

# MEADOWBANK GENERAL PRACTICE

25 St Johns Road Meadowbank Tel 521 5128 all hours

[www.mgpdoctors.nz](http://www.mgpdoctors.nz)

Spring 2016

## Website

We have introduced a practice website at [www.mgpdoctors.nz](http://www.mgpdoctors.nz) and you can now book your appointments on line. In time we will introduce many more services on-line including repeat prescriptions and looking up your laboratory results.

Getting started is simple – just go to the website and follow the simple instructions to register and book online

Enrolled patients can book online for a standard 15 minute appointment with either their own GP or one of our Associates

You must still phone for longer appointments or services such as immunisations, Driving Medicals, Insurance Medicals, Minor Surgery, Travel and Nurse appointments

If you do not see an appointment at the time you want just phone 521 5128 because there are usually more available

## Zika Virus

The Ministry of Health recommends that women who are pregnant or plan to become pregnant in the near term should not travel to areas with Zika virus. The virus has been found in parts of Africa, southern Asia, the Pacific Islands, and the Americas. If travel to an infected area is essential, then if possible you should delay pregnancy.

If travelling in Zika-infected areas, women who are pregnant or plan to become pregnant should contact us for the latest advice which currently is not to go!

All travelers should take every precaution to avoid mosquito bites, including the following.

- Wear long-sleeved shirts and long pants.

- Use insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535.

Always use as directed.

- Insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant and breastfeeding women and children older than 2 months when used according to the product label. Oil of lemon eucalyptus products should not be used on children under 3 years of age.

- If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.

- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents).

- Use bed nets as necessary.

- Stay and sleep in screened-in or air-conditioned rooms.

- Be particularly vigilant for the 2 hours after sunrise and the 2 hours before sunset.

**Jonathan Fox**

**Judith Fox**

**David Henry**

**Lynette Henry**

**Margaret Goodey**

## After Hours Care

Remember to ring our phone number **521 5128** any time of day or night to access help, advice, or house calls. The local Accident and Medical Clinics are White Cross clinics at Ascot Hospital [24 hours] and Lunn Avenue [8am to 8 pm];

Please note that we are charged \$35.78 for every Under 6yr old that visits them!

After hours always phone 521 5128 as it may save you an unnecessary visit and expense.

**In an emergency always phone 111.**

## Planning ahead

**Please make your appointments for routine medicine reviews before you run out of your tablets!**

**When phoning for prescription repeats you must allow for a 24-hour turn around.**

At busy times there is often pressure on our appointments so we know that you will understand the wisdom of thinking ahead.

Civil Defence advises that it is good practice not to let your stock of essential medicines drop below 2 weeks supply – just in case of some civil emergency!

## Planning your appointment

A standard appointment and its fee are for 15 minutes. Please remember that it is not usually possible to take a history, examine you, order tests and have a discussion about more than one problem in that time. Safety and best practice (as well as consideration for others who are delayed) means **you need to make more time**. If you have more than one problem you will need to book a longer appointment. Our Receptionists and Nurses can help you work out how long you will need.

If your appointment is for a medical examination (e.g. for insurance or a Well Person Check) you need to make 1 nurse appointment followed by a double doctor's appointment.

### **\*\*\*\*\* Foundation Standard Accreditation \*\*\*\*\***

We are pleased to inform you that Meadowbank General Practice has gained Foundation Standard Accreditation. This is an assessment of practice systems, physical factors, and all factors affecting patients against the New Zealand College of GPs quality standard. This means that all of our staff have reached the high professional standards required. At the same time the Surgery premises, our management systems and our Health and Safety processes were also assessed and passed the set standard.

This is confirmation that Meadowbank General Practice is performing at a high level to deliver the best possible care to you.

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