

MEADOWBANK GENERAL PRACTICE

25 St Johns Road Meadowbank Tel 521 5128 all hours
Christmas New Year 2016 - 2017

Summer holiday notice

Surgery will close 12pm Friday 23rd December
Surgery will re-open 9am Wednesday 4th January
Phone 521 5128 for free advice 24 hours during that time
Ascot After Hours Clinic will be open 24 hours

As usual we will be closed between Christmas and New Year but you can still access help and advice by phoning our Surgery number 521 5128 24 hours a day.

During January whilst the Doctors and Staff take their Summer breaks there will be a reduced service. The national shortage of relief doctors continues but we will do our very best with the resources we have available in January. Some routine matters will have to wait until February. This means it is more important than ever to plan ahead.

**Check now if you are going to need a repeat prescription during this time
and please order it well before Christmas.**
Well Person Checks and routine Minor Surgery will resume in February.

Please decide **now** as to whether you will need to see your Doctor before Christmas as the appointment diary is already beginning to fill!

Website

We have introduced a practice website at **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 easy – 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

Travel advice

To make the process more straightforward we have introduced a travel medicine package. This involves you providing us with your itinerary ideally via e-mail to nurses@mgpdoctors.nz ideally at least 6 weeks before travel. We will then provide you with advice on immunisations and whether a doctor's appointment is also needed. There will be a \$30 - 50 fee for our nurses' time in preparing this information and other charges will apply as usual for immunisations and appointments. We have a brief document with more information on the process- please ask reception for a copy.

Jonathan Fox

Judith Fox

David Henry

Lynette Henry

Margaret Goodey

BEING SUNSMART - SLIP, SLOP, SLAP AND WRAP

It's not hard to be SunSmart. Research has shown that too much Ultra Violet [UV] radiation causes sunburn, which can lead to skin cancer, and those cancers can be deadly. UV radiation will also damage your skin in other ways, causing premature ageing and wrinkles.

In New Zealand we have clear skies and little pollution and that contributes to very high levels of UV radiation in our environment. Our weather is also changeable – a rainy morning may mean we might leave the house without the sun protection we need if the sun comes out later. And even if the sun doesn't come out, and temperatures stay low, UV radiation levels can still be high enough to cause sunburn.

That's why you need to be SunSmart, especially during daylight saving months (September to April), and between 10am to 4pm when the sun's UV rays are strongest. And don't forget the children. They most definitely need to slip, slop, slap, and wrap, too. It is important to make sun protection a life-long habit, starting as young as possible.

For daily UV level updates go to: <http://sunsmart.org.nz/sun-protection-alert>

Planning your appointment

It is very important that you make appointments for routine matters ahead of time.

We cannot guarantee a same day appointment service for routine matters. Obviously urgent matters will always be attended to by us or the local After Hours Clinic

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 waiting) means that if you have more than one problem you will need to book and pay for a longer appointment. Our Receptionists and Nurses can help you work out how long you will need.

Administration Fees

Our consultation fee covers the cost of the 15-minute consultation. Often we have work to do on your behalf outside of the appointment – forms to be filled in, referral letters to be written and liaising with outside agencies. Like all other professionals we will be charging for these services.

Depending on the time taken a referral letter fee may be up to \$25 for a letter that requires work outside of the consultation.

Free After Hours Advice

This practice is part of the Auckland wide initiative bringing free after hours telephone advice for all our patients.

To access this please phone our usual Surgery number 521 5128 after hours

You will then be speaking to our Nurse triage service. The Nurses can give you free advice and if necessary help you access reduced cost after hours care if you are eligible. Our participating After Hours Clinic is Ascot but always phone 521 5128 first as we may be able to save you an unnecessary visit and consultation fee.