

April 2018



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**Influenza.**  
Don't get it.  
Don't give it.

Flu Vaccines are finally here.  
Please book in with the nurse  
to get your vaccination today.

Please note – although the  
Shingles Vaccine is now  
available, due to the late arrival  
of flu vaccines and the time  
pressure to get our patients  
vaccinated before the flu  
season hits, we will not be  
providing routine Zostavax until  
August. Thank you for your  
patience.



You see your GP for an average of 15 minutes (some GPs have 20 minute appointments) – but what is included in the cost?

- Checking your medical notes before your consult
- Your 15 minute consultation
- Reading of any reports relevant from previous appointments
- Writing Referral letters (followed sometimes by chasing of said referral)
- Follow-up for blood and other test results, and phone calls to you if required
- Discussion and liaison with other members of the health-care team including nurses, pharmacists, hospital doctors, x-ray department, physiotherapists, various hospital departments and other ancillary team members
- Blood pressure (if appropriate)
- Prescription if required

Many of these functions occur before or after you have been at Greendale Family Health Centre

### Repeat Prescriptions:

Please remember to telephone after 10am for your prescriptions – why? Because it gets real busy from 8.30am till 10am.

Give us a couple of days – we have quite a lot of repeat scripts to get through. And make sure you call before your current supply runs out.

For us to be safe and ethical – you need to be able to tell us what you need – not the other way around.

Be sure to tell reception whether you want to pick your prescription up or which pharmacy you want it faxed to.

# MEET OUR TEAM

## Doctors:

Dr Simon Hampton  
Dr Rachel Harris  
Dr Keith Hooper  
Dr Lisa Kleinert  
Dr David Smith  
Dr Christine Smith  
Dr Valerie Vanacker

## Practice Manager

Maria Elstone

## Clinical Nurse Manager:

Michelle Gare

## Reception team:

Chris Dickey  
Tracey van den Berk  
Di Read  
Jane Taunton  
Jenny Meeuws  
Belinda Logan  
Aimee Fisher (Casual)

## Nurses

Jean Scrimgeour  
Robyn O'Keefe  
Kris Gallagher-Banks  
Sacha Turfrey-Halstead  
Cath Klein  
Kerrin Clarke

## Clinical Pharmacist:

Vanessa Brown



Vanessa Presenting in Singapore

## Time Management:

Our GPs really dislike running late and they do their best not to keep you waiting.

Each appointment is usually 15 minutes in length which is the usual amount of time to deal with one problem/health issue.

To avoid disappointment and the risk of offence, please try to avoid bringing a shopping list of health problems.

## As of 1<sup>st</sup> April 2018 the shingles vaccine Zostavax is available free for patients 65 years or older.

Zostavax is a vaccine that is used for adults 50 years of age or older to prevent shingles (also known as zoster) and contains a weakened chickenpox virus (varicella-zoster virus).

If you get shingles even though you have been vaccinated, Zostavax may help prevent or reduce the nerve pain that can follow shingles in some people.

Immunisation to prevent an episode of herpes zoster (shingles) may not protect every person.

The risk of an episode of shingles increases with advancing age. Similarly, the ability of immunisation to prevent shingles decreases with advancing age.

The duration of protection after vaccination against herpes zoster has been shown to be around 7.7 years. Studies to determine the duration of protection are ongoing.

Zostavax may not be appropriate for everyone so please speak to your Doctor or Nurse.

Please note – we won't be providing Zostavax until August .

On the 2<sup>nd</sup> February 2018 our clinical pharmacist, Vanessa Brown was selected to present at the Global conference on integrated care in Singapore.

This conference focuses on how different health providers can work together to produce better care for patients.

Vanessa presented on how the clinical pharmacist role has been fully integrated into the Greendale Family Health team since 2011.

Having a pharmacist as part of our team at Greendale Family Health has enabled patients to have a better understanding of their medications and health in general, resulting in less medications, less hospital admissions and longer periods of living independently at home.