

STAFF PROFILE ■ MEET CHRIS HEATHERTON

Hello, my name is Chris Heatherton. I am a GP at South Taranaki Rural Health GP practice. This is my second year working here and I am happy to share my story.

I moved to New Zealand originally in 2009–2010 and had an amazing 15 months here. I returned in August of 2020, in the middle of the Covid pandemic. I have worked at two other clinics here in Hawera, and then in August of 2021 landed at South Taranaki Rural Health.

My education as a doctor started in 2001. I graduated medical school in 2005 and finished my training in Family Medicine in 2008. I have worked in ED and GP practices around the USA in New Hampshire, Maine, and Idaho.

Here at STRH GP clinic I enjoy focusing on the patient panel I have developed over the last three years in Hawera. I spend about 25% of my time teaching students from Auckland University and helping to train the Registrars and House Officers.

New Zealand offers amazing opportunity for travel and surf. Myself, my wife Amie and our dog Mike have been active travelers and enjoy immersing ourselves in our Opunake community.



■ DROP-IN 'MYINDICI' EDUCATION SESSIONS

Not sure how to use the MyIndici app? Come and have a korero with Storme, who will be hosting drop-in sessions to give you some pointers. Please feel welcome to bring your own device. Among the topics Storme can cover are:

- How to set up the app on your device
- How to request a repeat prescription (only \$5 via the app!)
- How to send a message to the STRHGP team
- How to see your results or consultation notes
- How to book an appointment

Tuesday 20 June and
Tuesday 27 June

10.30–11.30am and
2.00–3.00pm

Hāwera Hospital
Conference Room

■ FIGHT THE FLU!

Your best defence against influenza (flu) is to get a yearly flu vaccine. Although having the flu vaccine doesn't guarantee you won't catch the flu, it will give you more protection and mean you are less likely to experience complications from a flu infection.

If you have already had your vaccination, well done for helping to protect yourself and our community from influenza this winter! If you haven't had one yet or would like more information, please get in touch with our nursing team.

If you do catch flu: While you're unwell, it's important that you stay away from work or school. Look after yourself and your family – rest and fluids are especially important. If you have concerns about your health, please get in touch with us for a phone consultation or to arrange further care.

DID YOU KNOW? The flu vaccination is free for children aged from 6 months to 12 years old. All children from 6 months of age can benefit from flu immunisation. By immunising your child, especially if they go to preschool, creche or daycare, you can protect them



**FIGHT
THE FLU!**

and your family. Check in with our nurses for more information.

BEHIND THE SCENES

Medical student and junior doctor training

STRHGP is proud to be a teaching organisation. We value the opportunity to train, support and encourage medical students and junior doctors and see their growth and expertise.

In the picture we see a training simulation where Dr Chris is supervising Dr Regan, one of the amazing registrars who is spending time at STRHGP. Registrars come through regularly on three-month placements.

We have such great feedback about these doctors. As a team we thank you as patients for helping be part of this training environment.

As a patient, when you see a medical student or junior doctor, not only do you get to consult with some of the sharpest up and coming clinicians, but you are also providing a great learning experience. You could be the part of environment that attracts new doctors to South Taranaki!



He Koupara, He Manaoaki,
He Whakaoara.
prevention.com.recovery

HEALTHY ACTIVE AGEING FORUM

Monday June 26 10am-12pm
Expo: 10am-11am
Forum: 11am-12pm
Hāwera Community Centre Hall,
66 Albion Street Hāwera.

Join us to hear practical, friendly advice from health professionals.
An opportunity to connect with community support services and learn ways to keep yourself moving.

Contact Hilary Blackstock
(021) 480 180
hilary.blackstock@sporttaranaki.org.nz

Cost: Free

Tea/coffee and snacks provided
Plenty of parking

HEALTHY ACTIVE AGEING FORUM

South Taranaki Rural Health General Practice will have a stall at the Healthy Active Ageing Forum on Monday 26 June. This Forum is a great place to learn more about what services are available in our community. Please feel welcome to come along and check it out.

GET READY FOR WINTER

As the days get shorter and the weather gets colder it's time to think about how to keep ourselves and others well this winter. A couple of tips are to keep up good habits such as good hand hygiene by washing and drying your hands thoroughly or using alcohol-based hand sanitiser. Masks may no longer be a requirement in all places, but it can be smart move to wear a mask in indoor settings where it's hard to physically distance, like retail stores and supermarkets.

It's also a good idea to develop a winter plan for your whānau so family members know what to do if people become unwell. What about putting together a Winter Wellness Kit? This might include a thermometer, tissues, cold and flu medications, enough food and household items for a few days, and a good stock of the regular medicines you or your whānau will need. You can also familiarise yourself ahead of time with what is expected of you by your employer if you become sick.

GETTING IN TOUCH AFTERHOURS

Our standard phone hours are from **8-4pm, Monday to Friday**.

If you need health assistance outside of our working hours, please phone our usual number (**278 1383 or 0800 225571**).

You will be transferred to our afterhours service, **Whakarongorau Aotearoa/NZ Telehealth Services**, who will be able to help.

For non-urgent matters, you are also welcome to email strhgp@tdhb.org.nz or message our admin team on the MyIndici app.