611 116



Contact Details

Have you changed any of your contact details?

Please tell Reception, so we can update your records, by phone 04 801 5228 or email us at reception@cmed.co.nz

Facebook & Wi-Fi

Like our page. We have free Wi-Fi in the waiting room

