

Clutha Health First Outpatient department hold regular public and private specialist clinics in Balclutha. Our specialists travel to Balclutha from Dunedin Hospital and Marinoto Clinic on a regular schedule providing the residents of the Clutha District access to some services without the need to travel to Dunedin.



Publicly Funded Services

Our Publicly funded services at Clutha Health First include:

- Community Dietitian
- Diabetic Educator
- Endocrinology/Diabetes
- General Medicine
- Gynaecology & Obstetrics
- Neurology
- Older Persons Health
- Paediatrics
- Respiratory Education
- Continence Nurse Specialist
- Diabetic Photographer
- Gastroenterology
- General Surgery
- Mobile Surgical Services
- Newborn Hearing
- Orthopaedic Surgery
- Radiation Oncology
- Speech Language Therapy

Access to specialist services is via a referral from your General Practitioner. Some services do accept self referrals but please check with your GP first.

Publicly funded Outpatient Clinics are free for New Zealand residents and some visitors. If you are not sure that you are eligible, please contact our Outpatient Department who will assist in determining your status for free healthcare.

Our Outpatient Department is staffed by a suitably qualified Nurse, Raewyn, and an administrator, Judy, to oversee the care provided to our patients.

Mobile Surgical Services

On its five week rotation, Clutha Health First Outpatient Department is host to the Mobile Surgical 'Bus' who provide low risk day surgery for patients in our District.



The 'Bus' utilises our Outpatient specialists, our facilities and our staff to treat our patients in their own community.

Privately Funded Services

Clutha Health First Outpatient Department also host Private Specialists that choose to offer their health services to those of the Clutha District.

By private specialists visiting Clutha Health First it gives our residents an opportunity to seek private treatment by their own choice, eliminating the need to travel to Dunedin.

Chiropractic Services – Nicole Elliot

Chiropractic Therapy has helped people with many issues from back and neck pain, to headaches, coping with stress and sporting injuries. Nicole is qualified in paediatric care and chiropractic is a great option for helping children with a wide range of health issues, such as latching and feeding troubles, ear infections and asthma.

Cost: \$55 for initial treatment \$43 for follow up visits

Frequency of Clinic: Fortnightly moving to weekly late 2014

How to make an appointment: Phone 03 474 0517 or email nicole@knoxchiro.co.nz



Ear Health Otago – Fran Grindlay

Fran has been caring for ears for 10 years providing micro suction for ears. This method also used by ENT specialists and is the safest and healthiest method of clearing the ear of wax and debris.

Cost: \$48.00 adults, \$38.00 for students, children and patients funded by ACC for hearing aids. Treatment is free for war pensioners with hearing aids.

Frequency of Clinic: Monthly in Balclutha.

How to make an appointment: Phone 0800 550 801.



Ear Nose & Throat – Dr Jamie Ryan

Jamie is a specialist in ear nose and throat, sinus, head, neck and cancer surgeries, including skin cancer. A particular interest is nasal reconstruction, rhinoplasty and other aspects of facial cosmetic surgery. Jamie is a NZ trained surgeon with fellowship training in Head and Neck Surgery and Facial Cosmetic Surgery. He also practices at Dunedin Hospital and is an honorary lecturer at the University of Otago.

Frequency of Clinic: Monthly in Balclutha.

How to make an appointment: Phone 03 464 0229



General Surgery – Mr Graeme Millar

Graeme is a NZ trained General Surgeon enjoying his tenth year serving the South Otago community. Specialty interests include Breast Surgery, Breast Oncology Surgery, and Hernia & Laparoscopic Surgery. Surgical consults occur in Balclutha as well as minor surgeries under local anaesthetic. Graeme also practices at Dunedin and Mercy Hospitals and is a Clinical Lecturer at the University of Otago.

Frequency of Clinic: Twice monthly (on demand)

How to make an appointment: Phone 03 4640970 or 027 656 0313



Orthopaedic Services – Mr John Matheson

John Matheson, Orthopaedic surgeon, has a long association with South Otago. John has been providing Orthopaedic Specialist clinics in Balclutha since 1983. John attends monthly clinics in Owaka and Balclutha, as well as Tapanui and Roxburgh. Although a general Orthopaedic Surgeon, John has particular subspecialty interest and expertise in Hip and Knee Joint replacement surgery, arthroscopic and other injury-related surgery of the knee, sports injuries and hand surgery.

Frequency of Clinic: Monthly

How to make an appointment: GP referral to Suite 3, Marinoto Clinic.



Podiatry – Rebecca Holbrook

Rebecca's main focus is general foot care and Biomechanics resulting in being able to help maintain mobility and reduce foot pain; while practicing holistically and treating her patients as a whole. Rebecca has specialised in both Diabetes and the High Risk Foot and Biomechanics and works closely with other health professionals. Treatments offered range from toe nail cutting, nail surgery, diabetic checks, biomechanical assessments and orthotics.

Frequency of Clinic: Fortnightly on Tuesdays in Balclutha

How to make an appointment: Phone 022 3016195 or 03 4781030.

Email info@knoxpodiatry.co.nz



Triton Hearing – Anne McElwain

At Triton Hearing we know your hearing is important to you – that's why caring for, protecting and enhancing your hearing is important to us. Triton offers a full range of services to help you care for your hearing including free hearing health checks and a range of products to enhance your hearing including the latest digital hearing aids.

Frequency of Clinic: Fortnightly on Mondays in Balclutha

How to make an appointment: Phone 0800 45 45 44.

