

# ROLLESTON CENTRAL HEALTH

Winter 2024

## FLU JABS

It's not too late to get this year's flu vaccination.

It is recommended for everyone over six months old to prevent more serious illness and time off work or school.

The flu vaccine is free if you're 65 years and over, pregnant, or if you have certain other health conditions.

For more information or to make an appointment phone the medical centre or book online.

## COVID – WHY BOOSTER?

There's a lot of Covid around at the moment. You are less likely to get the virus, or become seriously ill from it, if you stay up to date with your Covid vaccinations. Protection from Covid decreases over time so a booster (they're free) keeps your immunity levels high. The updated vaccines also target the newer Covid strains.

If you're 30 years and over, you can have a booster regardless of the number of vaccines you've already had. You need to wait at least six months after you've had either Covid or your last vaccine before getting a booster. Covid doesn't just occur in winter, which is why the booster is given six-monthly.

Boosters are especially recommended if you are 65 years and over, Maori or Pacific 50 years and over, living in aged care, severely immunocompromised, or 12 and over with a medical condition that increases the risk of severe illness from Covid.

You can get a booster at some local pharmacies. Go to <https://healthpoint.co.nz/> to find out more. To check the date of your last vaccination, go to My Health Record (<https://my.health.nz/>) or call the Covid Vaccination Healthline on 0800 28 29 26.

## NURSE PRESCRIBER MIKAELA ROBERTS

Mikaela is one of two nurse prescribers at the medical centre. She works in our respiratory clinic and also sees patients with pre-booked appointments. "My scope covers a wide range of medical concerns. This includes managing repeat prescriptions and addressing acute injuries, mental health issues, and sexual health matters, and more."

Mikaela trained at Massey University, Wellington, and spent two years in Auckland and the last four years in Canterbury. The majority of her nursing career has been spent in family medicine.

Nurse prescribers train for an additional two years after graduating from their three-year nursing programme. They are qualified to look after patients, under medical supervision, in the same way doctors do. "It is a dynamic role", says Mikaela, ensuring timely access to care for patients. "I really enjoy the opportunity to establish long-term relationships with patients and being able to contribute to their well-being in the community."



*Nurse Prescriber Mikaela Roberts*

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## **ALL YOU NEED TO KNOW ABOUT THE RSV VACCINATION**

We've been getting a lot of enquiries about the new RSV (Respiratory Syncytial Virus) vaccine that is being advertised on TV. It is for people 60 years and over.

It is called Arexvy and costs around \$350 (it isn't government-funded). We have been told the price of the vaccine will increase at the end of 2024, it also needs to be prescribed by your clinician and paid for prior to ordering. Ask your GP or nurse if you'd like to know more.

RSV is a common cause of respiratory illness in infants and young children, as well as older adults. You're at higher risk of complications from RSV when you're 60 and over and have either a chronic medical condition, are severely immunocompromised, living in aged care, or of Maori or Pacific ethnicity.

The vaccine is a single dose giving protection against the virus for at least two seasons.

## **HOW TO BOOK YOUR APPOINTMENT ONLINE**

Make life easier by booking online for your next appointment. You can also see your test results or order a repeat prescription online.

To get started contact us at reception and we will set you up. Forgotten your password? Tell us at reception and we'll reset it for you.

When you're set up you can access the online booking system called MyIndici on our website, <https://rollestonhealth.co.nz/book-online/> (or from the home screen click menu and go to online services). Or you can download the app onto your phone (see the links below for Apple and Android users).

<https://apps.apple.com/us/app/myindici-2-0/id1577040594>

<https://play.google.com/store/apps/details?id=nz.app.myindici>

## **FREE COVID TESTING KITS**

RAT or Covid testing kits are free at some of the local pharmacies until the end of September. Go to <https://healthpoint.co.nz/> to find out where you can get them.

## **MATARIKI HOLIDAY**

The medical centre will be closed for the public holiday, Matariki, Friday 28 June. We will be open the following day, Saturday 29 June, in the morning as usual. Nga mihi o Matariki te tau hou Maori. Happy Matariki.

## **NEED A DOCTOR?**

We are taking new enrolments. Just complete the form on our website - <https://rollestonhealth.co.nz/> - and we will get in touch. As part of the enrolment process all new patients need to have an appointment with a nurse. The cost for this is \$43 (\$19.50 for Community Services Cardholders).

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