

## Newsletter – May 2022

### Enrolments

The Doctors Hastings is now taking on new patients. The Doctors Gascoigne is open for conditional enrolments. If you have friends or whānau in Hawkes Bay who do not have a GP, they can visit <https://www.thedoctors.co.nz/Enrolment-Form/?region=undefined&path=The-Doctors-Hastings> to complete an online enrolment form.

Our team will then be in touch to confirm details and complete the enrolment process.

### End of Funding for GP Visits for 14-17s

Unfortunately, the DHB has ceased funding GP visits for people aged 14-17. As a result, visits to the GP for this age group will no longer be free, and a fee will apply.

### Staff Updates

Farewell to Dr Dita van Leeuwen and Dr Hannes Meyer, we wish them all the best.

Welcome to Dr Godwin Marufu, Dr Andrew Rigby, Dr David Burton, reception team leader Kathy and receptionist Cath!

### Flu Vaccines

As people in Aotearoa emerge from their bubbles, there's a much bigger chance of catching influenza.

Pandemic measures like mask wearing and hand hygiene mean we've had no 'flu circulating in New Zealand over the past two years, so community immunity is lower than usual. And, with international borders opening, we'll likely see new strains of 'flu spreading in our communities.

Flu vaccines are funded for the following groups:

- Pregnant women (in any trimester)
- People 65 and over
- Māori and Pacific people 55-64
- Children aged 4 years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- People of any age with certain medical conditions

Non-funded Flu vaccines are available for \$36.

Please phone the practice to make an appointment or visit your local pharmacy.

### Preventative Health and Screening Services

COVID-19 has meant some preventative screening and health services have been delayed. Please read through the available services below and talk with your GP or nurse if you have missed any health screenings or vaccinations.



### **Vaccines**

- Childhood immunisations at 6 weeks, 3 months, 5 months, 12 months, 15 months, and 4 years (with B4 School Check)
- 11 year immunisations (HPV and Boostrix), which are normally completed at school
- 45 year Boostrix (Tetanus, Diphtheria, Whooping Cough)
- 65 year Boostrix and Zostavax (Shingles)
  - Note that Zostavax is the funded Shingles vaccine, given in your 65<sup>th</sup> year. Outside of this, Shingrix is the non-funded option for vaccination against Shingles for those 50+. The cost is \$250 per dose plus a nurse consult fee, with two doses required for maximum protection.

**Mammograms** - Free 2-yearly mammography for women aged 45-69. Breast cancer is the most common cancer affecting women in New Zealand. Talk with your GP or nurse about breast screening or visit [https://www.nsu.govt.nz/sign-your-two-yearly-mammogram?location=5\\_coast](https://www.nsu.govt.nz/sign-your-two-yearly-mammogram?location=5_coast) to register with BreastScreen Aotearoa.

**Cervical Smears** - All women between 25 and 69 who have ever been sexually active should have regular 3-yearly smear tests. With regular cervical screening any changes on the cervix can be detected and treated before they become cancers. If you have not had a cervical smear, or you are overdue for your smear, please phone the practice to book an appointment with the nurse. Visit <https://www.timetoscreen.nz/cervical-screening/> for more information.

**Cardiovascular Risk Assessments** - The Cardiovascular (Heart) Risk assessment is an estimate of your risk of having a heart attack or stroke in the next 5 years. The age you should start having heart risk assessments depends on your gender, ethnicity, and other risk factors. For more information, visit <https://www.healthnavigator.org.nz/health-a-z/h/heart-risk-assessment/>

**Prostate Screening** - Routine testing for prostate cancer in all men without symptoms is currently not recommended in NZ. For those with a family history of prostate cancer, screening is recommended and for those without a family history, screening may still be the right option for you. For more information to help you decide if prostate testing is right for you, visit <https://kupe.net.nz/> and book an appointment with your GP if you wish to proceed with screening.

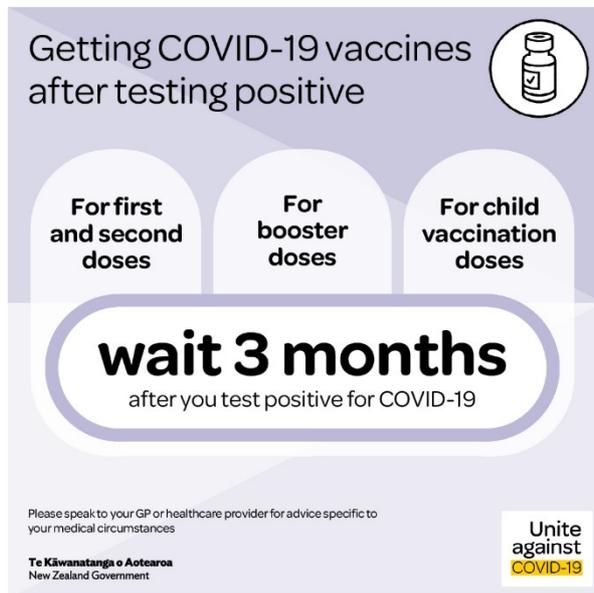
**Bowel Screening** - The National Bowel Screening Programme is a free screening test to help detect bowel cancer. The screening test is offered every 2 years for people aged 60-74. For more information, please visit <https://www.timetoscreen.nz/bowel-screening/about-the-national-bowel-screening-programme/>

**Diabetes Annual Reviews (for patients with Diabetes)** - The diabetes annual review and foot check are an important part of monitoring and managing your diabetes. We are currently reviewing how we support patients to manage diabetes and working to improve access to nurse appointments for the annual review. If you would like to provide feedback about your experience with managing your diabetes, your experience when you were diagnosed, and let us know how we could better support you, please send an e-mail to [info@ha.thedoctors.co.nz](mailto:info@ha.thedoctors.co.nz) and attention the e-mail to Julie.

### **COVID-19**

COVID-19 is still in the community and vaccination remains an important part of protecting yourself and those you care about, in addition to wearing a mask and staying home when you're unwell. You need to wait 3 months after you've had COVID-19 before you can have the next COVID-19 vaccination.





Getting COVID-19 vaccines after testing positive

For first and second doses

For booster doses

For child vaccination doses

**wait 3 months**  
after you test positive for COVID-19

Please speak to your GP or healthcare provider for advice specific to your medical circumstances

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

### MMH

ManageMyHealth Patient Portal is now available for the following:

- Repeat prescription requests of long-term medications
- Test results
- Consultation notes
- Recalls
- Appointment bookings with your GP or Nurse Practitioner (does not include urgent or on the day booking)

Please phone the practice if you would like to register for ManageMyHealth. If you are registered but not yet activated, let your reception team know and your activation code can be resent.

