



Your health system is sharing more, to provide better, safer care.

HealthOne

From mid-July, hospitals, GPs and pharmacies in the Nelson, Tasman and Marlborough regions will join other South Island health providers by moving to a shared patient records system, HealthOne.

While treating you, they will see selected relevant information that might include:

- Conditions you have
- Your test results
- What medications you are on
- Any allergies you may have.

This means better, safer care — and less need to repeat yourself, or remember all the details. You can choose to opt out, or request specific parts of your information are not shared, by:

- calling freephone 0508 837 872
- emailing privacy@healthone.org.nz

For more information, please see www.healthone.org.nz



Tackling the superbugs

Antibiotic resistance is a silent menace with serious consequences. Resistance happens when bacteria survives exposure to antibiotics designed to kill them. Resistant bacteria or 'superbugs' can lead to untreatable infections.

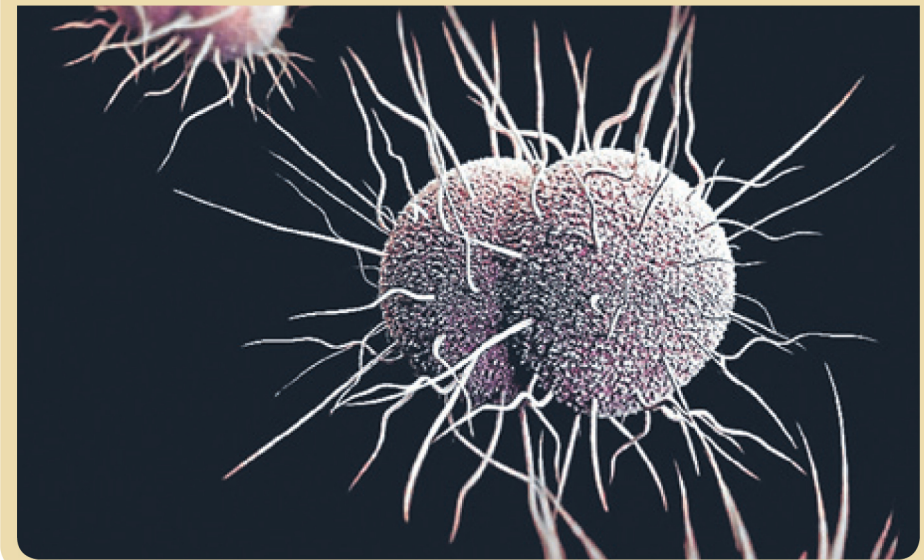
Did you know:

- 8 out of 10 children with ear infections get better by themselves
- most sore throats, runny noses and coughs are caused by viruses and don't need antibiotic treatment
- paracetamol is the first treatment option for mild symptoms
- antibiotics should be reserved for serious bacterial infections.

Your GP wants to help you or your child feel better, but sometimes using an antibiotic could put you at risk of developing resistant bacteria.

See your GP if you have high fever, feel very unwell, or are concerned about yourself or your child.

For more information about antibiotic resistance, visit www.nmdhb.govt.nz/tackling-superbugs



LET'S talk ABOUT...

National Volunteer week recently celebrated the amazing contribution volunteers make. The volunteers at Nelson Marlborough Health contribute many hours and make a real difference to our patients and staff.

Kath Cuthbert worked at Nelson Hospital for 38 years but still found time to volunteer during her evenings and lunchtimes. Even though she's now retired, and cares full time for her 98 year old mother, Kath still devotes an average of 20 hours a week to volunteer roles.

Kath says doing things for other people gives you a 'nice feeling'.

"When people have done so much for you over the years it's good to be able to give something back," she says. "There's is no great cost to me and it certainly doesn't feel like a chore."

There are volunteers needed for the Nelson Hospital Library Service, the Nelson Hospital Shop, as drivers for the Shuttle Buggy, the Chaplaincy service and for the Wairau Hospital main reception desk.

For more information go to the Nelson Marlborough Health or Volunteers Nelson websites.



Smokefree. The best start for you and your baby.



Deciding to stop smoking is one of the best things you can do for you and your baby.

We want you to have a smoke-free pregnancy and a smoke-free house for your newborn baby and family.

Our PēpiFirst quit smoking coaches are here to help you to do this and you will be rewarded with vouchers as you reach milestones in your smoke-free journey.

It's Free For all pregnant women in the Nelson Marlborough region.

Benefits include:

- vouchers to reward your progress
- intensive one-on-one support with a 'quit coach'
- home visits, workplace support and community clinics
- nicotine replacement therapy
- information about other quit smoking products and services
- a complementary approach to the Quitline service that offers 24/7 support



www.nmdhb.govt.nz/stop-smoking-services

0800 NO SMOKE
(0800 667 665)

Call the freephone number to get started or ask your GP, midwife or other health practitioner to refer you.

Email: smokefree@nmdhb.govt.nz