



PRACTICE NEWSLETTER NO.6

Christmas Hours:

The surgery will be closed on the weekends and public holidays over the Xmas New Year period. The Medical and Injury Centre (546 8881) will be open those days for urgent care. If you phone the surgery as usual, your call will be diverted there.

We will open from 9am - 4pm for urgent problems on Wednesday December 29th, Thursday 30th and Friday 31st. Please phone for appointments as there will be no online bookings those days.

We will resume normal service on Wednesday January 5th. Please remember to order your regular medication so you don't run out over the holiday period.

We wish everyone a very happy Christmas and all the very best for 2022.

Dr Janneke Patterson Returns:

On Wednesday December 1st Janneke returns from maternity leave to her usual sessions. These are: Wednesday afternoons, Thursday mornings and Friday mornings.

Janneke is now fully qualified in Aviation medicine and will begin doing pilot medicals and assessments on her return.

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Shared Experiences:

www.healthtalkonline.org contains lots of first-hand experience from people with a variety of medical conditions. It can help if you are also suffering from, or learning to live with one of these conditions yourself. It can also help you better understand the effect of illness on a family member or friend.

Covid Update:

Nelson Family Medicine has been planning so we are fully prepared for any Covid outbreak here. We are very confident we have everything we need to safely and successfully manage this eventuality. The majority of people will be able to be monitored and managed at home. Only those severely affected will need hospitalisation.

There will be no restriction of any treatment on the basis of vaccination status. High vaccination rates remain important to prevent spread. We are very happy to discuss any concerns you may have around Covid vaccination. Booster shots are available later in November for those who had their primary vaccinations more than six months ago.

Third doses (not quite the same) are available for immunocompromised people. We are recalling for this, but please ask if you think you are eligible because our systems are not perfect. Rest assured we are all fully vaccinated. Proof of vaccination is available through your covid tracer app or by googling mycovidrecord. It is a good idea to get this before you need it.

Ask if you are struggling with the technology. If you don't have a smartphone or computer, you can obtain this through the Ministry of Health.