



Ranolf
Medical Centre

Ranolf Health News

Kia ora!

From new roles to improve our patient care to information on the measles outbreak in the Waikato, our Ranolf Health news has lots of information to help you with your health and wellbeing.

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New Nurse Practitioner Role



We are thrilled to have Ros Rowarth as our first Nurse Practitioner at Ranolf. Many of you will know Ros, as she has been a senior member of the nursing team for many years.

In this role, Ros can treat patients independently of a doctor, including prescribing a range of drugs and treating long term conditions. While the doctors are still available for advice and support, she will no longer need to get them to sign off on scripts.

[Read more](#)

Flu Clinic



Good News! Our flu vaccines for funded and non-funded patients are available. Please call us to make an appointment with one of our nurses during weekdays.

Our walk in clinic will be on Thursday evenings 5-6pm until 2nd June.

[Read more](#)

Medical Centre Assistants

It is our pleasure to introduce our new team member Ian, who joins us as a Medical Centre Assistant at the end of May.

The role of Medical Centre Assistants (MCA) is quite new to general practice, and we are proud to be increasing the number of MCAs from two to three in June.

MCAs work in both the clinical and administrative areas carrying out key tasks and have quickly become indispensable. They are trained to do some of the screening checks that nurses used to do, so don't be surprised if one of them comes to you in the waiting room before you see your doctor or nurse.

The invaluable work of the MCA's ultimately means that our doctors and nurses can spend more time with you once the MCA has updated your details.



Free Apples

Ranolf now provides a complimentary apple for our little patients to munch on while they wait.

Please let your little ones help themselves.

New Patient Questionnaire

From April all new Ranolf patients will complete a brief questionnaire to assist us in getting to know you.

The answers to your questions may require a complimentary follow up appointment with either a nurse or doctor to discuss further your health & wellness history.

Pregnant? Find a midwife ASAP



Did you know it's free to register with a midwife?

It is best for women to register with a midwife as soon as possible, ideally before they are ten weeks pregnant.

Lakes District Health Board has started a new phone service to help women connect with a midwife. Call 0800 LakesBaby (0800 525 372).

Quit Smoking



Help is available for any of our patients wishing to give up smoking. There are a number of options available, and we offer support for those who require it. Please phone to make an appointment with one of our nurses or health care assistants.

Immunisation Week



Ranolf promoted immunisation awareness as part of the National Immunisation Week during May. Our beautiful and colourful 3D display in the waiting room was put together by our Medical Centre Assistant Lorraine.

We were thrilled our display was judged first equal in the Lakes District Health Board display competition.

Our contact details at your fingertips



Ranolf Medical Centre

FindUs is a business directory and mobile app available on Android and Apple phones.

Scan in our Ranolf QR code to save Ranolf Medical Centre on your phone. This will store our contact details, link to our website, Facebook page and more.

New Visiting Consultant



David Silverman, M.D., senior physician/geriatrician and Director of Rotorua Adult Medicine, is working from Ranolf Medical Centre one day a month.



He offers consultation services for adult patients with complex medical issues including diagnostically difficult problems, multiple co-morbidities, or simply those seeking further insight into their illness.

David is a geriatrician as well as a physician and welcomes elderly patients with geriatrics syndromes or those who require a home visit (limited to the Rotorua area). He has specialty registration from the Medical Council of New Zealand, and the Australian Health Practitioner Regulation Agency and practiced at Rotorua Public Hospital for more than seven years.

David says he is very excited about starting a private practice that offers services not widely available in Rotorua.

Patient referrals to David will be made through your usual doctor.

Manage Healthcare Online



Did you know you can view your Ranolf health records securely online with our patient portal, **Manage my Health**, the health equivalent to online banking.

Patient portals are a great step towards enabling New Zealanders to manage more of their own healthcare. Ask us for a registration form next time you are in to sign up now!

Are you and your family fully vaccinated against measles?



You have probably heard there has been an outbreak of measles in the Waikato. Measles can be a serious illness so there are a few things you need to know and do.

- 1.** If you have children please check that they are up to date with their immunisations.
- 2.** Adults can get measles too. Do you know if you have either had measles or have had the immunisation?
- 3.** Know what you should you look out. Measles usually starts with a fever, runny nose, rash and sore eyes.
- 4.** Finally, if you had decided against immunising your child in the past it is not too late to change your mind and get the MMR. Just call one of the nurses and we will happily discuss the options and the pros and cons with you.

[Read More](#)

Contact us for more information or to make an appointment.

Phone 07 347 7537 or visit 59 Ranolf Street, Rotorua

We are open from 8am to 5pm Monday to Friday.

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