

BESTER McKAY FAMILY DOCTORS LTD

106 DON ST, INVERCARGILL, 9810

TEL 03-218 6325

FAX 03 218 9384

NEWSLETTER - MAY 2019

FLU VACCINATIONS

The New Zealand 2019 flu vaccination covers the following virus strains:

- A/Michigan/H1N1
- A/Singapore/ H3N2
- B/Phuket
- B/Brisbane

In NZ, 10-20% of people are infected every year. An Auckland study showed that up to 80% of adults and children with flu (confirmed on blood tests) did not have symptoms, yet continued to spread it to those more at risk.

The vaccination is fully funded for:

- Pregnant women (at any stage)
- All people over 65
- People under 65 with heart disease, chronic lung disease, diabetes, chronic kidney disease, cancer, autoimmune disease or suppressed immunity, transplant recipients
- If you think you may be eligible, please ask or consult:
<https://www.influenza.org.nz/eligibility-criteria>

SHINGLES VACCINATION FUNDED FROM AGE 65 - 80 YRS (and available outside this range, but not funded)

After recovery from Chickenpox, the virus remains sleeping in the spinal nerves. Years later the virus may reactivate causing shingles. Some people develop chronic pain following shingles

(postherpetic neuralgia), and the vaccination reduces the risk and severity of this complication. Zostavax is a live attenuated vaccine used to reduce the risk of shingles (herpes zoster) and post-herpetic neuralgia.

The shingles vaccination can be given even if you are uncertain whether you had Chickenpox. It can be given after a person has had Shingles, although it is recommended to wait about 1 year. People who are immunosuppressed should not receive the vaccination, but household contacts of these people can be vaccinated.

If you would like the Shingles vaccine, you need to read an information sheet and sign a consent form *before* you see the nurse. These are available at reception.

APPOINTMENTS

Please book routine appointments well in advance. Our "urgent" and "same day appointments" are prioritised to people with urgent medical problems.

Please monitor your regular medication supply and phone 2 weeks in advance for a routine appointment. If you leave it to the last minute we will arrange a short-term prescription (for which there is a fee) to tide you over until an appointment is available.

REFERRAL LETTERS

If you are being referred for services outside the practice, and have not heard about the referral within a reasonable time, please phone us to confirm that the referral has been sent, and who you can contact to confirm the referral has been received. If your problem has worsened, please come back for review so that the urgency of the referral can be upgraded if necessary.

There is a fee for referral letters that are unable to be completed during the 15 minute consultation time. You will be told about this so that you can pay at the time of the consultation.

PRESCRIPTIONS

Repeat prescription versus appointment

- For patients with several medical problems and/or medications, we recommend that you see the doctor every 3 months to allow time to adequately review your health.
- If your health is stable, the doctor may suggest you are seen only every 6 months, and phone for the inbetween prescription.
- While we aim to recommend when you should next be seen, please don't hesitate to ask when you should come back.
- If you request prescriptions instead of seeing the doctor as has been recommended, the prescription will be for only a limited period.

Please allow 2 working days for prescription requests. There is an

additional fee for urgent/same day prescription requests

MANAGEMENT OF COLDS/FLU

Most people with colds and flu are best managed at home, and do not need to attend the practice.

- Wash hands often to avoid spread
- Cover coughs/sneezes to avoid spread
- Stay at home to avoid spread
- Rest, keep up fluids, eat light foods
- Take Paracetamol and cold remedies

LOWER FEES FOR COMMUNITY SERVICE CARD (CSC) HOLDERS

From 1st April 2019 there will be a reduced fee of \$18.50 for a standard consultation for those who present a valid Community Service Card.

If you are eligible for a Community Service Card, you should ensure you have a current and valid card. The fee reduction is only available for patients with a current card.

ZERO FEES FOR UNDER 14'S

Standard consultations for children under age 14 years are fully subsidised. Please note that there will still be a cost for anything beyond a standard consultation, such as extended consultations, consumables and referral letters.

OUR TEAM:

Doctors: Robert Bester

Duncan McKay

Paula Turley

Reception: Lorraine Priest (Wed-Fri)

Lynn Pearson (Mon-Wed)

Practice administrator: Debbie Shirley

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Nurses: Gill McRae (Mon-Thurs)

Julie MacPherson (Tues/Wed)

Jodi McNaughton (Thurs/Fri)