



169 Medical Centre
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Palmerston North
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Patient Newsletter February 2025

169 Team

We are pleased to welcome both Donna and Bayley to our nursing team.

Donna joins us with extensive experience in secondary care, bringing a wealth of knowledge and a strong passion for delivering high-quality, patient-centered care.

Bayley joins our team as a Nurse Prescriber, having completed specialised training to prescribe medications and manage treatments safely and effectively. She works closely with our doctors and nurses to ensure the best possible care for our patients. Bayley's addition to the team helps reduce waiting times and improves access to the care you need.

Nurse Prescriber consultation charges:

Under 14 years – Free

14-17 years - \$38

18+ years - \$48

ACC Consults:

Under 14 years – Free

14-17 years - \$30

18+ years - \$35

CSC holders –

14-17 years \$13.50

18+ years \$19.50

APPOINTMENTS

If you are unwell and need an urgent appointment...

Please call us first - we have appointments reserved each day especially for people who are unwell. Our nurse will speak to you and depending on your needs will either book you an urgent appointment to see the GP, see you as a nurse appointment, give advice over the phone, direct you to Practice Plus (Telehealth service), City Doctors or the Emergency Department.

We do not run a walk-in clinic so please only come to the clinic if you have an appointment. This is so we can provide safe and quality care to you as well as people who have an appointment booked.

If you have respiratory/flu like symptoms – please let us know when making an appointment and do a COVID test. We wish to continue to keep our patients and staff safe so we will either offer you a phone consult, see you in a side room or in the back carpark. Routine appointments - Please ensure you book an appointment when you have at least TWO weeks supply of medication remaining. This will ensure you do not run out medications before your appointment. Unable to make it to your appointment? Please call and let us know. We are very busy and appointments are in high demand. A reminder there is a charge of \$20 for missed appointments

Check out our new website!
www.169medical.co.nz