



Nursing Services

Mana Medical Centre
107 Mana Esplanade, Mana, Porirua 5026
Telephone: 04 233 8019 Fax: 04 233 8056

Nurses Hours:

Monday to Thursday 8am to 6pm
Friday 8am to 5pm

Our Services

Cervical Smear Taking

Most of our nurses are experienced and accredited cervical smear takers who are available through the week for those requiring to have a smear done with the nurse. This is a good time to discuss any other women's health issues which may need following up.

Ear Syringing

Adele Macklin runs a clinic here at Mana Medical Centre on Wednesday afternoons. To make an appointment for this service you will need to call her directly on 0272335300.

Immunisations

All the nurses are experienced in vaccinating children and adults. Our nurses are approved and accredited vaccinators with public health. This process ensures the nursing staff are currently competent and up to date with vaccination procedure.

Follow-up dressing and wound care

Our nursing staff are trained in this field. We will use the most suitable products available depending on the type of wound and its condition. We are constantly being introduced to new and advanced products that pharmaceutical companies have to offer.

Travel Advice

We have staff dedicated to travel medicine including specially trained doctors and nurses. They have post-graduate qualifications in travel medicine, ensuring they have a good knowledge in all aspects of healthcare for the traveller. All travellers are required to complete a pre travel questionnaire form. We need as much notice as practicable as there may be a series of immunisations that need to be given.

If you are requiring specific information related to particular countries you may be offered a GP consult

Education

The team offers education on a wide range of health topics from diet and lifestyle to sexual health, from safe food hygiene to asthma care and inhaler technique, and a variety of other healthcare issues.

If there is a healthcare issue that we are unable to advise on then we will do our best to find further information or refer you to a health provider who can help.

Removal of sutures and clips

This is a procedure that can be done by any of the nurses at the practice. It usually involves a check of the wound for any signs of infection before suture or clip removal, and then dressing and/or steri-stripping of the wound.

Pregnancy testing

This is a simple procedure where a urine sample is tested. The results can be read in approximately three minutes. The nurse can then give the appropriate information on maternity services, midwife availability, antenatal care and book an appointment with your GP if required. The tests used are very sensitive and don't require an early morning sample.

Administration of Depo-Provera

At the time of a consultation your weight and blood pressure is recorded as part of ongoing care. This is often a good time to discuss any sexual health or contraception related issues.

Under the Primary Sexual Health Service, certain women are entitled to the Depo-Provera injection free of charge. Please make inquiries regarding this with the nursing staff prior to booking your appointment.

Diabetes Screening

A fasting blood test is recommended three yearly from age 50. If an urgent diagnosis is required a finger prick test may be performed and a fasting blood test repeated at a later date.

For more specialised Diabetes care a clinic is available. We have several nurses who run these clinics. Please contact them through the medical centre for more information.

Administration of neo-cytamen and other injections

We appreciate that injections are probably one of the most feared aspect of a visit to the medical centre, but we are skilled at this and intent to make it as pain free as possible.

Please note:

There are charges for nursing services provided,

These charges are displayed in the nursing area and in the main waiting room, or by asking the Practice Nurse attending to you.

In General

Telephone follow-up

We are constantly in contact with patients by phone regarding test results, health advice and answering a variety of queries.

We always endeavour to answer calls, but due to other nursing commitments may not be able to answer your call immediately. If you are unable to call back please leave a message with reception and we will contact you when we are able.

Please order repeat prescriptions through our repeat prescription line 233 5139. This is a message service and the line is cleared once during the day by our nurses. Please note that we require a minimum of 24 hours notice to organise your repeat. If you require it urgently, please contact the medical centre directly. An additional fee applies for urgent requests.

We are continually in liaison with other health professionals in the community (e.g. Public Health, Community Support Services, Oncology).

We as a team are aware of the importance of ongoing education, and are often attending courses in order to improve our knowledge, practical skills and nursing care.

We hope that this enables us to offer you a professional and up to date service with a personal, friendly touch.

The Team

All of our nursing team perform Practise Nursing duties, some of them have additional clinics they run over and above this.

Catherine Metcalfe – Nurse Manager

Lynette Bailey

Joanne Garden

Kate Temarama

Julie Gordon

Carissa Moug

Mhairi Palmer

– Health Care Assistant