



What's up, Doc?

Over 20 years of caring for the community and keeping you informed with our latest Practice happenings.



2020 – It's a Wrap

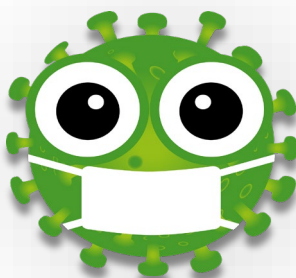
It has been an extraordinary year for everyone, globally. Who would have thought at the beginning of 2020 how much our lives would change in the space of a few months? The Coronavirus Pandemic has been life changing, stressful and affected us all.

In general practice, over a weekend in March, we were asked by the Ministry of Health to completely change the way we delivered healthcare. With the fear of spread of Covid-19 in the community, we were asked to mask up, change to telehealth consults from our usual face to face service delivery, and make hand sanitiser mandatory.

The timing could not have been worse as the flu vaccine season was just beginning. Whilst grappling with the daily to weekly changes we needed to make in the practice due to directives from health authorities, our goal was to keep infection out, while still trying to manage patient numbers for our flu vaccine clinics which were understandably overwhelmingly popular this year. Family and friends were called on to be Door Guards as staffing was stretched. We can't say we always made the right decisions, but we did the best we could in an ever changing environment.

Every day we tuned into the Ashley and Jacinda updates during our lunch break, praying for a reduction in Covid cases. And when the community cases finally reached zero, the relief was enormous. We feel so thankful to be living in New Zealand but feel for the rest of the World.

As the year of 2020 draws to a close, we would like to take the time to thank all of our patients who have been kind, understanding and supportive this year, the toughest we have ever experienced in general practice. We look forward to the New Year and the long awaited vaccine to eliminate the virus threat. In the meantime, enjoy the festive season, stay safe, stay vigilant and be kind to one another.



SERVICES AVAILABLE

- Well Womens Check • Mens Health • Sexual Health • Child Health • Immunisations •
- Immigration Medicals • Travel Health • Drivers Medical
- Liquid Nitrogen freezing to warts & sunspots • ECG Heart Checks • Lung Function Testing •
- Diabetes Screening • Minor Surgery – in grown toe nails, mole/skin cancers removal •
- Accident Consultations • Sports Injury Treatment • Orthotics (shoe inserts) • XRAY •



Practice Clinicians

Dr Colin Chin

MBChB, FRNZCGP, Dip Obst,
DCH, Dip Sport Med, Dip Musc. Med

Dr Adrienne Chin

MBChB, FRNZCGP, Dip Obst

Dr Kent Johnston

MBChB, FRNZCGP

Dr Bernard Teo

MBChB, FRNZCGP

Dr Nigel Yeoh

MBChB, FRNZCGP, PGCertWHeath

Nurses

Tania, Lynne, Vivian, Carolyn,
Kelley, Shelley, Selena, Matilda,
Cindy, Alex, Zhen, Lisa, Jordan

Health Improvement Practitioner

Brendan

Health Coach

Kelley

Radiographers

August, Sam

**183 RICCARTON ROAD
RICCARTON**

PH: 348 8989

www.doctorsonriccarton.co.nz

HOURS

Monday to Friday	8am to 6pm
Saturday	9am to 5pm
Sunday	Closed

AFTER HOURS

24 Hour Surgery

401 Madras Street
Christchurch City

Open 24 hours – Ph 365 7777

MyIndici Patient Portal



MyIndici Patient Portal is now available for all Doctors on Riccarton patients. Patient portals give you convenient and secure electronic access to your health information, increasing your ability to manage your own health care

Currently, the Portal allows you to:

- request repeat prescriptions
- book appointments
- see your lab results
- see your current diagnosis
- see a list of your medical conditions
- see a list of the medications you are on
- see your immunisation and vaccination history
- receive reminders and recalls from the practice team
- send and receive secure messages to and from your GP or a practice nurse.

MyIndici contains timely and relevant health content that relates to your condition and concerns i.e. medical research, newsletters, open forums, health categories.

If you require medical assistance your important medical information such as medications and allergies, is accessible to emergency providers.

We encourage all our patients to use the Patient Portal. It is very user friendly. Available as an app, it will allow you to access your medical information anytime anywhere, on your PC, Mac, Tablet or Smartphone.

You will need to have your own unique email address and a mobile phone number to register. Just ask one of our helpful staff members to help you get signed on the Portal.



We say goodbye to

Dr Jamie Ang

Dr Ang is starting Maternity Leave from Christmas. Her last day with Doctors on Riccarton is December 24. While we look forward to the much anticipated addition to her family, it is with sadness that we inform her patients that she has decided not to return.

For all our Chinese speaking patients, we have nurses and receptionists who can help.

We will also have GP registrars starting in Feb who can understand some Mandarin and one who speaks Cantonese.

Measles Mumps and Rubella (MMR) Immunisation

From 1 October 2020, children will have their first dose at 12 months of age and a second dose at 15 months of age. Catchup MMR Vaccines are also being offered to children, teens and adults born after 1969.

Measles can be a serious disease. It can cause diarrhoea, ear infections, pneumonia, airway diseases of the airways like bronchiolitis and croup, ulcers of the eye, low blood platelets, and even death. Measles in pregnancy increases risk for premature labour, miscarriage and stillbirth.

For more information, speak to one of our Practice Nurses about the MMR Vaccine.

**The Team at Doctors on Riccarton wish you
a safe and happy Christmas and New Year.**

Christmas and New Year Opening Hours

Thursday 24th Dec 2020 – 8am to 5pm

Christmas Day Friday 25th Dec 2020 – CLOSED

Boxing Day Saturday 26th Dec 2020 – CLOSED

Sunday 27th Dec 2020 – CLOSED

Boxing Day Observed Monday 28th Dec 2020 – CLOSED

Tuesday 29th Dec 2020 – 8am to 6pm

Wednesday 30th Dec 2020 – 8am to 6pm

Thursday 31st Dec 2020 – 8am to 5pm

New Year's Day Friday 1st Jan 2021 - CLOSED

Saturday 2nd Jan 2021 – CLOSED

Sunday 3rd Jan 2021 – CLOSED

Day after New Year Monday 4th Jan 2021 – CLOSED

Tuesday 5th Jan 2021 – Normal Hours Resume

