



PATIENT NEWSLETTER

MARCH 2025 | EDITION ONE

STAFF UPDATES

WELCOME TO THE TEAM

Dr. Alex Kwek (she/they) has joined us from Singapore with nearly ten years of medical experience. After working as a GP in Auckland for 18 months, Dr. Kwek has relocated to Napier to serve our community and enjoy the coastal scenery. Outside of medicine, she's an avid rock climber looking forward to exploring local outdoor activities.



Dr. Sofie Rose *(she/her) joins us in April as a GP registrar. Originally from Auckland with British and French heritage, Dr. Rose recently married her husband Oscar, an Air NZ pilot. They share their home with their Golden Retriever Reggie and two SPCA adopted cats Bob and Pumba. Dr. Rose began her medical career in 2013, completing her training in 2018 before working in various specialties at Hawke's Bay Hospital. She transitioned to primary care in January 2024 at The Doctors Napier and has recently passed her GP exams. Her professional interests include Palliative Care,



RETURNING STAFF

Whilst we're talking people news, we're also able to welcome Beth and David back to Napier at the end of April. Here's an update to clarify how this works for us in Tamatea Medical Centre.

Dr. Beth McElrea returns the week of 28 April. She will conduct Gender clinic sessions on Monday and Wednesday mornings and add an extra day of General Practice.

Dr. David Rodgers returns in a revised capacity but will not maintain regular General Practice sessions nor be taking back his previous patients. David has decided that he wishes to pursue several other areas of interest but he will provide locum cover and work some after-hours roster shifts at City Medical. Dr. Alex Kwek and Dr. Sofie Rose will share care of most of Dr. Rodgers' former patients. Our management team will communicate with affected patients about this transition soon.

MEDICAL UPDATES

FLU VACCINE

Getting your flu shot from April gives you your best chance of avoiding the flu.

Influenza vaccines will be available from April 1st. Getting vaccinated helps protect our community during flu season (May to September) and particularly safeguards vulnerable individuals. While early vaccination ensures you don't miss out, protection decreases over time. Therefore, we recommend getting your flu shot at the optimal time for effectiveness.

METHYLPHENIDATE NATIONAL SUPPLY ISSUES

There are currently national supply chain issues affecting methylphenidate medications. You may experience:

- Unavailability of your usual brand
- Delays in stock arrival at pharmacies
- Temporary availability of some products

Different extended-release brands may affect individuals differently. Please discuss any changes with your prescriber.

If your usual pharmacy cannot fill your prescription:

1. Try other pharmacies (though shortages affect all of New Zealand)
2. Contact your prescriber or email prescriptions@gpcare.co.nz if you cannot locate your medication after checking multiple pharmacies
3. Note that new prescriptions cannot be transferred between pharmacies

Please remember that pharmacists and doctors are not responsible for medication shortages. Pharmac is working to improve the situation.