

Meet our Team

Providing excellent primary healthcare services requires teamwork. Team members have different and complementary skill sets. Combining and coordinating these skills together allows us to provide the best possible care we can for you and your family. Check out our team ...

Doctors

We currently have six doctors all with broad skills in primary medical care. We do have our own areas of special interest and expertise and we are happy to work together as a team to provide the best overall care for our patients.

Dr. Kirsty Jenner - BM,FRNZCGP

Kirsty is from the United Kingdom, a medical graduate from the University of Southampton. She and her husband moved to New Zealand in 2013 where she worked at Hawke's Bay Hospital before moving to Auckland to follow a career in general practice. Kirsty enjoys all aspects of general practice with a special interest in women's health and mental health. She has a particular interest in child and adolescent primary mental health, having achieved a post-graduate Certificate in this subject from the University of Auckland. Kirsty joined Marina Medical in Sept 2017.

Dr. Pei Yeong - MBChB, FRNZCGP

Pei Yeong graduated from the University of Auckland in 2006 and practised medicine in Palmerston North Hospital before deciding to follow her passion in general practice in 2011. She has worked in various rural and urban practices including Student Health before relocating to Auckland with her family. She joined the Marina Medical team in August 2015, providing care on Monday Tuesday, Wednesday and Friday mornings. While English is her first language, Pei is conversant in Mandarin and Cantonese.

Dr. Yirui (Joyce) Zhang - BMed, BHSci, FRNZCGP

Joyce immigrated to New Zealand in 2002. She was born in China where she worked as an obstetrician. Joyce completed her midwifery training at AUT and worked as an independent midwife for 5 years. In 2013 Joyce qualified as a doctor in New Zealand. Joyce has a special interest in women's and children's health. Joyce is fluent in English and Mandarin. Joyce is available on Monday , Wednesday and Thursday.

Dr. David Huang - MBChB,...

David was born in Taiwan and raised in South Africa. He attended medical school at the University of Pretoria and completed his Master of Medicine in Family Medicine at the University of Cape Town. He came to New Zealand in 2022, spent some time in Hamilton and has now moved to East Auckland. He is married with 2 children. David enjoys all aspects of General Practice, with specific interests in Chronic disease management and Cardiology. David is fluent in English and Mandarin.

Dr. Ramadan Oumer - MBBCh, MRCS(Glasgow)

Ramadan joined us from Starship and Auckland Hospital in September 2021. He has extensive clinical and surgical experience including Senior Medical roles in NZ since 2005 and in England prior to that. With his extensive surgical experience, Dr Oumer will be running surgical clinics for smaller surgical procedures for skin lesions and alike. Ramadan is a father of 5 and enjoys hiking and enjoying the outdoors with his family. Ramadan is fluent in Arabic Ramadan will be available 2 days a week and works across the two sister clinics of Marina Medical and Highland Park Medical, so you will be able to make an appointment to see him at either clinic. Availability: Marina Medical - Tuesday Highland Park Medical - Thursday

Dr. Ravi Naran - MBChB

Ravi is a graduate of the University of Newcastle and spent his house officer years training in Sydney before returning home to East Auckland. After working as an Emergency Medicine doctor in Auckland, Ravi decided to pursue a career in General Practice and hasn't looked back. He has a range of experience across different disciplines through his previous hospital time and enjoys getting to know his patients. Outside of work, Ravi enjoys getting outdoors (particularly on the golf course), following his favourite sports teams, and spending time with family and friends. Availability: ◦ Monday at Highland Park Medical ◦ Tuesday at Marina Medical ◦ Thursday at Highland Park Medical ◦ Friday at Marina Medical

Dr. Sushruta Lakshmeesh - MBBS MRCGP (UK)

Sushruta grew up in Mysore - a city in South Western India where he completed his MBBS (Bachelor of Medicine and Bachelor of Surgery). He moved to the United Kingdom in 2016 where he worked as a senior house officer in surgery and later on as a clinic fellow in stroke medicine. Wishing to have a better work life balance, Sushruta decided to switch over to General Practice. He moved to Auckland in 2022. Sushruta's special interests are preventive medicine and holistic health. In his free time, he enjoys walking and hiking amidst nature, listening to classical Indian music and exploring and cooking healthy vegetarian recipes. Availability : Tuesday and Friday He is fluent in English, Kannada and Hindi

- Diagnose your problem
- Order tests if needed
- Provide a prescription if needed

Appointments can be for

- Medical issues
- Injuries
- Mental Health
- Sexual Health

Jocelyn Meynell - RN, MNurs(Hons),...

Jocelyn has been a Practice Nurse at Highland Park Medical since 2005, and became fully qualified as a Nurse Practitioner in 2018. Jocelyn also runs a Student Health Clinic at Pakuranga College on Wednesday mornings during school terms.

Clinical and Quality Manager

Stephanie joined our practice in 2017 as our Clinical & Quality Manager.

She endeavours to support the practice team to deliver the best care and service possible, and maintain our high level of cornerstone accreditation with the Royal College of General Practitioners.

Clinical & Quality Manager and Accredited Nurse Smear Taker. Stephanie is an experienced nurse qualifying in the UK in 1987. Stephanie worked mostly in Primary care in a variety of unusual settings until arriving in New Zealand in 2005. She has a special interest and skill in woman's health utilising this within GP practices and as a Senior Nurse for Family Planning NZ. Stephanie has been regularly involved in teaching nurses and medical students in smear taking consultations. Outside of work Stephanie enjoys being outside walking & cycling with her Partner Ian and in the garden tending her chickens, fruit and veges. When the weather is against her, she loves being creative in her craft room or baking.

Nursing Team

Our team of knowledgeable and compassionate nurses are actively involved in developing new health initiatives. Many of the new services are led by the nursing staff.

Our nursing team can provide new patient medicals, cervical smears, general vaccinations and travel vaccinations (following doctor plan), liquid nitrogen treatment for warts, intravenous treatments (Aclasta for osteoporosis and Ferinject for iron deficiency), along with programmes for those with ongoing or complex medical conditions, which include Care Plus and diabetes care.

Emily - Nurse Coordinator

Nurse Coordinator - Marina Medical Independent Vaccinator, Cervical Smear Taker

Bronwyn

Registered Nurse Independent Vaccinator Smear Taker

Danielle

Registered Nurse Independent Authorised Vaccinator

Geraldine

Registered Nurse Independent Authorised Vaccinator

Judy

Registered Nurse Independent Authorised Vaccinator

Sarah

Kendyll

Health Care Assistant

Our health care assistants assist with taking blood pressures and other measurements. They assist the nursing team with recalls and keeping the clinical rooms running smoothly.

Briana

Health Improvement & Practitioner
Free Wellbeing & Support

HIP's are registered health professionals who have the knowledge and skills to help you with things like....

- Stress
- Sleep
- Anxiety, depression or feeling down
- Coping with physical health conditions
- Relationship challenges
- Drug or alcohol concerns

The HIP will meet with you in our clinic and have a chat, and together you'll create a plan to start making positive changes right away.

What to expect when you see a HIP:

- A brief session of up to 30 minutes
 - A focus on practical strategies to support you with your wellbeing straight away
 - Linking you with other services if needed
 - In-person, phone or video consults depending on what works best for you.
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Kathryn is an experienced Occupational Therapist in mental health and is available for consultations at Marina Medical on Monday, Wednesday and Thursday mornings and at Highland Park Medical on Thursday evenings.

Health Coach

Free Wellbeing Support

Health Coaches support people to gain the knowledge, skills and confidence to become informed and active in their health care.

Health Coaches can support with things like....

- Healthy eating and exercise
- Understanding your medications
- Communicating with your doctor, nurse or health professional
- Learning about common health conditions such as diabetes and high blood pressure

What to expect when you see a Health Coach:

- Seeing a Health Coach is always free
- Health Coaches normally meet people for 15-20minutes
- Health Coaches can meet you in-person or by phone or video.
- Whānau and loved ones are welcome to see a Health Coach with you

Health coaches can connect you to further support such as:

- Group programmes
- Smoking cessation
- Online information and support
- Awhi Ora community support

Juliet Drown - Health Coach,...

Juliet is only available for appointments at Marina Medical

Clinical Advisory Pharmacist

Do you have questions about your medicines?

What is the best time to take them?

What are they for?

Tinna Ko, Clinical Advisory Pharmacist, is part of our team.

Tinna is available for a free appointment to discuss any medicine questions you might have. Tinna also can do telephone and video consults with you.

Tinna also reviews the records of patients discharged from hospital and might give you a call to check all is well with any new medicines the hospital may have prescribed.

Dietitian

Alda Lee is our resident dietitian with over 25 years of experience in helping people live a more balanced lifestyle through healthy eating habits.

Phone / text 021 733 873 or [email](#) Alda to make an appointment

For Advice on Diet, Nutrition and Wellbeing

- Dietary support for Low Carb, Healthy Fat lifestyle
- Dietary modifications for digestive health, food intolerances, chemical intolerances, irritable bowel syndrome, Low FODMAP and inflammatory bowel diseases (Do you experience bloating, abdominal discomfort, irregular bowels, flatulence, headaches and general tiredness?)
- Dietary management to improve diabetes control
- Healthy lifestyle changes to improve cholesterol and high blood pressure
- Improvement on weight management (Are you struggling to lose weight even though you are eating well and exercising?)
- Dietary management for Coeliac disease and Allergies
- Toddler/Child Nutrition (Is your child a fussy eater?)
- General nutrition for adolescents, adults, pregnancy and breastfeeding
- Improve Bone Health
- Positive eating for the Aging and prevention of malnutrition

- Dietary management for Polycystic Ovarian Syndrome (PCOS)
- Dietary support for Pre and Post Surgery
- General nutrition for healthier long term lifestyle

Mrs. Alda Lee

Alda is qualified to provide advice in all aspects of nutritional care for both adults and children - Food Intolerance/Allergies and Digestive Problems, Irritable Bowel, Coeliac Disease, Elevated Cholesterol, Diabetes, Weight Loss, High Blood Pressure, Polycystic Ovarian Syndrome, Bone Health, and Healthy Eating. She will work with you to develop an eating plan personalised to your needs. Phone reception for an appointment with Alda - she is available on alternate Mondays.

Administration and Reception

This is the team that provide the welcoming familiar voices at the end of the phone when you call and the friendly faces in reception when you arrive for your appointment. Most importantly they have a sense of humour - essential for survival in a busy medical practice!

Desley

Inga

Marlyn

Tenaz

Kay

Management Team

Cheryl Smith - Practice Manager

Deralyn Hansen - Admin Team Lead

Sandy Brand - Tech Clinic Lead

Devika Dayal - Group Nurse Leader

Lucy Hall - General Manager