



# PRACTICE NEWSLETTER NO.3

## Introducing Dr Alannah Stockwell:

Alannah replaces Dr Jenny Cooper on 1st of June and will be working every day but Friday. We are looking forward to her arrival. Alannah is a kiwi who grew up overseas. She trained at Otago Medical School and graduated in 2005.

She has worked in the Nelson / Tasman region since 2010 , most recently in Golden Bay and Richmond Health Centre. She has worked with a number of our doctors in other places so we know she will fit in extremely well.

Her special interests are women's health and minor surgery. She has recently returned from a course in advanced minor surgical procedures in Australia.

Anyone registered with Jenny is able to see Alannah, but is also able to choose one of the other doctors.

The only doctor who can't accommodate more patients at the moment is Dr Shaun McKenzie-Pollock.

## Introducing Kathryn Moore:

Kathryn joined the reception team in March. She works every day but Tuesday.

She has proved to be an extremely quick learner, and is calm pleasant and helpful.



## Adolescent Angst:

It can be hard to reach adolescents suffering from anxiety and depression. A proven tool that offers free online CBT (cognitive behavioural therapy) to adolescents via an interactive game and virtual therapist is SPARX. Often just suggesting the website [www.sparx.org.nz](http://www.sparx.org.nz) and encouraging the young person to take the mood quiz can be helpful.

## Flu Vaccines Have Arrived:

These vaccines cover the most common three strains of the influenza virus and are free to the over 65, pregnant women and those with certain medical conditions. The availability of funded vaccines is to be extended this year but the earlier you have the vaccine the earlier the benefit.

## Patient Portal:

We have realised that the patient portal is so named because patience is required. New technology always brings challenges and no solution is ever perfect. However almost 700 patients are now booking online and last month those patients were also able to order repeat prescriptions via the portal. Portal users will now also be able to access their test results. This requires a visit to your doctor or nurse, who can set it up for you.

## Did You Know ?

We post these newsletters (and our previous newsletters) on our website [www.nelsonfamilymedicine.co.nz](http://www.nelsonfamilymedicine.co.nz). If you have any queries or suggestions about the content, or queries about the portal don't hesitate to contact [sharon@nelsonfamilymedicine.co.nz](mailto:sharon@nelsonfamilymedicine.co.nz).