

GP PRACTICE NEWSLETTER

Autumn/Ngahuru 2022

■ WHAT IS A NURSE PRACTITIONER / MĀTANGA TAPUHI?

We're proud to have nurse practitioners working in our practice clinical team. Nurse practitioners are highly skilled, autonomous health professionals with advanced education (a minimum of a Masters degree). They combine their advanced nursing knowledge and skills with diagnostic reasoning and therapeutic knowledge to provide care for people with both common and complex conditions.

Many nurse practitioners work in primary care where, like general practitioners, they may be the lead health care provider for health consumers and their families/whānau.

■ MEDICAL STUDENTS IN THE PRACTICE

We are very excited to welcome fifth-year medical students for orientation in our practice this year. This is a great experience for them and a wonderful way to attract new doctors to South Taranaki. We trust they will enjoy their time with us.

■ BOOSTER SHOTS

COVID-19 booster shots are recommended for anyone aged 18+ who had their second dose of the Pfizer vaccine at least three months ago. This is the best way to help keep everyone safe. The Vaccination Centre at the TSB Hub on Camberwell Rd Hāwera is open Mon-Sun, and there are other local options too. For a full list of clinics available in Taranaki, please visit healthpoint.co.nz/covid-19-vaccination.

STAFF PROFILE

■ Meet Jenny Kissick - Nurse Practitioner

Kia ora koutou

Ko Jenny ahau

Ko au te mātanga tapuhi

Ko Taranaki te maunga

Ko Tangahoe te awa

Kei South Taranaki Rural Health General Practice taku mahi.

Greetings,

I've been a mātanga tapuhi nurse practitioner for the past five years and see patients across their lifespan, working with other team members and supporting services to provide the best possible care.

My roots are in South Taranaki and while I've been working out of the Hāwera area for several years, it's an exciting new venture returning to work in my hometown as part of a care team looking at the delivery of health care in a way that meets the needs of individual, their whānau and the community.

When I'm not at work, I enjoy being outdoors in my garden, walking, biking, discovering new places, and as a proud grandmother of seven beautiful mokopuna/grandchildren I love spending time with our family.



■ DO YOU HAVE A HOME WELLNESS KIT?

A bit of preparation can go a long way. Covid19.govt.nz recommends thinking ahead in case you need to stay at home.

How to prepare:

- Gather things you enjoy. What might help stop boredom if you're isolating at home?
- Put together a wellness kit — face coverings, hand sanitiser, gloves, tissues, rubbish bags, cleaning products.
- Make sure you have things to help you with COVID-19 symptoms — like pain relief such as ibuprofen, nasal spray, throat lozenges, cough medicine, ice blocks, and vapour rubs.

■ GETTING IN TOUCH AFTERHOURS

If you need health assistance outside of our working hours, please phone our usual number (278 1383). You will be transferred to our after hours service, Whakarongorau Aotearoa/NZ Telehealth Services, which will be able to help.

■ BOOKING PHONE TRIAGE

You can now book a 'Phone Triage' appointment in the Appointments section of the MyIndici app. This is a brief (2-3min) phone call from one of our clinical team to assess your needs. It's a good idea to write down your main concern so it's ready for when we call.

■ DID YOU KNOW?

The Practice is guided by our five Te Ahu Taranaki DHB Values (see below).

In this newsletter we're celebrating PARTNERSHIP/WHANAUNGATANGA

Relationships matter. Our aim is to work together in partnership to help you and your whanau with your health. It is important to our team that your voice is heard and that we create a service that is right for you.

You can help us with this by filling in the brief survey attached to this newsletter.

We are also having a formal evaluation survey. Some of you may be contacted in regard to this. Participation is completely voluntary.

Thank you.



TE AHU
TARANAKI DHB VALUES

Partnership
WHANAUNGATANGA

Courage
MANAWANUI

Empowerment
MANA MOTUHAKE

People Matter
MAHAKITANGA

Safety
MANAAKITANGA