

PRACTICE NEWSLETTER NO.4

What does Level 1 mean?

It means that our team of 5 million has done something extraordinary. Not everything worked perfectly. The sacrifices were significant and ongoing, but we have much to be grateful for.

What it means now:

- Don't be complacent. Our border remains a risk.
- If you are sick stay home.
- Phone us or 0800 358 5453 for advice about testing.
- Wash your hands as if your life depends on it. Use hand sanitiser when you can't.
- Cough into the crook of your elbow.
- Use the contact tracing app or record your contacts and movements in other ways.
- Continue being kind to yourself and others.

Be kind to our reception staff. They have been working under a lot of pressure in these challenging times. I am proud to say they remained professional, kind and helpful throughout.

Dr Janneke Patterson:

The big workload post lockdown meant Janneke started earlier than intended.

She has hit the ground running and proven herself to be competent, caring and quick to adapt to new systems.

She is currently completing her aviation medicine training so she will also be able to do pilot medicals. This is going well judging from her high marks.

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New Portal and software:

During lockdown we changed the computer software we use to manage all our records and systems. That necessitated a change in patient portal. The transfer from the ConnectMed portal to the Manage My Health portal has not worked for everyone.

We apologise for any inconvenience as we work through the issues. Please contact us for help signing up or getting started.

Online gambling Help:

A new app is being developed for problem gambling. It is called Manaaki and is available to download from the Apple App store and Google Play.

Currently the University of Auckland is studying its effectiveness and is looking for trial participants. I am sure given the nature of the problem and the university's ethical research standards, privacy and safety of participants is assured. Contact manaaki@auckland.ac.nz for further enquiry.

Osteoporosis:

Can seriously affect your health, mobility and quality of life. Although it is more likely in older women, other groups can suffer.

There is a useful online tool you can take to assess your risk. Go to the website <https://www.knowyourbones.org.nz>.

If you are at high risk you can discuss treatment and prevention with your doctor. Regular weight bearing exercise helps prevent this condition, and plenty of others besides.