



Hokianga Health Hauora Hokianga

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COMMUNITY NEWSLETTER No. 250

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This newsletter is published monthly to keep you informed of what is happening at Hokianga Health. If you have any comments, contributions or questions, please contact Chrissie Williams at the hospital on (09) 4057-320, or the Trustees for your clinic area.

UNIVERSITY OF OTAGO RESIDENTIAL COURSE

Hokianga Health works closely with the Otago Uni School of Medicine in teaching rural health specialty for doctors, with the aim of encouraging GPs to make a career of rural general practice. In March we hosted eighteen students attended a residential course – the third in Hokianga – undertaking 'Context of Rural Hospital Medicine', one of seven papers that are part of the rural health medicine programme led by Dr Kati Blattner and Dr Garry Nixon. The Hokianga model of care provides an excellent opportunity to see the challenges and rewards of rural doctoring.



We also host sixth year students from Auckland University in the Pukawakawa programme, and a number of other undergraduate and postgraduate medical and nursing students. Placements within the Hokianga community are highly acclaimed.

FLU VACCINES AVAILABLE

Vaccinations are free if you are 65 or over, or have a chronic condition, or you are pregnant. The vaccine is available to others for \$20. Please ask your local CHN for an appointment to get your jab, before winter arrives.

HEPITITIS B and HEPITITIS C

We are being proactive in screening people for Hep B and Hep C which if undetected is a risk factor for liver cancer. When we take a blood sample you may be asked if we can include this test for your blood sample to see if you are a carrier. A carrier can be monitored and when needed treatment is available.

COPTHORNE HOKIANGA HALF MARATHON

Eighty people took part in the half marathon on the weekend, completing the run or walk individually or in teams in this annual event organized by Opononi & District Lions.



Some of our medical staff set a good example on the day –

pictured at the start are Nurse Practitioner Catherine Beazley, Dr Chris Hopkins and Dr Nadia Terzaghi.

PHARMACEUTICAL COSTS

There are two parts to the costs of pharmaceuticals. For Hokianga residents the 'generic' charge is covered so most of your medicines are free. For some products there is also a 'manufacturer's' charge which you will be asked to pay. A reminder that this does not cover the costs of getting your medicines to you. The pharmacy works with local agents to get your medicines to you, but you are expected to contribute to the cost of doing so. Please help this service by paying this small charge.

SMOKE FREE BUSINESSES

Boat Shed Café in Rawene, are continuing the smokefree outdoor dining that the previous owners put in place 16-years ago. Teresa Taylor owner of the Boatshed was presented with a new Smokefree Cafe Award. Café Omaparadise is also smokefree and Omapere G.A.S. is now also not selling tobacco products. It is excellent to see this growing trend.

ORAL HEALTH SERVICE

Northland DHB provides a basic relief of pain treatment. You can contact their service on 0800 MYTEETH. The cost of an appointment is \$40.

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Hauora Hokianga

Pouaka Poutapeta, Kaikohe

Waea: (09) 4057 709 Waea Whakaahua: (09) 4057 329

PANUI-A-IWI RUA RAU, RIMA TEKAU

Aperira 2017

E tūhia ana tēnei pānui kia noho mohio ai te iwi whānui ki ngā whakahaerenga o Hauora Hokianga. Mehemea he whakaaro ōu, he pātai rānei, he awahina rānei, me whakapā mai ki a Kirihi Wiremu i te Hohipere o Rāwene; nama waea (09) 4057 320; me whakapā atu rānei ki te tarahiti o tōu rohe kainga noho.

KAHUI RATA O TE WANANGA O OTAKOU

He piringa motuhake too Hauora Hokianga me te kura wananga hauora o Otakau mo te whakaako rata ki te ahua mo te tuuranga rata ka whai mahi nei ki nga takiwa penei i a Hokianga nei te ahua. Naa Hauora Hokianga i manaaki tetahi wananga o nga rata neki i te Maehe kua pahure nei

Ko te 'Context of Rural Hospital Medicine' te ingoa o te wananga, naa too tatou rata a Dr Kati Blattner te wananga i arahi, naa te rata noo Otakou a Dr Garry Nixon i whakamana. Hoi ano, kei a Hauora Hokianga tetahi tauira nui rawa te pai hei kitenga kanohi, hei whakaako ki nga rata haere wananga nei ki te wairua o te mahi o nga rata i roto i te Hokianga.



I haere ake ano hoki wetahi tauira rata i roto i te kaupapa o te Pukawakawa noo te whare wananga o Tamaki me wetahi atu tauira noo nga wananga o te motu. Ko nga nohoanga whakaako tauira rata ki konei i te Hokianga, he mea kaingakau ana e nga tauira rata o te motu.

WEROWERO RONGOA MO TE WHURU

He kore utu tenei rongoa mo te hunga i koo i te 65 o nga tau te kaumatua, mo te hunga e mauui roa ana me te hunga wahine e kopu mai ana. Mehemea, kahore koe tetahi o tenei hunga, ka utua te \$20.00 mo te rongoa. Whakapaa atu ki te naahi o too takiwa ki te korero mo te roanga atu o nga korero.

KO TENEI MOMO MATE-HEPITITIS B and HEPITITIS C

E kokiri nuitia ana e matou i te kaupapa arai i te paanga mai o tenei mate ki te tangata, Hep B me te Hep C, kei paangia te tangata e te mate kai pukupuku. Ka tangohia te toto, ka whakauru pea ki roto i te mahi whakmatautau i te ora o te toto, he whakamatautau mo tenei mate Hep B me te Hep C. Mehemea, ka kitea i roto i te toto, ka tauawhitia koe e nga manaakitanga o te hohipere kia ora ake ai.

COPTHORNE - OMA ROA O TE HOKIANGA

Waru tekau te matatoru o te tangata me nga roopu i oma ai, i hikoi ai i nga rori o te kainga o Hokianga, i Rawene neki ki Omapere mutu ai. Naa te roopu o te kainga naa te Opononi & District Lions te kaupapa.



Mea nei nga kanohi o nga kaimahi o te hohipere, ko te naahi a Catherine Beazley, me nga rata a Dr Chris Hopkins raaua ko Dr Nadia Terzaghi. Pai rawa atu te kaupapa me te raa.

UTU MO NGA PIRE / RONGOA

E rua nga wahanga korero utu mo tenei kaupapa, he wahanga mo te hunga kainga e kii ana, he utu 'generic'. Kahore he utu mo te nuinga o nga pire me nga rongoa, engari ia, he utu ka utaina mo wetahi o nga mea e te kemehi me nga kaimahi rongoa kia tae atu nga pire me nga rongoa ki a koe. He utu iti noa nei te utu, e waihotia ana maa te tangata e utu.


PAAKIHI TUU AUAHIKORE ANA

Tuu ana ano te ture moki hikareti kore ki te Boat Shed Café i Rawene e nga kaiwhakahaere hou, 16 nga tau te roa o te ture i tenei wharekai manaaki nui i te tangata. I riro i a Teresa Taylor, noona te Boatshed te tohu whakanui i te tuu mana motuhake mo toona wharekai "Smokefree Cafe Award". Tuu auahi kore ana te Café Omaparadise me te teihana penihiini i Omapere. Ka whakamihia enei whare katoa mo nga tohu whakaora tangata. Mahi tika ana!!!

HAUORA NIHO

Kei nga ringaringa o te DHB tenei kaupapa mo te niho e ngau ana. \$40 te utu mo te haerenga mai kia kitea koe e te rata niho, waea atu te nama nei 0800 MYTEETH ki te korero.

IPURANGI ME TE PUKAMATA O HAUORA HOKIANGA

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