

Newsletter

March 2019

Farewell!

Sadly, Dr Trudie James will be finishing with us at the end of March. Trudie has been a fantastic part of our team and we wish her all the very best for the future.

Some excellent locums are joining us to help us through a period of change between April and the end of June.

Many of you will know we are gearing up to shift to bigger premises on Tancred Street. Part of the shift is to expand our team to provide better availability of services for our patients. The great news is that we will be getting some new GPs from June, but limited space at our current premises will bring about some challenges in managing this.

We will keep you informed about our new doctors as they come onboard. Also, keep an eye out for more information about our new building over the next couple of months.

Website

Have you visited our website recently (www.sealyst.co.nz)? Keep up to date with all our news, book appointments online, and request repeat prescriptions. Information on our services, opening hours, fees etc. can all be found here.

As our website is for you, please let our team know if there are any improvements we can make.

Patient Portal



We recommend that all our clients over the age of 16 sign up as users of our Patient Portal, ConnectMed. We have made big in-roads in to what information is accessible through ConnectMed:

- Book your doctor's appointment online
- Request prescriptions online and see your medications
- Access your test results online
- Access your patient notes

All you need to sign up is a unique email address, and proof of identity and date of birth (you must be 16 years or older).

Please talk to our reception team if you would like to register. And if you are having trouble logging in or accessing your information, please let us know. We are here to help.

Appointments

There is still a huge demand for appointments and you may find it difficult to get one on the day you want it. Our receptionists and nurse team work very hard to ensure those with an urgent need are given an appropriate appointment. We manage this with our clinical assessment and treatment system, whereby a nurse will make an assessment by phone.

If you are wanting to make a routine appointment we recommend booking on-line via our website, www.sealyst.co.nz, or phoning at least one week prior.

Measles

Measles is a highly infectious viral illness spread by contact with respiratory secretions through coughing and sneezing.

Symptoms of measles include:

- A respiratory type of illness with dry cough, runny nose, headache
- Temperature over 38.5 C and feeling very unwell
- A red blotchy rash starts on day 4-5 of the illness usually on the face and moves to the chest and arms.

People are infectious from five days before the onset of the rash to five days after the rash starts.

Infected persons should stay in isolation – staying home from school or work – during this time. Anyone believing they have been exposed to measles or exhibiting symptoms, should not come to the surgery, hospital or after hours' clinic. Instead call us any time, 24/7 for free health advice.

Protection

The best protection from measles is to have two MMR vaccinations. People are considered immune if they have received two doses of MMR vaccine, have had a measles illness previously, or were born before 1969.

Currently vaccines are being rationed because of supply, and we are prioritising patients in line with CDHB recommendations.

We ask for your patience if you have contacted us in the past week regarding your immunisation history. We are working through the backlog of phone calls and emails, and will be able to offer vaccinations to everybody in due course.

Flu Vaccines



Due to the Canterbury measles outbreak and pressures on vaccine suppliers, our flu vaccine clinics will be later than in previous years.

We will still hold clinics at the Sinclair Centre and will send invitations out as soon as we have confirmation of vaccine deliveries.

Flu vaccines are free for the following groups:

- Pregnant women
- People aged 65 years and older
- People aged under 65 years with a chronic medical condition
- Children aged 4 years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness

If you don't fall into any of the above groups it is still recommended you have a flu vaccine. Fees are \$36.00 per person, discounted to a family rate of \$31.00 per child (for this to apply more than one member of the family must be vaccinated).

Change of Details

It is important that we have up to date records for our clients. Please let our reception team know if you change your:

- Name
- Address
- Home phone number
- Cell phone number
- Employer
- Occupation
- Next of Kin

Community Services Card

In line with Government funded health care, we are now able to offer reduced consultation fees to Community Services Card holders, and free consultations to children aged under 14.

Under 14 years	free
14 – 17 years	\$12.50
18 years and older	\$18.50

For further information on eligibility criteria please go to www.workandincome.govt.nz or visit your local WINZ office.

Facebook



To keep up with all our news and announcements like our new facebook page: Sealy Street Medical Practice.

Although we are very keen to develop this into a platform for communication, we are unable to give personalised medical advice on this page for both safety and privacy reasons.

Practice Nurse Vacancy

We currently have a vacancy for a permanent part-time practice nurse. For further information see our advert on TradeMe Jobs.