



Staff Changes

Dr Angelo Cacciato, one of the practice partners, left us at the end of March. Angelo and his family made the difficult decision to relocate back to the UK to be closer to their families and they are now living in Cardiff. Angelo promises us that he will wear an All Blacks jersey to the stadium next time the All Blacks are visiting Cardiff! Our hallways are much quieter without him and we all miss his hard work and good humour.

Replacing him as a partner is Dr Jared Cook. Jared has been working with us since July 2011 and is particularly well known to our smallest patients who enjoy the endless supply of balloon toys and animals which emerge from his room. Jared is committed to Waikanae Health in the long term and we welcome him to the partnership.

The new voice on the phones is Lesley Tysoe. Lesley joined us in February when Frances retired, and she has very quickly become part of the team.

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Electronic Health Records — Shared Care

Improvements are being made to the way your health information is shared.

The new Electronic Health Record will allow authorised health care providers, such as hospital ED doctors and after hours doctors, to access a summary of your information from your GP.

Information like your test results, medical conditions, allergies and prescribed medications will be shared. The information will be available at any time, even when our practice is closed. The information is stored securely in NZ and all access to the information is recorded and routinely audited.

Sharing this information helps you get the best care possible, as quickly as possible, by:

- Making sure you don't have to repeat tests when results already exist
- Helping you and your health care provider to make faster and better decisions about your care
- Alerting health professionals to any risk that treatment may cause due to your medical conditions, medications you are taking or allergies you may have.

You can choose to withhold all or some of your information. However, if you choose to withhold your information, health professionals involved in your care, for example in an emergency situation, may not immediately have information available and this could delay appropriate treatment and mean additional tests are needed.

If you don't wish other health providers to have access to your Shared Care Record you can opt out by calling **0800 727 664**. Alternatively you can call in to Waikanae Health and pick up the Sharing Information brochure which contains an Opt Out form which you can complete and send in the post.

If you have any questions about the Shared Care Record you can ring the free-phone number **0800 727 664**.



Weekend Opening Hours

Our Doctors are available for afterhours and weekend care. Our opening hours are as follows:

- Monday 8am—7pm
- Tuesday 8am—7pm
- Wednesday 8am—7pm
- Thursday 8am—7pm
- Friday 8am—5.30pm
- Saturday 9am—12.30pm
- Sunday Closed

Emergencies: Dial 111 and ask for an ambulance

For Afterhours and urgent care dial 04 293 6002

You will be connected to a Triage Nurse who will if necessary put you in touch with the afterhours Doctor on call.

EASTER OPENING

- Fri 18 Apr: CLOSED
- Sat 19 Apr: 9am—12.30pm
- Sun 20 Apr: CLOSED
- Mon 21 Apr: CLOSED

For urgent care outside of opening hours dial 04 293 6002



The Flu Season

Influenza can be a serious illness that is sometimes fatal. Infection with the virus may lead to a stay in hospital for any age group but particularly if you are elderly or have an ongoing medical condition. The flu can make an existing medical condition, such as asthma or diabetes, much worse.

The virus spreads very easily and up to 1 in 5 of us come in contact with it every year, even if we do not get sick. By immunising yourself against influenza you can protect yourself and lessen the chance of bringing it home to a baby, older relative or someone with a medical condition who could develop serious complications.

Pregnant women are more likely to get severe influenza illness than other people, and it can affect the unborn baby. The influenza vaccine has been proven to have an excellent safety record for both the pregnant woman and her unborn child, as well as breast feeding Mums. The protection from immunisation in pregnancy can also be passed on to baby so he or she is born with some temporary immunity to influenza. This protection comes naturally from antibodies that Mum has created as a result of immunisation. The vaccine itself does not directly immunise baby.

Influenza facts:

- ◇ Influenza isn't just a bad cold: it can be serious and can kill
- ◇ Immunisation is one of your best forms of protection
- ◇ Immunisation helps prepare your immune system to fight the flu
- ◇ You CANNOT get the flu from the vaccine
- ◇ Influenza immunisation is FREE for those most at risk, that is anyone with an ongoing condition such as asthma, diabetes, or a heart or lung condition, pregnant women and everyone over 65 years of age.



Flu vaccination season for us starts in March and we are now well underway with our flu clinics. These are running daily for the next few months. To make an appointment call us on 293 6005 and speak to the girls at reception. The period for fully funded immunisation ends on 31 July.

The Ministry of Health keeps a record of influenza immunisation on the National Immunisation Register so that authorized health professionals can find out what immunisations have been given. If you do not want your immunisation recorded on the National Immunisation Register please advise the nurse when you are having your immunisation and she will opt you off the Register.

Patient Satisfaction Survey

Thank you to all the people who completed our satisfaction survey last month. The results from this are currently being collated by our PHO and we will be looking at where we can make improvements.

To monitor how we are doing we will be asking people from time to time over the coming year to do an on-line feedback survey following their appointment. Every three months we will be randomly passing out cards showing the website details and asking people to go on line at home and complete a brief questionnaire.

Thank you in advance for assisting us with this.

There is also a Suggestion Box in the waiting room which we encourage everyone to use. If you have any good ideas or feedback please do not hesitate to complete one of the forms at the table and pop it in the box. We do consider these at our monthly meetings .

Evening Clinics

Many of our patients are working out of the area and find it difficult to get to their doctor's appointment between 8am and 5pm. To assist with this we now offer a limited number of evening appointments, between 5.30pm and 7.00pm, which are reserved for commuters and anyone else who cannot get here earlier.

If this would suit you please remember to ask for one of these time slots when you need to make your appointments.

Remember also to try and make your appointment well in advance to ensure you see your preferred doctor at your preferred time. If you would like us to text you a reminder of your appointment the day before just ask the receptionist to organise it for you.





Snapshots of our Staff... Docs



Dr. Dermot O'Connor

Dermot is a graduate of Otago University and has worked in Waikanae since 1988. He has two children, Joseph and Esther Rose. Dermot is a fellow of the Royal NZ College of GPs and his speciality is family medicine. Dermot is a keen swimmer, walker and bike rider and enjoys triathlons, tramping and travelling.



Dr Diane Carter

Diane graduated from Otago Medical School in 1990. She worked in Palmerston North Hospital, then in England before returning to New Zealand to do her General Practice training. She is married to Dan and they have 4 children. Diane works part-time at Waikanae Health, as well as at Kapiti Youth Support in Paraparaumu.



Dr. Herman van Kradenburg

Herman is South African trained, having qualified in Medicine and Surgery at the University of Pretoria. He also holds a Postgraduate Diploma in Occupational Medicine.

Herman is an ESR Accredited Alcohol and Drug Advisor, and can assist with workplace alcohol and drug screening, monitoring and testing.

Herman is married to Jeanine and has three children. He enjoys outdoor pursuits, particularly fishing and diving.



Dr. John Clarke

John graduated from Manchester University in the UK in 1992. John works as a full time GP and his specialty is family medicine, geriatric and dementia care and diabetes. John is married to Jane and they have 4 children. He enjoys spending time with his family, working in his garden, playing masters' soccer and skiing. John thoroughly enjoys the New Zealand way of life and enjoys working and living in the Waikanae community

Blood Pressure Monitoring

Blood pressure (BP) is the pressure exerted by circulating blood upon the walls of the blood vessels and is one of the principal vital measurements that we monitor. During each heartbeat, blood pressure varies between a maximum (systolic) and a minimum (diastolic) pressure. Blood pressure is typically recorded as two numbers, written as a ratio like this:

Systolic: The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the muscle contracts).

Diastolic: The bottom number, which is also the lower number, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

Normal blood pressure should read in the vicinity of 140 / 85 or less.

If your BP reading is higher than normal your doctor may want to monitor several readings over time. We may do this within the clinic, or we have home blood pressure monitors available so that you can take your own readings at home over several days. At the end of the period you will be asked to return the machine along with the readings for the doctor to review. We charge a

And Now for a Joke: Grumpy Old Man

Yesterday I was at my local supermarket buying a large bag of dog food for my loyal pet and was in the checkout queue when a woman behind me asked if I had a dog.

What did she think I had — an elephant?

So, since I'm retired and have little to do, on impulse I told her that no, I don't have a dog, I was starting the Dog Diet again. I added that I probably shouldn't because I ended up in hospital last time, but I'd lost 10kg before I woke up in intensive care with tubes coming out most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way it works is to load your pockets with dog nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in the queue was now enthralled with my story.)

Horrified, she asked me if I ended up in intensive care because the dog food poisoned me. I told her no, I stepped off a kerb to sniff an Irish Setter's rear end and a car hit me.

I am now banned from my supermarket.

Better watch out what you ask retired people. They have all the time in the world to think of daft things to say...



Aclasta Infusions

An infusion which replaces Fosamax



Travel Medicines

Travel vaccines and health advice for travellers



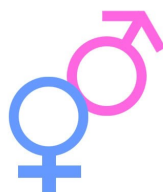
Smoking Cessation

Help with quitting smoking.



Diabetes annual checks

Review and monitoring of the diabetic's health including retinal screening



Contraception

IUD and Jadelle insertion and removal.
Vasectomies.



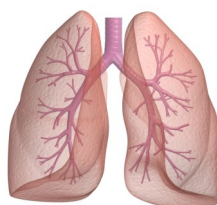
Minor Surgery, Biopsies and Excisions

Removal of skin lesions and moles. Toe nail re-sections and other minor operations done under local anaesthetic.



Occupational Health

We are accredited by NZQA for drug and substance abuse testing and provide pre-employment and independent medical assessments.



Spirometry

Lung function testing.

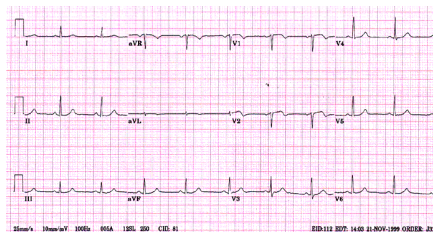


Ear Suctioning



Wound Clinic

Stitch and staple removal. Specialist dressings and wound care.



ECG recordings



Sexual Health

Advice, contraception and testing for sexually transmitted infections and diseases. This is a free service for anyone up to age 23.