



PHOCUS Newsletter

Issue 21, March 2011



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Welcome...

to the first issue of PHOCUS for 2011. I've selected a sunflower for this page as my dog randomly ripped the heads off all of mine, so this is the closest I'll get to enjoying them! As predicted, Summer has been a long and sunny one, but now Winter is slowly creeping in and the dark evenings are just around the corner. The change in seasons is also seeing a change of premises for WRPHO, when we move onto the hospital grounds in May. The next edition will feature our new office.

Thanks to those who have contributed to the content. I would appreciate more info from others, so please send any updates to me before June.

Karen Veldhoen - PHOCUS Editor

CEO message

Greetings one and all

There is no thoughts or events that come close to the tragedy the Canterbury and then Japan earthquakes have created for individuals, families, friends, businesses, local and global economies and our futures. I was away on a Directors course in Wellington the week before and two of the women who attended resided in Christchurch, one of whom we never heard from for a number of days and then I saw her on the TV News supporting her previous firm, assisting colleagues and family members any way possible, who were adjusting to the fact ten of their team were missing in the CTV building.

The WRPHO team are on the move soon and while the discussion regarding our move started prior to the end of last year, the reality of the move from a health and safety perspective is now becoming most apparent. A single story wooden building sounds a safer option than a four story concrete construction, that I have been advised has parallels to the CTV building in Canterbury. You will be pleased to hear parking will be a breeze and the building layout more than adequately meets our needs.

Having the DHB as our landlord is a milestone in our journey I believe. Closer collegial relationships are essential for delivering health services in the new environment. Our experience has been that our patients and their families are less bothered about who we work for and more interested in us working alongside each other to make their patient journey as smooth as possible. Today's climate calls for sensible decision making.

Mike and I have been invited to a National Health Board Networking Event - the invite states, "for Central Region DHBs and some PHOs". We are interested in what



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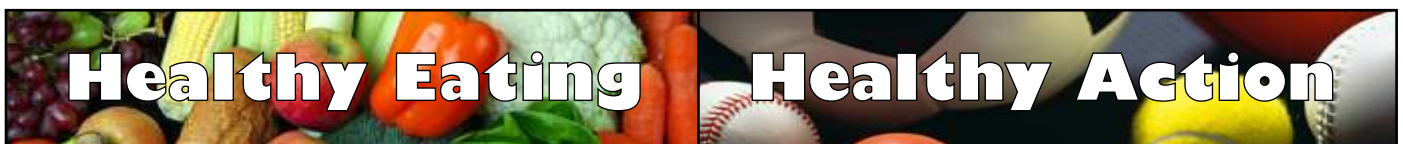
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'some' means in practice. Change is definitely in the air and we are spending a great deal of time planning next steps for the future, rather than focusing on the past.

There is good reason for optimism as much gain has been achieved for patients over the past recent period. The performance targets are looking good, cultural responsiveness training has been extremely well received and many practices are now developing their Maori plans, which will deliver meaningful gain in the progress to reduce health inequalities.

Our congratulations go out to the practices who have been successful with their recent RNZCGP Cornerstone Accreditation Audits - Taihape Health Ltd, Springvale Medical Centre, Gonville Health, St Johns Medical Centre, and Stewart Street Surgery. We understand and appreciate the work prior to an audit is significant, so we hope that you have all taken the time to celebrate your success before moving on to another day in general practice.

Best wishes, Jude



Tropicana Apple Trees

We had a new variety of heritage apple tree to give out at the end of last year. It was called Tropicana - red skin and red all the way through to the core. It was a big tree and went out to community settings rather than individual's gardens. The plan in 2011 is to have another apple to give out as well as Montys Surprise. We plan to offer an earlier apple, so as to cover the season better.

Maori Potatoes

This is the third year we have given out Maori potatoes. We get the potatoes from the Maori potato research group at Massey University. The potatoes are a great favourite with anyone who has grown them before and are distributed over the Whanganui region by Iwi Health Providers.

Harvest Celebration

Our Montys Surprise apple competition will be running again this year at the River Traders Market on Saturday 16 April from 9.30am. Notification will go out in the community paper and by radio.

Distribution plan for Winter and Spring 2011

The practices will be receiving a spread sheet that they can fill in for distributions. They will need to put a number next to the seeds / plants / trees that they would like to distribute from the practice. This spread sheet will be going out to practice managers in April.

Montys Surprise Apple Competition

Saturday 16th April 2011

Bring your Montys Surprise apples to the River Traders Market from 9.30am

Whanganui Regional Primary Health Organisation

CENTRAL TREE CROPS RESEARCH TRUST

Springvale garden centre

Health Promotion Update

Correspondence School Graduation

Members of Whanganui Regional PHO, Gonville Health and Gonville Library were privileged to be invited to the Correspondence School graduation at Gonville Centre in December 2010.

The Correspondence School has been assisting enrolled students in the Gonville and Castlecliff area for two years and this was their first opportunity to celebrate. These young people are unable to be integrated into local high schools for all different reasons. The students have done so well and many of them received their first certificate. They were well supported by whanau at the graduation.



Karen paints the background of the mural

Everyone took part after the BBQ, in being creative and producing a new mural to go on the fence at Gonville Centre. Whanganui Regional PHO has partnered with the Correspondence School to continue this service for the next two years. Following are some of the photos taken at the graduation.





MARS

120 tamarillo trees were given out to Mars Pet Food staff on 23rd March. These were distributed by Sharon from WRPHO, Olly from Public Health, Noradene from Nga Tai o Te awa and Joy from Bristols.

Health Promoters from mental health areas are going to use distributions at work places as a chance to get involved with the community and talk about issues relating to their area of expertise - they will talk with employees if they are interested and also talk to employers and leave information.



ABC Alcohol Demonstration - Outcomes

The Whanganui ABC Alcohol pilot, funded by ALAC (Alcohol Advisory Council of New Zealand) officially ran at Whanganui Regional Primary Health Organisation (WRPHO) practices between May 2010 – January 2011. The key objectives were to explore and assess how screening and interventions could be delivered in a New Zealand Primary Care system to address alcohol related harm. Using an 'ABC' style intervention ABC Alcohol programme used existing clinical and IT frameworks, linked in with existing PHO services and other referral pathways.

In just under a year, WRPHO practices have recorded the alcohol consumption for 43% of patients aged over 15, with one practice recording alcohol status in 74% of their patients. It was found that almost a quarter of patients were drinking over the recommended guidelines, of these 36% received brief advice or referral to a specialist service. These are good results and show that reducing alcohol harm is something that can be on the agenda in primary care. It is hoped that similar demonstrations will be undertaken in other PHOs. While the official WRPHO / ALAC project has finished in Wanganui, it is still going and monitoring will continue while a sustainable way forward is decided

Tobacco Update



Steps Basic Training: In January a Ministry of Health Train-the-trainer course was brought to Wanganui, we now have a number of trained facilitators who are able to deliver 'BASIC' Smoking Cessation training in practices. This can be delivered within an hour to groups or one-on-one, either as a refresher or as a way for a nurse to become a quit card provider.

World Smokefree Day: Planning for WSFD (May 31) is now underway. The focus is on letting smokers know that there is help for everyone who wants to make a quit attempt.



To encourage smokers to see their GP or Nurse about smoking cessation, vouchers for funded smoking visits will be distributed as part of the WSFD promotion. Funding can be accessed through the ABC advanced forms.

In particular WSFD Wanganui team wants to address some of the myths around Mental Health and Addiction Service Users and smoking. Some key messages are:

- Many are not offered support and this is an equity of care issue
- All people should be screened and supported without judgement
- Mental health service users want to be smoke free for the same reasons as everyone else
- People with other drug addictions can become smoke free.
- Smoking cessation is associated with greater abstinence from drug use after completion of drug abuse treatment
- Better abstinence rates and maintenance of abstinence from alcohol is people go smokefree
- Smoking has been identified as predisposing people to depression, anxiety and substance use.
- Smoking tobacco can alter metabolism of some medications. Monitoring and dosage reduction may often be required (see NZ Smoking Cessation Guidelines for further detail)

If you would like further information, or are interested in getting involved in WSFD please contact Chloe Newton on (06) 349 2360.

ME MUTU – EIA KAHA / GIVE QUITTING A GO
YOU CAN DO IT!



**FREE QUIT
Appointment**

Present this VOUCHER to your
Doctor or Practice Nurse
for a **FREE**
Quit Smoking Appointment

Tried before?
There is a number of different medications that your GP or nurse can recommend to make it easier to stop smoking.
These include:

- NRT (Patches, Lozenges and Gum)
- Zyban (Tablet)
- Champix (Tablet)
- Nortriptyline (Tablet)

Please Note

1. All above listed medications are **fully funded**. A prescription tax of \$3 per item will apply.
2. You must be a registered patient to be eligible for a funded appointment.
3. If you have unrelated questions for your GP or PN there may be a part charge.

Voucher expires June 30 2011

TAIHAPE HEALTH LTD

As of 1st February, Whanganui Regional Primary Health Organisation has taken on board Taihape primary health services. This has included establishing a new subsidiary company called Taihape Health Ltd. The general practice will operate the same as it always has, treating acute and chronic illnesses, injuries, and providing preventative care, such as immunisations and flu vaccination, and health education for all ages. The service is supported by a wider clinical team, which includes counselling, social work, physiotherapy and community nursing; through referral from your GP or Practice Nurse. Maternity services are operating as before and day carer support is also available three days per week.



Two of the friendly faces at reception - Kathy Carr & Jenny Crawford

Situated in the Hospital Road premises, the general practice is open Monday to Friday from 8.30am to 5pm. The current minimum fees for an enrolled patient consultation are \$17 for adults over 18 years old, \$11.50 for youths aged 6-17 years old, and free for children under 6 years old. All patients who wish to use Taihape health services must re-enroll. To do this please phone Taihape Health Ltd on (06) 388 0926 or drop in.



Gemma Kennedy - Clinical Services Manager



Julia Chrystal & Sarah Collier - Practice Nurses

2010 PHOie Awards

The Educational PHOie is awarded for the achievement of a post-graduate qualification, which is done through a registered tertiary institute and encompasses four or more papers. There were four submissions from people who had completed their studies last year:

- Rihi Karena - Postgraduate Diploma in Health Sciences in Advanced Nursing, with merit
- Tina Cook - Postgraduate Diploma in Health Sciences in Advanced Nursing, with merit
- Chloe Newton - Postgraduate Diploma in Health Service Management
- Dr Antonia Huges - Postgraduate Diploma of Community Emergency Medicine

The Outstanding Contribution PHOie is awarded to an individual who has contributed significantly to the improved health outcomes of the enrolled WRPHO population. We had one nomination last year:

- Judith MacDonald (pictured with her PHOie award)



BACK ON THE GREEN



The annual Chamber of Commerce ambrose golf tournament fundraiser had the support of WRPHO, with the sponsorship of a hole and through entering a team (from left): Dr John McMenamin, Dr Alan Mangan, Barb Cornor and Dr John Kay.

The team did better than last year, finishing up 11th out of a field of 23. A fun day was had by all.



St Annes Primary School Relay

WRPHO sponsored the St Annes relay on 24th March by providing ten spot prizes - bags filled with healthy snacks and a toothbrush (for after!).



Richard Safey (pictured) is on the WRPHO Consumer Advisory Group. He participated in the recent Masters Games and came away with four silver medals: Indoor rowing - 300 metres, 500 metres, 1000 metres and 2000 metres.

Other staff who achieved success were Angela Johnson (WRPHO Projects Leader) and Tina Cook (Aramoho Health Centre Practice Nurse) who won a silver in the women's soccer (11-a-side). Barb Cornor (WRPHO / Gonville Health Clinical Services Manager) highlighted her skills when she won a gold medal in the ladies golf.



Comings...



Pam Scott is the new Social Worker. The social work service is undertaken in conjunction with the general practice teams, counsellors and clinicians within the Manaaki Hauora Wellness Support team.



Laura Pepere is a registered nurse (NETP) who has recently joined the Manaaki Hauora Wellness Support team.

Tania Bailey is a registered nurse who has recently joined the Manaaki Hauora Wellness Support team.



Alison Pavlovich has joined us until September as a temp Business Operations Facilitator, supporting the Business Analyst.



Preparing for the big move...

Whanganui Regional PHO is moving to the hospital grounds in May. We will be shifting into the building to the left of Gate 2, situated closest to the road. Preparations have already started in the organising and packing up of the storage room. Emma Thiele (pictured below) has been employed for a couple of months to assist Jeanette in reorganising archive information.



HAPPY EASTER

