



Winter Newsletter

COVID-19, new staff, new services, flu vaccination



Whatever the problem, our GPs, Nurse Practitioners and Practice Nurses are here to help with any health concerns you or your whānau might have.

COVID-19

If you have any symptoms of COVID-19, get a test. We are doing daily tests for COVID-19, ideally please call us first, but we are accepting walk-ins. We are soon to be installing a cabin in the car park for COVID-19 testing. Anyone with a respiratory virus or suspected COVID-19 will be seen in there. This is for everyone's safety.

Testing for COVID-19 is free to everyone in Aotearoa New Zealand. The Delta variant is currently sweeping parts of Australia and with the recent case who visited Wellington, we are reminded that we have been very lucky so far. But that may not always be the case.

Wellington is just a quick stop away and the Delta variant is so transmissible, we need to be cautious with any symptoms.

The main symptoms of the Delta variant are:

- Headache
- Runny nose or head cold
- Fever
- Sore throat

But also remember that **any symptoms of COVID-19** should be investigated and swabbed to ensure we eradicate any and all community transmission. As a reminder, these are the most common symptoms of COVID-19:

- Fever and/or chills
- Difficulty breathing or shortness of breath
- Runny nose, congestion or head cold
- Sore throat
- Headache
- Muscle or joint aches or weakness
- Fatigue
- Dry cough
- Loss of taste or smell
- Nausea/Vomiting/Diarrhoea
- Persistent chest pain
- New confusion

- Inability to stay awake
- Blueish, grey or very pale discoloration on lips, nail beds

Good news about COVID-19. Vaccinations are now available for all of the following groups:

- Over 65 year olds
- Under 65 year olds with chronic diseases. The general rule is that if you get a flu vaccine funded each year, then you can get your COVID-19 vaccine now
- Pregnant women - any trimester
- People with disabilities, or looking after someone with a disability
- Adults in custodial settings

To book your vaccine, please call the dedicated freephone line 0800 358 4636.

Vaccination is being carried out at the new Nelson Vaccination Centre at 16 Paru Paru Road, Nelson (just past the Countdown car park). At Golden Bay Community Health Centre, 10 Central Takaka Road, Takaka and at the Blenheim Vaccination Centre, Unit 3, 19 Henry Street, Blenheim.

Introducing Our New Hauora Health Whānau



Dr Peter Thomas

Dr Pete joins us from Tasman Medical Centre after working as a Richmond GP, he has brought his 20-something years of experience and kindness to Hauora Health. He started out as the sole GP in Hamner Springs and then moved with his young family to Richmond. Pete enjoys all aspects of being a GP and he has a special interest in minor surgery and the diagnosis and treatment of skin cancers. Pete is very happy to see anyone who has a mole or lesion of concern.

When Pete is not working, he enjoys tramping with his whānau and dog Stella, camping, mountain biking and taking in the beauty of our stunning region.

Pete works two-three days a week.



Dr Suzanne Washington

Dr Suzanne has been with Hauora Health since late 2020 and many of you know her well. Suzanne is a highly qualified and experienced GP with a special interest in women's health, family planning and sexual health. She also enjoys emergency medicine, dermoscopy and minor surgery. She is an excellent advocate for all her patients.

Suzanne has a wonderful singing voice and can often be seen joining local singing groups in Nelson.

Suzanne works five mornings a week.



Nurse Practitioner Fiona Blair

NP Fiona Blair has been working with Hauora Health since March 2021 and has garnered a loyal patient list in the short time she has been with us. Her dedication to long term condition management is outstanding. Fiona has worked in primary care for the last 30 years and seen some dramatic changes in the way we address health and wellbeing. Fiona has her feet firmly placed in the preventative medicine camp and enjoys working with patients across the lifespan. She has worked in rural communities in Aotearoa New Zealand and Australia and is PRIME trained. Fiona has a clinical Master's and completed eight years of education to become qualified as a Nurse Practitioner.

Nurse Practitioners can do everything for our patients that GPs can do and have the same prescribing authority as medical prescribers.

Fiona is also just as at home in the wilds of our beautiful country and takes every opportunity to tramp the great outdoors or curl up with a good book and an equally good scotch.

Fiona works three full days a week.



Nurse Practitioner Emma Dillon

NP Emma Dillon comes from a Southland farming background and has 10 years of experience in primary care before completing eight years of education and gaining her clinical Master's and Nurse Practitioner status. Emma is very keen on minor surgery in addition to everything else general practice has to offer.

Nurse Practitioners can do everything for our patients that GPs can do and have the same prescribing authority as medical prescribers.

Emma also worked in rural medicine on Stewart Island and is PRIME trained. She is Chair of the Rural Nurses of New Zealand and active at Nurse Practitioner conferences throughout the country.

When Emma has free time, she is busy learning New Zealand Sign Language and the piano, or she is out tramping or fishing. She recently had great success with a kingfish in the Cook Strait.

Emma works three full days a week.



Yasmeen Jones-Chollet - Health Navigator

Yasmeen is our new Health Navigator or Pūkenga Manaaki. Yasmeen is a Registered Nurse and she is studying towards a Masters in Social Work. She can meet with you and have a kōrero about what supports there are for you within the health system, and elsewhere in the community. She can help you access various supports, advocate as needed, and help you come up with a plan to protect and enhance your well-being. This can be anything from trying to navigate the WINZ, housing, welfare or social system, work out what services you can access if you need help after an operation or significant ill health or help with organizing medicines, advance care planning and relief of social isolation.

She has a broad range of experience working within the volunteer sector, here in Aotearoa as well as overseas.

Yasmeen loves music, reading, writing, and spending as much time as possible in te taiao, nature. She is a mum to a gorgeous 8-year-old pirate.

Yasmeen works daily 9.30–4pm. Seeing Yasmeen for health navigation is a service provided by Hauora Health which is free to our patients.



Flu vaccinations

Don't just prioritise the COVID-19 vaccination. It's still really important to have your flu shot this winter.

We have seen many people delay their flu vaccination because they are holding out for their COVID-19 vaccines. If you are not in groups 1,2 or 3 then get your flu shot now.

It is recommended that there be a two week interval between flu and COVID-19 vaccines. So have your flu shot either before or after.

But please, come to Hauora Health for your flu vaccine. We have purchased enough for everybody and by having your flu vaccine with us, this enables us to provide more services and cheaper services for you in the long term. Things like discounted or fully free consultations, infusions, mental health consults, reduced charging for Care Plus consults or like us being able to provide health navigation services free of charge.

Infusions and injectables

Sometimes, we all need a little help boosting our immunity or helping our body out. Your provider may want you to have a medicine injected into a vein in your arm. This can be a daunting process, but our excellent skilled nurses are here to treat and care for you throughout the infusion. Infusions are fully funded and are at no charge to the patient.



IV fluids

Sometimes, when we get sick we become dehydrated and need intravenous fluids to correct this. Your provider may suggest this if you are unwell. This can be done safely and comfortably in our dedicated treatment room.



Osteoporosis

As we age, the density of our bones can deteriorate and cause osteopenia or osteoporosis. There is a simple funded treatment called Aclasta which can help treat this very successfully. If you are over 60 and have had a fracture, have been on long term oral steroids for any condition, have a slight or thin frame, long-term smoker or heavy user of alcohol then speak to your provider about your bone density.



Low in iron?

From time to time, some people have low iron stores or may become iron deficient. Whilst there is an easy to take oral supplement which can be prescribed, many people find it doesn't suit them. Iron infusions can be a suitable alternative.

Iron deficiency can be caused by many things including vegetarian and vegan diets which restricts heme-iron foods, menstrual periods, certain gastric function disorders or long-term conditions.

An iron infusion raises the body's iron levels faster than diet and oral supplements or medicines. The benefits are felt within a couple of weeks and can last months or years.



IV, injectable and oral medications

We have lots of medications in stock so that we can give you medicine when and where you need it.

Whether it is your B12 levels that have fallen, you need something to stop you from vomiting, you need a bit of sedation prior to a procedure or you need a cortisone shot into a joint - we are here to help.

Our nurses can also see and treat you under something called standing orders. These are some conditions and associated medicines for which you don't need to see a GP or NP. Our nurses are fully trained with these conditions.

- Female urinary tract infection/bladder infection
- Strep throat
- Acute ear infection
- Acute asthma or COPD exacerbation (you will also see a provider)
- Dental infections
- Shingles
- Bites (animal or human)
- Croup
- Emergency contraception

(Must be within 72 hours of unprotected sexual intercourse - the earlier the better)

- Wounds, boils, cellulitis, skin infections
- Bacterial sinusitis
- Sexually transmitted infections
- Conjunctivitis

Please note that injectable medications and standing orders do incur a fee.

School Holidays

Please note that some of our providers will be away during the school holidays so they can spend time with their whānau. The school holidays are running from Friday 9th July to Monday 26th July. Please check with your school as some schools may vary their holiday dates.

There may be a limited amount of appointments during these weeks. If you can plan in advance to come in to see your preferred provider after the holidays, that will save disappointment. We are staffed fully and a Doctor or Nurse Practitioner will be able to see you.

Fiona is away both weeks and Suzanne is away for the second week.

Paying for your consultations and extra items

Sometimes a provider recommends a treatment like an injection, ECG or cryotherapy and offers to do it on the day, or ask the nurse to do it. Please be aware that there is an additional charge for such items. If you're ever unsure of how much something is going to cost, please just ask. If you're not able to afford it, there are options for spreading payments, setting up automatic payments and in some cases, we can use claiming pathways. Otherwise, payment is expected on the day.

We will always try to use Government claiming options in place of patients paying for certain services.

Payment for minor operations is expected on the day.

We know that it's been a rough couple of years. If you're having trouble making ends meet, we ask that you still prioritize your health even if you cannot afford to pay to see a provider. Come in and have a chat with our receptionists and we will do everything we can to still look after your health and explore other options for paying for your healthcare.

We do not want financial strain to be a barrier to you obtaining quality healthcare.

Our overall ethos to patient debt, is to "be kind, we don't know your situation".

Hauora Health Centre

The Collingwood Centre, 2/105 Collingwood Street, Nelson
New Zealand

+64 3 548 8663
reception@hauorahealth.nz



You received this email because you are an enrolled patient at Hauora Health Centre. If you wish to unsubscribe please click the **Unsubscribe** link below.

[Unsubscribe](#)

