



# Te Nīkau Health Centre Newsletter *Winter 2024*

## Practice Information

### Te Nīkau Health Centre

71 Water Walk Road, Greymouth  
Ph. 03 769 9300

### Lake Brunner Clinic

49 Koe Street, Moana  
Ph. 03 738 0003

# Focus for Winter

## Top winter health tips

- **Get vaccinated**

Check your vaccines are up to date and remember that vaccination against flu is our first line of defence against illness this winter.

- **Protect yourself and your whānau**

If you can, keep away from people who could get very sick from winter illnesses and if you want to lower your chance of getting sick or spreading germs to others, wear a mask.

- **Wash your hands regularly**

- **Eat plenty of fruit and vegetables**

Eating a diet rich in fruit and veg helps keeps the germs away. Aim for 5+ a day.

- **Exercise**

Exercise boosts your immune system, so brush off your workout gear and aim for 2.5 hour of moderate exercise per week.

- **Good sleep**

Quality sleep is essential to your wellbeing, it is recommended adults get between 7-9 hours of sleep every night.

- **Watch your stress levels**

Too much stress weakens the immune system, so try keeping stress levels in check.

- **Don't smoke!**

Smoking is bad for your health, it damages your body including your lungs and heart. It is also bad for the health of those around you, that breathe in your second-hand smoke.

**If you want help with or information on any of the above our fabulous Health Coach (Karla) and Health Improvement Practitioner (Laurence) are here! Just call us to make a time with them, free of charge!**

## Get smart about antibiotics

Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. See your doctor or nurse to find out if your illness is bacterial or viral.

## Influenza and RSV

No doubt you will hear about friends and family who have been sick with flu like illnesses and have tested 'positive' for influenza or RSV (respiratory syncytial virus). If you have been around someone while they are sick, and you are showing symptoms – stay home! Please do not present asking for a swab, we only do swabs for exceptional circumstances. Get plenty of rest and stay hydrated!!

If you have concerns call Healthline 24/7 on **0800 611 116** in the first instance.

### **i** The 2024 flu vaccine is free for some people

The flu vaccine is free for people at higher risk of getting very sick, including:

- people aged 65 years and over
- people aged 6 months and over who have a long term medical condition like diabetes, asthma, or a heart condition
- pregnant people
- tamariki (children) aged 4 years and under who have been hospitalised for respiratory illness, or have a history of significant respiratory illness
- people with mental health conditions, including schizophrenia, major depressive disorder, bipolar disorder, or schizoaffective disorder
- people who are currently accessing secondary or tertiary mental health and addiction services.

The funded flu vaccine for tamariki and adults (6 months of age and over) available in Aotearoa New Zealand is called Influxac Tetra.



## Shingrix Vaccine funding change

Shingrix is the vaccine for shingles prevention.



The funding now includes adults from age of 18 years (from 1 July 2024)

- People who are pre- and post- haematopoietic stem cell transplant or cellular therapy
- People who are pre- or post- a solid organ transplant
- People with haematological malignancies
- People living with poorly controlled HIV infection
- People who are planned to or are receiving disease modifying anti-rheumatic drugs (DMARDs) for:
  - polymyalgia rheumatica
  - systemic lupus erythematosus
  - rheumatoid arthritis
- People with end stage kidney disease (CKD 4 or 5)
- People with primary immunodeficiency.

## Policy for phone prescription requests



Only patients enrolled with Te Nīkau Health Centre (TNHC) can get repeat prescriptions without a consultation and these must meet the clinical guidelines for that patient.

For the prescription line call 03 769-9300 and follow the queues. Please allow for up to 3 days (72 hours) for the prescription to be processed.

Repeat prescriptions without a consultation are not available when:

- a medication is being prescribed for the first time
- a medication is being re-started
- a patient is requesting their first repeat prescription.

Some medications require regular consultations with your GP or Nurse Practitioner, and these may need to be face-to-face. If you are due a consultation we will not process your script request, we will let you know you need to make an appointment.

## West Coast PHO rebranding



**West Coast Health**  
Community Wellbeing Services

Exciting news! West Coast Primary Health Organisation has rebranded to **West Coast Health**.

West Coast Health is a not-for-profit community trust that plans, coordinates, funds, and provides primary health care for West Coasters. They provide many free services such as counselling, health navigation, PASS (physical activity support service) and much more.

Our Te Nīkau Health Centre team are happy to refer our eligible patients for services.

For more info visit: [www.westcoasthealth.nz](http://www.westcoasthealth.nz)

## Urgent Primary Care Clinic



**Formally known as ‘the walk in clinic’ or ‘unplanned’**

Te Nīkau Health Centre’s Urgent Primary Care clinic provides same-day care for minor illnesses and minor injuries.

Minor illness we’d expect to see, but not limited to, include:

- Sudden, unexplained aches/pain
- Urinary Tract Infections (UTIs)
- Allergies
- Respiratory infections
- Skin rashes
- Conjunctivitis
- Breathing difficulties
- Sexual health concerns
- Infections/fever
- Exacerbation of long term conditions (diabetes, chronic obstructive pulmonary disease (COPD), cardiovascular disease (CVD), asthma, gout, osteoarthritis (OA).

Common minor injuries we treat include:

- Simple sprains
- Simple bruises/contusions
- Lacerations (cuts)
- Minor burns
- Foreign body removal (an object like a wood chip, piece of glass).

Te Nīkau Health Centre provides same day urgent primary care appointments for enrolled and visiting casual patients. To receive an appointment time, please present to the main reception where you will be direct to our TNHC urgent primary care clinic. You will be reviewed by a practice nurse, who will give you an appointment time or refer you to the appropriate service.

Please note: Consults for WINZ renewals/paperwork, ACC renewals, repeat scripts, drivers licence certifications are **not** urgent illnesses, and you will be asked to make a routine appointment at reception (your appointment may not be on the same day).

**If you are enrolled with another West Coast General Practice, you will be directed back to your provider in the first instance.**

## HIPs and Health Coaches

Te Tumu Waiora means to head towards wellness. Te Tumu Waiora is a team of Health Improvement Practitioners (HIPs) and Health Coaches, working with the TNHC team to help you manage your health and wellbeing. This service is free of charge.

### Health Improvement Practitioners (HIPs)

HIPs are registered health professionals that help you develop skills to make positive behavioural changes for your wellbeing. This may include managing stress, thoughts, feelings and behaviours, sleep, alcohol, and drug problems. HIPs can support children and youth who have behavioural or mental well-being concerns.



#### Laurence Bell – Te Nīkau Health Centre's HIP

Originally from the UK I have been in NZ for over 20 years and 5 years on the West Coast. I am a registered nurse with qualifications in teaching, psychology, counselling, career development and community inclusion. I am a fully accredited Health Improvement Practitioner (HIP).

In the UK I was a Senior Lecturer for the University of York and taught counselling and health psychology, and worked as a Senior Officer for Yorkshire Social Services where I managed Disability Inclusion Services. In NZ I have worked as a manager in Disability Services and as a consultant to the peer support MH services for Nelson's Health Action Trust as well as contracting to the Quality and Audit team at the Ministry of Health. More recently I assessed Kaiawhina as Vocational Development Facilitator for the then WCDHB and now love working as a Health Improvement Practitioner for West Coast Health at Te Nīkau Integrated Health Centre.

I am passionate about people, ride an old motorcycle, am a celebrant and with five children and I listen to as much live music as time allows.

### Health Coaches (HCs)

Health Coaches work with you towards your health and wellbeing goals. Health Coaches can help you develop realistic goals and encourage good self-management of your own health and well-being. This may include addressing lifestyle factors such as nutrition, movement, sleep and stress, or linking you with community groups/support.



#### Karla Skates – Te Nīkau Health Centre's Health Coach

Kia Ora, I am a West Coaster who spent many years living in the UK and Palmerston North before moving home to Greymouth in 2019. I have a background in pre-hospital emergency care, health and acute community support, and I am the Health Coach at Te Nīkau Health Centre. I enjoy being outdoors and tramping is one of my favourite pastimes.

## Our Te Nīkau Health Centre team

Clinical Nurse Manager  
Associate Clinical Nurse Manager  
Administration Manager  
Primary Care Admin Co-ordinator  
24/7 Co-ordinator  
Reception + Secondary Care Admin  
Co-ordinator

Sarah Falvey  
Tash Webb-Collis  
Meriem Wilson  
Andrea Thompson  
Mahara Doig

Nicole Ford

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### Reception/Admin staff

- Janine
- Kathy
- Leanne
- Kaz
- Dani
- Debbie
- Ricky
- Janette
- Jess
- Kathy
- Lynn
- Miriam
- Sheree
- Roseann
- Sue
- Jess
- Antonia

### Nurses

- Jim Butzbach
  - Rae Woolhouse
  - Elissa Nelson
  - Hannah Law
  - Iona O'Connor
  - Katelyn Lindsay
  - Nyoli Waghorn-Rogatski
  - Philip Knowles
  - Sarah Brenmuhl
- Health Care Assistant**
- Sue Hurrell

### Doctors

- Jenny Spring
- Matt Bell
- Huan Chan
- Feng-Wei Soh
- Cat McWhirter
- Tom Noonan
- Tom Barry
- Jonathan Penno
- Ceri Hutchinson
- Rachel Hankins
- Mustafa Al-Shaar
- Merope Griffin
- Sharon Hodgins
- Brendan Marshall

### Nurse Practitioners

- Sara Mason
- Sarah-Jane Lawson
- Nola Rochford

### Prescribing Pharmacists

- Julie Kilkelly
  - Kerri Miedema
- Physio Consultant**
- Rachel Fenemor
- Health Improvement Practitioner**

- Laurence Bell
- Health Coach
- Karla Skates





# Coming up




**World Breastfeeding Week**  
August 1st - August 7th



**World Hepatitis Day 28 July**

Take action.  
Test, treat, vaccinate.

worldhepatitisday.org




**YOUR JOURNEY. YOUR CHOICE.**  
Smokefree service options to meet your needs

**Would you like to stop smoking?**

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    graph TD
      Q1{Would you like face-to-face support to stop smoking?}
      Q1 -- YES --> Q2{Are you HepB or care for young children?}
      Q1 -- NO --> Q3{Would you like FREE Nicotine replacement therapy?}
      Q2 -- YES --> A1[The Smokefree Pregnancy and Newborn Incentive Programme could be the best choice for you]
      Q2 -- NO --> Q4{Would you like a Stop smoking support person to come to your home?}
      Q3 -- YES --> A2[Quinine could be the best choice for you]
      Q3 -- NO --> Q5{Would you like to discuss other medications to help stop smoking?}
      Q4 -- YES --> A3[The Oranga HS Stop smoking programme would be the best choice for you]
      Q4 -- NO --> Q6{Would you like to see someone at your General Practice or local Pharmacy?}
      Q5 -- YES --> A4[The Coast Cuff programme could be the best choice for you]
      Q5 -- NO --> Q6
      Q6 -- YES --> A5[The Te Whatu Ora Stop Smoking service could be the best choice for you]
      Q6 -- NO --> A5
  
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West Coast Health  
Community Wellbeing Services

Visit [westcoasthealth.nz](http://westcoasthealth.nz) for more information