

OTUMOETAI HEALTH CENTRE COMPLEX

Cnr Otumoetai and Ngatai Roads

Welcome to the Otumoetai Health Centre Complex. A comprehensive Healthcare Facility with a wide range of services available to you including:

- **Otumoetai Doctors** **576 2321**
- **Bay Physiotherapy** **577 9798**
- **Foot Clinic (Podiatrist)** **0800 111 150**
- **GP Skin Surgeon (Dr Dixon)** **576 2321**
- **Counsellor (Nikki Mildon)** **0210 246 5523**

Otumoetai Doctors

Please be patient and kind to the staff at the Health Centre. We are still under pressure with seeing respiratory illness across our population. To reduce the risk of spreading infection we see these people in a separate area. We are asking people to wear masks at the surgery for the same reason.

Our clinic is running for all health checks and reviews. Please book in with your doctor if you have any health concerns. Plan in advance for repeat prescriptions to allow us time to process your request. This can take up to 48hours.

Our travel clinic is becoming popular with increasing overseas travel.

Health Improvement Practitioner

We have a **new free service** at Otumoetai doctors. We see people of all ages, and help with any type of issue. The aim is to support you to make a positive change in line with what's important to you or learn a skill to promote your wellbeing. Your doctor or nurse can refer you. The appointments are roughly 20 minutes. The session will focus on the most important problem for you that day, and support you to develop a practical plan to improve things.



We also have a Health Coach who will actively help you in the community. We see people for a range of difficulties such as:

Stress/anxiety/low mood	Relationship issues/parenting
Sleep problems	Lifestyle Changes/physical health
Chronic pain	Addiction issues
Grief and loss	

Pharmacy Update From Unichem Cherrywood

Stock Shortages October 2022. Due to the long-lasting global supply chain disruptions as a result of the COVID pandemic, pharmaceutical supply into New Zealand is disrupted and

uncertain. Pharmaceutical wholesalers in NZ and Pharmac are tirelessly trying to rectify this or find solutions but it does leave us short on a number of medicines at present. One way we are trying to ease these short-falls is by restricting some medicines to monthly dispensing. By rationing medicines in this way, it ensures there is adequate supply to cover all of our patients, to make it through until more medicine reaches our shores.

The medicines that are unavailable for some time or have uncertain continuity of supply are: Gaviscon Infant sachets, Locoid Scalp lotion, Locoid Lipocream, Pevaryl Foaming sachets, Estradiol patches, Special foods, Psyllium husk, amoxicillin/clavulanic acid tablets, to name a few. Please bear with us as we try to find a solution for your prescription in conjunction with your prescriber.

Otumoetai Health Centre

CARING FOR YOU AND YOUR FAMILY

Cnr Ngatai & Otumoetai Roads, Tauranga

Comprehensive Healthcare Facility Offering:

Doctors and Nurses	Ph 576 2321
Chemist	Ph 576 7290
Bay Physiotherapist	Ph 577 9798
Podiatrist	Ph 0800 111 150
GP Skin Surgeon	Ph 576 2321
Counsellor	Ph 0210 246 5523

**Full Doctor after hours service
Phone 576 2321 24-hours**