



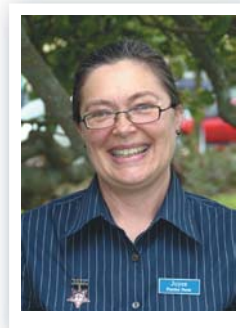
Tracey Laing



Dianne Gray



Marg Matchett



Joyce Roberts



Rhonda Mountfort

MEET OUR TEAM - DIABETIC, RESPIRATORY AND CAREPLUS NURSE SPECIALISTS.



For information contact:
Pukekohe Family Health Care
10 West Street Pukekohe
09 237 0280

CHRONIC CARE MANAGEMENT AND CARE PLUS

Chronic Care Management and CarePlus are funded programmes, with specific criteria for people with ongoing health conditions.

The aim of both programmes is for the patient to work in partnership with their health professional team to:

- Gain a good understanding of their condition
- Be able to manage their condition
- Engage in activities that protect and promote health

The CCM programme is specifically focused on five modules:

- Diabetes,
- Congestive heart failure (CHF)
- Respiratory Disease (COPD)
- Cardio-vascular Disease (CVD)
- Depression

Pukekohe Family Health Care has a dedicated team of nurses who work closely with the Doctors to deliver optimum care through the diabetic, respiratory and care plus clinics.

THE NURSES:

- provide support and education with patient health issues
- include the family to help make lifestyle changes
- focus on reducing smoking, improving nutrition, increasing the level of physical activity

Clinic hours:

RESPIRATORY CLINIC Monday, Wednesday 8.30- 5pm
DIABETES Tuesday, Wednesday, Thursday, Friday 8.30-5pm
CAREPLUS Tuesday and Thursday, 8.30-5pm

PFHC proudly supported by



PFHC DIABETIC NURSES can provide

- **FREE** advice sessions with our diabetic nurses for:
 - those patients who might be likely to develop diabetes in the future
 - newly diagnosed diabetics
- **FREE** yearly comprehensive diabetic check
- **FREE** regular checks through the year with your General Practice team to monitor and treat your diabetes or factors that may lead to diabetes
- **FREE** eye testing and dietary advice with visiting specialists at the Practice

The RESPIRATORY CLINIC can help you learn more about your asthma, how to control and manage it.

TAKE THE TEST

- Do you get symptoms of asthma (such as cough or wheeze) more than twice a week?
- Does asthma affect your physical activities?
- Do you need your reliever inhaler more than twice a week?
- Have you needed emergency treatment for your asthma in the last year?

If you answer yes to any of the following questions your asthma may not be as well controlled as it could be

