



BLOCKHOUSE BAY MEDICAL CENTRE

Keeping you up to date

Blockhouse Bay Medical Centre as a team endeavours to provide you with high quality healthcare – aiming for excellence and best outcomes for our patients. We are a dedicated health promoting practice, promoting different health issues every month. Take advantage of our health promotion this month! Our special focus has been on Preventative Health and Screening for important health conditions in Men, Women and children.

Our Doctors and Nurses are also committed to continuing medical education, attending seminars and teaching sessions to keep up with advances in medical knowledge and use these to better care for you, our patients.

Our Fees

We are an 'interim' funded practice which means we do not receive a large amount of funding from the government, therefore our fees are higher than excess funded practices. We assure our patients that they will be receiving a high standard of care and service from our dedicated team.

APPOINTMENTS AND REPEAT PRESCRIPTION REQUESTS AVAILABLE ONLINE NOW!

VISIT OUR WEBSITE: www.bhbmcc.co.nz. Click on 'book an appointment online' for appointment booking and repeat prescription requests.

GENERAL PRACTITIONERS

DR. PHILLIP RUGE

DR. SHANTHI SELVAKUMAR

DR. BRIAN THOMSON

GENERAL SURGEON

MR. RISHI RAM

VISITING GENERAL SURGEON

PODIATRIST

DENISE LEWINS

MISSION STATEMENT AND PURPOSE

FAMILY- To perform as a team , as a family , communicating , co-operating and working with one another, in order to cater for families and in so doing, achieve the practice's goals and objectives.

MEDICAL - To continually strive for excellence and quality, in our range of medical services, which are to the satisfaction of our patients, being provided by professionally competent, content and motivated staff.

CARE - To show all patients that we care. To think and act in every way for the benefit of the patient, taking into account their situation, their own personal/individual needs and what they perceive as good service.

CENTRE - To be recognised as a medical centre which is dynamic, progressive and innovative in its field, both now and in the future.

CONTACT US:

503 Blockhouse Bay Road
Blockhouse Bay
Auckland

Phone: 627-9176

Fax: 627-2379

SURGERY HOURS

Mon-Thurs 8.30am – 6.00pm

Fridays 8.30am – 5.30 pm

Sat-Sun Closed

Public holidays Closed

AFTER HOURS

Phone: 627-9176

Our Practice is a member of the
Primary Health Organisation
known as:
Procare

SERVICES PROVIDED

General Medical
Consultations
Skin Cancer Checks
Minor Surgery
Women's Health
Cervical Smear Tests
Menopause Advice
Childhood Immunisations
Accident Care
Liquid Nitrogen
Travel medicine/vaccinations
Influenza Vaccinations
Well Child Checks
Well Woman Check
Well Man Check

Our focus this quarter:

*Immunisation is our best protection – get your flu vaccinations done
Sorethroat Clinic - Don't ignore a sorethroat. See our nurses' in nurse
led clinics for throat swab and treatment if indicated.*

*Acute clinic – if you need to see your GP on the day and no
appointments are available, our highly trained nurses' will triage you
and 'fit' you in to see your GP.*

Minor Surgery and Skin Cancer Checks

We provide free spot checks and minor surgical services for skin cancers and small lumps. The surgeries are performed on-site by GP's who are trained in this field.

Travel medicine/vaccinations and Influenza Vaccination

We provide flu vaccinations and travel vaccinations for all age groups according to the appropriate protocol. For travel vaccines and advice please make an appointment with your doctor first.

Visiting General Surgeon and Diabetes Nurse Specialist.

We have a visiting General Surgeon, Mr Rishi Ram, who provides further surgical consultations and procedures on-site at an affordable cost. You have the convenience of seeing your practice nurse for ongoing support and advice around diabetes care and management and other chronic conditions.

Women's health / Cervical Smears / Menopause

We have a female GP who specialises in women's health and family planning and all nurses are trained in taking cervical smears and sexual health care, to provide full comprehensive healthcare for women. We also provide support and care for women going through menopause.

Childhood Immunisations

We have fully trained and certified nurses' providing immunisations and also vaccinations for cervical cancer for the young female population (Gardasil).

Accident Care

We deal with all accidents, minor fractures and any appropriate follow-up.

Liquid Nitrogen

We provide treatment for warts and minor skin cancers with liquid nitrogen. Now available Monday – Friday!

Well Man and Well Woman checks

We as a practice believe prevention is better than cure, so all of our GPs are available to conduct well man or well woman checks. We are proactive about screening for prostate, breast and cervical cancer because early detection results in better outcomes for patients. Early detection and Preventive Healthcare leads to Good Health and Wellness.