



# PRACTICE NEWSLETTER NO.6

## Think FAST:

There is now more that can be done in the early stages of a stroke. This means a better chance of good outcomes.

The mnemonic "Think FAST" helps remember the signs of a stroke and the need to seek treatment early. F stands for Facial weakness, A for Arm weakness, S for Speech difficulty and T for Time to call 111.

## New Free Stop Smoking Services:

Nelson Bays PHO is offering great support to mothers who want to give up smoking in pregnancy with the Pepi First programme. This programme not only offers help but fantastic incentives such as vouchers, up to \$200 in value for places like the Warehouse and Pak n Save.

There is free intensive one-on-one support with a quit coach, nicotine replacement therapy and information about other quit smoking products and services for all smokers. The service accepts self-referral so phone 0800 NO SMOKE (0800 667 665) if you are interested.

## Next steps with the patient portal:

We will shortly be adding recalls and immunisation records for those with access to test results and medication lists via the portal.

## Disaster Response Planning:

Nelson general practices and the PHO have been working hard on improving the response of primary care in a disaster, using lessons from the Kaikoura quakes. Do you know that in the event of a disaster here or elsewhere, Facebook has a feature called Crisis Response? Assuming an intact network, if enough people in an area post about an incident “Safety Check” is activated.

This feature can let friends and family know you are safe.

## Merry Christmas:

Once again we hope you have a happy Christmas and relaxing holiday.

Please remember to stock up on your regular medication so you don't run out over the holiday period as this is now less than three months away.

We will be closed on the public holidays, but the Medical and Injury Centre (546 8881) will be open. If you phone the Surgery on a public holiday or weekend, your call will be diverted there.

We will be open, for urgent care only, on the days between Christmas and New Year. Things go back to normal on Wednesday 3rd of January.