

Welcome...

... to our latest newsletter.

... to spring. A time greeted by many of us as a time of promise for warmer weather to come, but for some it is a time when they suffer miserably from hayfever...more on that over the page.

... to a new team member. **Rebecca** joined us as a Practice Nurse in September and we are delighted she is joining our team.



Farewell and best wishes to...

... **Jo**, one of our nurses, who leaves us to start an exciting new chapter in her career.

... **Sylvia**, one of our Primary Care Assistants, who leaves us to work closer to home.

We thank them both for their service to our patients and for their contribution to our team. We know they will succeed in their new roles.



Covid19 Update...

Firstly, we have said it before but we would like to say it again...

THANK YOU to you, our patients, for your continued understanding, patience, and concern for our wellbeing. Changes to how we function will be here for some time to come, for the health and safety of everyone.

We are guided by the Ministry of Health and our professional associations as to how we manage what is looking like being a Covid19 marathon. We strive to remain flexible and adaptable as alert levels, and advice we are given, changes. You may have friends or whanau at other local practices that have different measures in place—there is no right or wrong. Each practice must choose their own approach to the guidelines as best suits their team and patients. We would rather act cautiously to minimise risk of infection by keeping patients with flu-like symptoms separate to the remaining patients. All patients are still treated—just in different ways.

There are consequences if we have infectious patients in the practice. In the event that one of these patients tests positive for Covid19 we would be closed down for a minimum of two days to allow for deep cleaning and the testing of all of our team. This has already happened to multiple practices in the Auckland area. We would not be permitted to reopen until all our team's test results were back and contact tracing has been completed. Being closed for two days would have a significant impact on our other patients who need us. This is why we continue to have our doors on controlled entry and ask screening questions.

We have had instances where patients have not answered the screening questions truthfully in order to gain access. This has caused significant disruption each time as the area where the patients have been has to be out of action while being cleaned, meaning the doctor or nurse is then behind time.

Please be reassured—your health is important to us. We have options in place to see you if you have flu-like symptoms. Depending on the severity of the symptoms you may be seen in the swabbing clinic, in the portacabin, or treated over the phone. You do need to be honest with us though.

Please be advised that we may charge patients a decontamination fee in future if we determine that they have not answered the screening questions truthfully.

When we are closed

Please contact:

Wellington Accident & Urgent Medical Centre
17 Adelaide Rd
Newtown
Wellington (04) 384-4944
Open every day **8am-8pm**



Or 8pm-8am
Wellington Hospital Emergency Dept
Riddiford St
Newtown
Wellington

Or



Find us on Facebook.

This is another way we plan to keep in touch with patients & let you know what is happening at NMC. Please "LIKE" our page.



For many people spring = hayfever....

Hay fever (or seasonal allergic rhinitis) is the inflammation of the lining of the nose and eyes due to allergy. It causes blocked, runny and itchy nose, sneezing and itchy watery eyes. Many people experience it as seasonal allergy to grass pollens. It usually occurs in spring and summer.

If severe and left untreated you may sleep poorly, be more prone to sinus and eye infections, and if you have asthma it may make your asthma symptoms more difficult to control.

Treatments include over the counter medications from the pharmacy, or through your doctor. These may include tablets, a nasal spray, or a decongestant.

Always continue to avoid the cause of your hay fever, where possible, even when taking medications.

If your symptoms are severe please make an appointment with your doctor as you may need further investigations.



Looking after your mental health and wellbeing during Covid19...

Source: <https://www.mentalhealth.org.nz/assets/COVID-19/MHF-Looking-after-your-mental-health-during-COVID-19-and-beyond.pdf>

This continues to be a tense time. Covid19 has rapidly changed how we work, socialise, travel, access healthcare, shop and live.

The Mental Health Foundation website has some useful tips on how we can get through this—together.

Find ways to connect...whether electronically or in person...reach out to a neighbour, phone a friend, join a virtual book club or games group

Find ways to take notice...of the natural beauty surrounding us, of things you are grateful for

Find ways to be active...go for a walk or run, do an online yoga class

Find ways to give...compliments, share your skills, share a recipe

Find ways to keep learning...stay curious and engaged in our world

Keep taking your medication...if your routine has changed due to working from home etc then use things like setting a reminder on your phone to prompt you to take your medication

Reach out...we are here to help you through this. As well as a call to us there is also a free confidential service that you can access to speak with a trained counsellor.

It's OK to
ask for help

Free text or call 1737 any time

NEED TO TALK?

1737

Drivers Licence Medicals...



...We have had a number of patients requesting that these assessments be done by our nurses. While the NZ Transport Agency does allow for this within certain nursing scopes of practice we still believe that assessing fitness to drive is best determined by your regular GP. Therefore we have made the decision that only our doctors will do these assessments. Please make an appointment with your usual GP if you require a Fitness to Drive medical.