

STAFF PROFILE - MEET LISA



Hi, my name is Lisa Thompson. I am working as an intern nurse practitioner (NP) at South Taranaki Rural Health General Practice (STRHGP). I am currently completing the last paper of a master's degree with the University of Auckland, which will allow me to sit a final exam with the New Zealand Nursing Council to gain registration as an NP.

Nurse Practitioners are required to complete advanced education and have relevant experience in their area of practice. I first completed a post graduate diploma in nursing science in 2007 and then started working towards a master's degree in 2018. I am fortunate enough to have been selected onto the Nurse Practitioner Training Programme which is a national initiative to support NPs and their employers to complete the final requirements to becoming an NP. This includes working in secondary placements outside of your usual clinical area, completing 250 hours of clinical supervision and being supported by an academic mentor to prepare for the final

exam with the New Zealand Nursing Council.

NPs have an advanced scope of practice beyond that of a registered nurse which includes diagnosing and prescribing both acute and chronic conditions. NPs are a hybrid of both nursing and medical models of care and incorporate both important aspects in their approach to delivering patient care. I have a special interest in gerontology but enjoy seeing a wide and varied range of presentations each day.

I am born and bred in South Taranaki and have worked in a variety of nursing roles over the last 20 years including community mental health, aged care, primary care, emergency, rehabilitation and medical. Outside of work and study I love watching my two children playing sport, enjoy keeping active and spending time with my friends and family. I am passionate about improving access to health services within South Taranaki, advocating for equity in rural areas and working alongside people to achieve their health goals. I am fortunate to work amongst a supportive team of clinical and non-clinical staff and I am looking forward to completing my final year of study and starting my NP journey.

■ 'THE DECIDER - LIFE SKILLS' - FREE GROUP COURSE

'The Decider - Life Skills' is a free six-week group course that offers evidence-based strategies for our mental health and wellbeing. It covers 12 core skills and includes a combination of both cognitive and dialectical behavioural therapy (CBT & DBT) strategies, such as distress tolerance, mindfulness, emotional regulation and interpersonal skills, which can help to increase our resilience when faced with common life challenges.

Kirsten, one of our health improvement practitioners (HIPs), will facilitate this weekly group which will be accessible both in person or via video link on zoom. Free resources will be available for people to take away to help learn and use the strategies in their day-to-day lives. The group will start on **Tuesday 20 September (10.30-11.30am)** and will continue each Tuesday for six weeks.

Please get in touch if you are interested - email strhgp@tdhb.org.nz, message the 'common administrator' via the MyIndici app, or call 0800 225 571.



■ BEHIND THE SCENES

We are pleased to welcome three additional practice nurses to our team. Our wonderful practice nurses are, from left to right: Phillipa, Tracey, Trish, Prisca & Honey.



■ FAQ: WHAT'S THE DIFFERENCE BETWEEN A DOCTOR AND A NURSE PRACTITIONER (NP)?

The roles of nurse practitioners (NPs) and doctors are often misunderstood. While doctors are usually viewed at a more advanced level, both positions have a high function and purpose.

Like a doctor, NP responsibilities include managing a person's overall care by ordering and interpreting lab tests, diagnosing and treating acute or chronic conditions, prescribing medication and educating patients and whānau.

Do appointments cost the same for an NP and a doctor? Yes. Both NPs and doctors provide high quality, ongoing care and both are able to diagnose, treat, and prescribe medicine so we charge the same for their appointments. We are proud to have NPs as an integral part of our team.

■ GETTING IN TOUCH AFTERHOURS

Our standard phone hours are 8am-4pm, Monday to Friday.

If you need health assistance outside of these hours, please phone our usual number (06 278 1383). You will be transferred to our afterhours service, Whakarongorau Aotearoa/NZ Telehealth Services, who will be able to help.

■ TURNING 65? BOOK YOUR FREE SHINGLES VACCINATION

Shingrix is a vaccine that can prevent you from getting shingles and, if you do get shingles, this vaccine can help prevent complications of shingles including long-term pain. Shingrix is delivered in two doses, around two months apart.

This vaccine is free at age 65 years only.

Once you turn 66 you are no longer eligible for the free vaccine. Please contact our practice nursing team to book or for more information.



About **1 in 3** New Zealanders will get shingles in their lifetime.

■ PATIENT EXPERIENCE SURVEY

Have you had a good experience with us? Something we could do better? We'd love to hear from you! Let us know via the survey link below:

www.surveymonkey.com/r/JZYMS5P

If you would like a paper copy, please email us on strhgp@tdhb.org.nz or call 06 278 1383.

Did you notice our new logo?

On 1 July 2022, Taranaki District Health Board became Te Whatu Ora - Taranaki; part of Te Whatu Ora - Health New Zealand.

To learn more, visit [Who we are - Te Whatu Ora - Health New Zealand](#)



■ STRHGP ORANGE CLINIC

If you have cough, cold or flu symptoms and need to see a clinician in person, we will arrange for you to be seen at the Orange Clinic. This is a drive-in clinic, to the left of the Emergency Department entrance.

People booked into this clinic stay in their car and the clinicians come to them. By keeping people with cough, cold or flu symptoms out of the hospital building, we are able to better protect staff, visitors, and vulnerable patients. Visits to the Orange Clinic are free of charge.

