

ROLLESTON CENTRAL HEALTH

Spring 2024

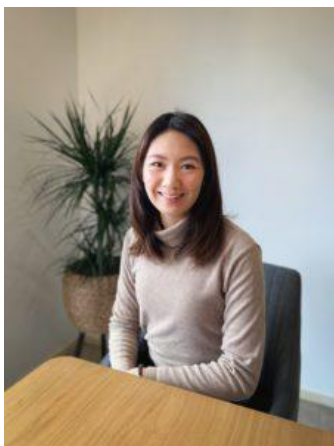
STOP MENINGITIS

The meningococcal B vaccine, Bexsero, is free for children under five years of age. Meningitis B is the most common form of meningococcal disease in New Zealand.

It is a serious and often fatal illness.

Babies and young children are the most at-risk group.

If your baby or preschooler has not had this vaccination yet, or you want to know more, have a chat with one of our nurses.



Dr Pinn Prukpitikul

ADULT HEALTH SCREENS

Our nurses provide a health screening service for all patients aged over 30 years. It's a good way to keep track of your health.

A screen can pick up a range of issues such as diabetes, high cholesterol, high blood pressure, heart and kidney problems. Many of these health issues can go undetected but if treated early can stop more serious complications from arising later.

The assessment consists of two appointments. At the first appointment you'll have a blood test, a urine check, your height and weight measured and your vital signs (blood pressure, heart rate, and temperature) monitored.

The follow-up appointment involves a discussion about the results and lifestyle education and recommendations.

The cost for *each* appointment is \$47 from 1 October.

Please note a prostate examination, recommended for men over 40 years, requires a doctor's appointment.

Other health services provided by our nurses include: B4 school checks, cervical swabs and smears, sleep assessments, smoking cessation, wound care, contraception/sexual health advice, and travel advice/vaccinations.

DR PINN PRUKPITIKUL

Dr Pinn Prukpitikul, who joined our team recently, trained as a doctor in Thailand, graduating in 2014. Since then, she's worked in general practice and taught general practice medicine at a university for three years.

She believes in a holistic approach to medicine. "If one part of the body isn't working properly, all the other parts will be affected."

Pinn moved to Canterbury with her family after her husband "fell in love" with the South Island while watching a YouTube video on Christchurch. "We love gardens and trees."

She enjoys playing the guitar and piano and singing and is looking forward to her dog, Rusty, a Sheltie, reuniting with the family in New Zealand soon.

FEE INCREASES

We have had to make the difficult decision to increase our fees from the beginning of October. We have not made this decision lightly. We recognise this puts extra pressure on patients struggling with other higher living costs.

Our hands are tied, however. As you may have seen in the media, medical centres nationwide are under pressure to stay afloat due to rising costs, increased workload, and staff shortages. We are no different.

Added to this, government part-funding has not kept up with the costs associated with providing a general practice service. This year's government capitation is the largest shortfall in 20 years.

The new fees from 1 October are:

A consultation for adults (over 18 years), without a Community Services Card, will rise by \$4, up from \$60 to \$64. Those aged between 14-17 years will pay \$54. The afterhours (from 5pm and on Saturday) fee will increase by \$10.

Children under 14 are free. There is no increase for patients who have a Community Services Card.

NURSE TRIAGE CALLS

Telephone nurse triage/advice calls cost \$20. This is in line with other general practice providers. You don't have to pay if:

- You are booked for a face-to-face appointment for the health issue discussed with the nurse over the phone.
- The call is for children 13 years and under.
- It is a request for a repeat prescription which already includes a processing fee (for more information see below).

REPEAT PRESCRIPTIONS

If your health condition is stable enough your doctor or clinician may set you up so you can get a repeat prescription every second time you need one. If so, you can request your repeat prescription through our website (rollestonhealth.co.nz/repeat-prescriptions) or by phoning the medical centre (03-347-2614).

We charge a script fee of \$30 (or if you have a Community Services Card, \$19.50). You need to give us three days to process the prescription so make sure you put in your request before you run out of your medication.

If you need your prescription urgently the fee is \$40.

SHINGLES VACCINE

If you're over 18 years of age and immunocompromised you may be eligible for a free shingles vaccination. The Shingrix vaccine is also free for people at age 65 years. Remember once you turn 65 you only have a year to get the free vaccination.

Shingles is a painful skin rash caused by reactivation of the chickenpox (varicella zoster) virus. One in three people will get shingles in their lifetime. The risk increases with age. But younger people with a compromised immune system are susceptible, too. It is possible to get shingles more than once.

Shingles can cause long-term health complications including on-going pain over months or even years, scarring, complications with vision and partial weakness and nerve paralysis.

If you think you might be eligible for the free vaccine have a chat with your doctor or one of our nurses.

Rolleston Central Health, 4/9 Masefield Drive, Rolleston, 7614, phone (03) 347 2614, rollestonhealth.co.nz