

The Doctors Napier turns 30!



We are celebrating 30 years of caring for our community!

The history of The Doctors

Starting out in a small villa on Munroe Street back in September 1989, then known as Hawkes Bay Health Services. This soon expanded next door into what was then the Rural Bank. As the name was so similar to the DHB we then became 'The Doctors' franchise and opened practices in Hastings, Palmerston North & nationally. The franchise was then sold to Radius Medical Solutions and then on to Greencross Health, with The Doctors Napier Ltd retaining The Doctors Napier & The Doctors Greenmeadows.

The Doctors (Napier) Ltd now has four sites, The Doctors Napier, The Doctors Greenmeadows, EIT Health Centre and The Doctors Westshore.

The Doctors was among the first medical centres in New Zealand to provide 7-day a week and extended hours care to patients.

There are now more than 40 medical centres within The Doctors Group.

Oh, how things have changed - here's a few other things that were happening back in '89

- ✚ The Berlin wall came down
- ✚ TV3 began broadcasting
- ✚ Sunday Trading begun in time for the Christmas rush
- ✚ The first Holmes show aired
- ✚ Another day in Paradise – Phil Collins was the top song

Healthcare Teams

There are some positive changes happening across The Doctors

We are making some changes to how we care for you. As a registered patient you are now part of a Healthcare team. Due to our GP's working rostered shifts and different hours it may mean your GP isn't always available. Thus, the creation of Healthcare teams. This means you will have a team of people caring for you.

You can see who your healthcare team is by visiting our website: www.thedoctors.co.nz

Due to high demand for appointments we may offer you different alternatives to face to face appointments from one of your Healthcare team members. This is to ensure we are getting the right care to you in a reasonable time frame.

We value your thoughts – if you have any feedback about our recent changes we'd love to hear about your experience

Measles Update

Measles is a serious and highly contagious illness which can affect adults as well as children. The measles outbreak, particularly in Auckland, is growing rapidly every day so we want to help you stay well, to explain what happens and how we can help if you think you have measles. Further information can be found at www.health.govt.nz

Symptoms of measles

Signs and symptoms of measles typically include:

- ✚ Fever
- ✚ Dry cough
- ✚ Coughing up green or thick mucous
- ✚ Runny nose
- ✚ Sore throat
- ✚ Sore ears
- ✚ Sore back
- ✚ Trouble breathing
- ✚ Stiff neck

- ✚ Inflamed eyes (conjunctivitis)
- ✚ Having a fit (seizure)
- ✚ Not passing urine for 10 hours
- ✚ Tiny white spots with bluish-white centres on a red background found inside the mouth on the inner lining of the cheek — also called Koplik's spots.

You think you have measles?

If you're feeling sick, stay away from work, school or public places, to help prevent putting other people at risk. If you or a family member suspect you have measles you should stay at home and call Healthline on 0800 611 116 or your doctor to alert them of your symptoms. If you have measles it is important to avoid spreading it to others in the waiting room.

If you think you have measles or have been in contact with a confirmed case of measles:

- ✚ call us first before coming in
- ✚ when you arrive please stay in your car, phone us, then wait in your car until a nurse or doctor asks you to come in
- ✚ if you are coughing, we will ask you to wear a mask

Getting vaccinated against measles (MMR)

Vaccination is important for:

- ✚ Children under the age of 12 months (bought forward from 15 months) who have not received their first routine dose of MMR vaccine (the second dose is at 4 years). They are susceptible and rely on everyone else to be immune so that measles does not spread to them
- ✚ Children aged 6-12 months only if in contact with a known case or travelling overseas to countries with an active measles outbreak
- ✚ Adults born after 1 January 1969 who have not had two doses of the measles-mumps-rubella (MMR) vaccine
- ✚ Youths and adults who have not been vaccinated - no doses

Some people are not able to have the vaccine e.g. those on immunosuppressant medication. Measles vaccine (MMR) immunisations are funded for NZ residents and those eligible for funded medical treatments. Unfortunately, it is not free for those who do not qualify.

Vaccines are the most widely administered medicine across the world and are more commonly used than paracetamol. Vaccines are tested and studied for decades before they are even approved for use