

# Hillsborough Medical Centre

Autumn/Winter Newsletter 2018

## Staff Changes

We are very sad to farewell **Dr Soshamma George**. Soshamma has been with us for 14 years and many of you will have benefited from her empathic, skilled and calm medical care.

### New Doctor

We are pleased however to welcome **Robyn Chandler** to our team. Robyn grew up in Auckland and graduated from Auckland Medical School in 2003. She worked in Hawke's Bay where she also obtained the Diploma in Child Health. She then spent three years overseas working in the UK in Emergency Medicine, Anaesthetics, Retrieval Medicine and even a spell with the Royal Flying Doctor Service in Alice Springs, Australia.



After returning to NZ she worked in children's health and completed a Certificate in Women's Health. Robyn then worked in General Practice in Central Otago, Thames and Northland obtaining her Rural Hospital Fellowship. More recently she has worked as a GP in South Auckland.

During this time she married Bjoern and had three children. With the arrival of number three, she has decided to work closer to home and is looking forward to developing long term relationships with the patients and families in Hillsborough. We are very excited to welcome her to our Clinic and are sure you will enjoy getting to know Robyn and benefit from her wide experience and warm personality.

She will be working on Tuesdays, Wednesdays and Fridays.

Dr **Sylvia Macann** will be away during June and July. Dr Robyn Chandler will be covering most of her sessions but we also have **Dr Lynda Gee** who many of you will have met previously.

## 'Flu shots and Shingles Vaccine

Sadly the end of the summer has arrived and with it the start of winter ills. Fortunately the 'flu injection is again available.

This year those of you aged 65 to 80 are also eligible for a **free Shingles vaccine**. This is a very safe and effective vaccine to help prevent Shingles, a common



painful infection. We recommend getting this at the same time as your 'Flu shot.

### Remember Influenza Facts:

- Being fit and healthy will not stop you getting the 'flu.
- Influenza isn't just a bad cold – it can be serious and can kill
- Immunisation helps prepare your immune system to fight the 'flu.
- You cannot get the 'flu from the vaccine.
- It's free to those over 65yrs, those with certain chronic conditions of all ages and pregnant women.

So, don't delay and vaccinate early!!

## Hillsborough Medical Website



We have now got a website to keep you up to date with our services and staff.

You can also now **BOOK APPOINTMENTS ONLINE** which is easy to do but if

you need help, have a talk to our receptionists.

Check it out at:

[www.hillsboroughmedical.co.nz](http://www.hillsboroughmedical.co.nz)

Dr Ivan Connell Dr John Russell  
Dr Sylvia Macann Dr Andrew Wearn Dr Robyn Chandler

165 Hillsborough Road. Hillsborough. Phone: 6257070

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## Cornerstone Accreditation

We have recently completed and passed the Cornerstone Accreditation programme. Cornerstone is a quality assessment programme run by our College of General Practice. It is reviewed every 4 years and involves a rigorous assessment of all aspects of our Practice.

This is a huge undertaking and has involved all our staff. We are very pleased to have this completed and it confirms the high quality service that we strive to provide.

## Congratulations Dr Connell !

Many of you will know that Dr Ivan Connell as well as working as a GP, also treats **varicose veins** by laser at Ascot Hospital.

He recently gained further qualifications in this speciality and now holds a Diploma in Phlebology with the Australasian College of Phlebology.



## Congratulations Dr Wearn !

Dr Andrew Wearn works with us on Wednesday mornings as well as holding an Associate Professor role at the Medical School teaching and coordinating students. He has also been working hard and been granted his full Vocational Registration and is now a Fellow of the College of General Practice.

## Health Screening

In previous newsletters we have discussed the push by the Ministry of Health for General Practice to reach specified health targets.

The focus currently is cardiovascular disease and smoking.

You are likely to have been



asked by our nurses and doctors to check your cholesterol and sugar levels, and asked about your smoking habits and any family history of heart disease.

This screening helps us highlight those who have a high risk of heart disease. Once recognised we are able to assist you in reducing cholesterol, sugars and Blood Pressure and to stop smoking, which are the main reversible determinants of heart disease and stroke.

Thank you for your help in this important programme to improve the health of all New Zealanders.

## Whooping Cough and Pregnancy

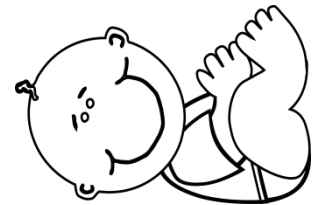
Whooping cough (Pertussis) is a preventable disease and can be very severe in young babies. Over recent years there has been a rise in cases, especially before the baby's six weeks vaccinations.

We encourage all pregnant women to have the vaccination booster between 28 to 38

weeks of their pregnancy in order to protect their baby before the 6 weeks vaccination.

The vaccine has been studied closely both in NZ and overseas is very safe.

We would also encourage partners and grandparents to update their vaccination to help reduce the risk to these young lives.



## Services

We aim to provide a high quality and comprehensive health service to our patients. In addition to the usual consultations, we offer a number of other services.

Check them out on our website!

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Dr Sylvia Macann Dr Andrew Wearn Dr Robyn Chandler

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