



SILVERSTREAM WELCOMES DOCTOR MIRANDA RAM

At the beginning of June Dr Miranda Ram joined the Centre from the Netherlands! Miranda will be with us for a year, we are thrilled to have her on board. 😊



NEWSLETTER JULY 2022

Kia ora,

We hope you are keeping safe, warm and dry as we are not only mid-winter in New Zealand but mid-way through 2022!

The Centre has welcomed more exciting changes to aid and accommodate our patients seeking medical attention.

The team want to thank everyone for their continued support, understanding and patience as the health system continues to see an increase of demand on its services.

Kind Regards,
Silverstream Health Centre.

Keep warm and stay safe!

Dry July is here!

Dry July encourages people to go alcohol-free for the month of July to support and raise funds for people affected by cancer.

The campaign started in July 2008 in Australia, 3 friends wanted to raise \$3000 to buy a tv for their local hospital's waiting room. One of their family members were affected by cancer. It was a big success.

Dry July is a good way to challenge yourself while helping others! The money you raise goes towards improving the overall wellbeing of New Zealanders affected by cancer.

Benefits to going alcohol-free:

- Clear your head
- More energy
- Better sleep
- Weight loss
- Healthier skin
- Sense of achievement

For more information please head to www.dryjuly.co.nz



I won't drink to that!



UPDATE ON PROCESS TIME FOR ORDERING PRESCRIPTIONS.

With the increase of demand on health care services over the past few years we would like to advise patients that we are no longer able to offer Urgent same day prescriptions. Prescriptions are taking up to 36 working hours to process. Sorry for any inconvenience caused, we appreciate your patience and support. Patients can order their prescriptions via the online portal Manage My Health, via the script line or a script request form.



Practice Plus

Practice Plus now available for SSHC patients.

Ongoing demand has meant that our clinicians are not always able to see our patients in a timely manner, our routine appointments have a wait time of up to 3 weeks and therefore cause a huge demand for our Urgent clinics.

Further to this, currently LH emergency department has a waiting time of over 11 hours, and the Lower Hutt After Hours waiting time can be up to 4 hours. Practise Plus is a separate option that may offer a solution, Monday – Friday 5pm-10pm, weekends and public holidays 8am – 8pm.

If you are feeling unwell or need After Hours assistance, you can have a virtual video consultation. You can access this through our website or by clicking on this link - <https://practiceplus.nz/>

If you would like to know more about Practice Plus and how it works, please check out their website and there is a video that explains how Practice Plus works.

1. Register your details
2. Book – you can choose to wait in the queue or book a time that may suit
3. Payment – pre-paid, you will only be charged once your consultation is completed
4. Consultation - a link is sent 15 minutes before the GP is ready to start and you tap on the link on either your phone, computer or tablet. Scripts will be sent to your preferred pharmacy
5. Your patient notes from the appointment will be shared with your regular GP with your permission after the appointment.

Fees

If you have a community services card, the charges are the same as if you were coming to the Doctor, so a lot cheaper than going to After Hours. Unfortunately, due to Practice Plus getting no government funding, there is a charge for children.

- 14 and over \$65
- 13 and under \$55
- CSC card holder \$19.50

Please note the following services are not provided by Practice Plus:

- Controlled Drug prescriptions
- Investigations – for example throat swab, urine or bloods
- Referral to specialists for non-urgent chronic health concerns.



In an EMERGENCY please call 111



Pictured: Jo Donovan (Nurse Practitioner at Silverstream Health Centre)

Nurse Practitioner

Silverstream Health Centre has a Nurse Practitioner, Jo Donovan.

Jo worked for 12 years in Pharmacy before completing her nursing degree in 2015. Jo then quickly progressed and completed her Nurse Practitioner training in 2019 at Naenae Medical Centre.

Jo has been part of the Silverstream Health Centre team since July 2020. As well as being a very valuable, knowledgeable clinician she is also a Clinical Director at the centre alongside Dr Farqad Yuseif.

Jo has routine appointments and works on our Urgent Clinic throughout the week.

What does a Nurse Practitioner do?

Nurse practitioners have advanced education, clinical training and the demonstrated competence and legal authority to practise beyond the level of a registered nurse.

They provide a wide range of assessment and treatment interventions, ordering and interpreting diagnostic and laboratory tests, prescribing medication within their area of competence and admitting and discharging from hospital and other healthcare services/settings.

Contact us

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