

Resource Update

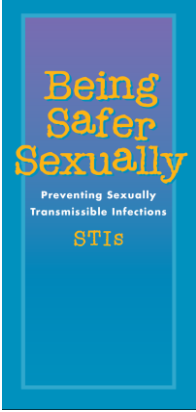


July 2017

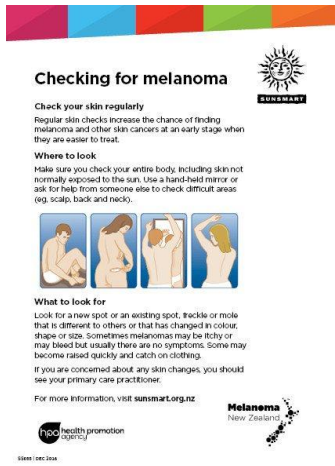

New or revised resources now stocked in the Resource Room, Regional Public Health, 1st floor Community Health Building, Hutt Hospital, High St, Lower Hutt

To order please contact - Laurina Francis P – 570 9691 F – 570 9211

E - laurina.francis@huttvalleydhb.org.nz

E Version – www.rph.org.nz – Resources / Health Information Centre / Newsletters

<p>Being Safer Sexually</p> <p>Layout: DL Pamphlet</p> <p>Source: HealthEd</p> <p>Code: HE7002</p> <p>View Content: Here</p>	<p>Revised – June 2017</p> <p>Information about sexually transmitted infections (STIs) and their prevention via safe sex and the proper use of condoms.</p> <p>Minor changes throughout including clinic details</p> <p>Please discard old versions</p>	
<p>Be Sun Smart</p> <p>Layout: A3 Poster</p> <p>Source: Health Promotion Agency</p> <p>Code: SS077</p> <p>View Content: Here</p>	<p>New – Sept 2016</p> <p>Promotes the five SunSmart steps to protect skin and eyes from UV radiation.</p>	
<p>Check to Protect</p> <p>Layout: A4 Poster</p> <p>Source: Health Promotion Agency</p> <p>Code: SS087</p> <p>View Content: Here</p>	<p>New – Feb 2017</p> <p>Encourages patients to check their skin for early signs of melanoma and encourages them to request a risk assessment by their GP using the Melanoma Risk Predictor tool.</p> <p>Designed to be displayed in GP waiting rooms where patients may be seated prior to an appointment.</p>	

<p>Checking for Melanoma</p> <p>Layout: A5 Flyer</p> <p>Source: Health Promotion Agency</p> <p>Code: SS085</p> <p>View Content: Here</p>	<p>New – Dec 2016</p> <p>Encourages patients to check their skin regularly and educates them on where to look and what to look for.</p>	 <p>Checking for melanoma</p> <p>Check your skin regularly Regular skin checks increase the chance of finding melanoma and other skin cancers at an early stage when they are easier to treat.</p> <p>Where to look Make sure you check your entire body, including skin not normally exposed to the sun. Use a hand-held mirror or ask for help from someone else to check difficult areas (eg. scalp, back and neck).</p>  <p>What to look for Look for a new spot or an existing spot, freckle or mole that is different to others or that has changed in colour, shape or size. Sometimes melanomas may be itchy or may bleed but usually there are no symptoms. Some may become raised quickly and catch on clothing. If you are concerned about any skin changes, you should see your primary care practitioner.</p> <p>For more information, visit sunsmart.org.nz</p> <p>health promotion agency Melanoma New Zealand</p>
<p>Immunisation Handbook 2017</p> <p>Layout: A5 Book</p> <p>Source: Ministry of Health</p> <p>Code: HP6600</p> <p>View Content:</p> <p>pdf and e-book versions can be downloaded Here</p> <p>Also available individual chapters for download.</p>	<p>Published – May 2017</p> <p>Provides clinical guidelines for health professionals on the safest and most effective use of vaccines in their practice.</p> <p>Please order hard copies wisely – can be shared within a service or practice</p>	