

PHOCUS Newsletter

Issue 19, September 2010



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Welcome...

to the third issue of PHOCUS for 2010. General practices have requested one copy of this newsletter per practice, so could administration staff please ensure that these are made available to all in the staff room.

General Practices may have read my recent email stating that in future I'll be in contact every couple of months to see who is enrolling patients. As I have had no feedback to the contrary, I will be making this information available on the WRPHO website.

Articles of interest in this edition include the Christchurch earthquake, experienced by some of the practice staff during the RNZCGP conference. Plus a 'Blast from the Past' page, which follows on from the ever so stylish photos of WRPHO staff from their youth (that is if you rated the 70s and 80s!) I published two years ago, but I'm using baby photos this time.



Karen Veldhoen - PHOCUS Editor

CEO message

Greetings One and All - I write this while experiencing a particular lashing from mother nature and once again creating turmoil for our families, both locally and more significantly to the people of Canterbury. Climatic change is occurring with catastrophic effect worldwide. If we had listened to the politicians on one side of the fence we would have been alluded to a sense of false expectation that 'scare mongering tactics' were unfounded and there was nothing to concern ourselves about, however, for those of us who viewed Al Gore's graphic video a couple of years ago we have been unconsciously monitoring the extreme weather changes and are thinking "I wonder".

The same could be said for health change. One side committing to a philosophy of "steady as we go" and the other side embracing change even if the vision isn't particularly clear yet. So where do we here, in the Whanganui region, sit in regards to personal positioning regarding health change? Some of us are particularly passionate and aware that the next period is significantly important for health services in our region. Actually there are 13 people in all (all nominees for the WDHB elections), and yes, it includes both the Chair and CEO of WRPHO. So what is this political grandstanding about then? While mindful that I must not turn my editorial into a 'political statement', I do feel it necessary to defend my actions.

I have been around long enough to experience some significant changes in health through political decision making. Some of those changes have not been the greatest for our communities and in other circumstances it has opened up enormous opportunities. The current government strategy - "Better, Sooner, More Convenient" is a slogan that simply means delivering services closer to the people in



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a way that appreciates and supports a partnership with communities, by a workforce that is clinically competent and considerate of the cultural and population ideosyncracies, to make a real difference and cause no unintended harm. Seemingly simple to deliver, however health is complex and it's never simple. I don't think we should also underestimate the transformational change expected when the national government set this latest strategy going forward. Collaboration, integration, clinical networks, clinical leadership, regional service models were foreign concepts in the main, as each DHB beavered away focusing on strategies independent of each other. I have always relished and enjoyed the communication side of being a business person in health. The sharing of ideas that then develop into pilots/projects, and at times national policy or considered best practice. Thinking outside the square and maximising the gems of ideas that come from the team and transferring them into something meaningful, operationally or strategically is such a pleasure. Whatever happens in the way forward health politics and leadership will always interest me and I will continue to offer myself to be part of governance decision making.

Life in the workplace remains busy, interesting and stimulating. Collaboration and networks have offered new opportunities and the latest role is appointment on the Cardiac Regional Group. Locally we continue to work alongside WDHB, TOIHA, Wanganui Hospice and other health providers and partners to create new and integrated ways of delivering health and wellness services. I am aware that in many general practices the work load has been heavy and at times the workforce has not been adequate to cope with demand. Lets hope the worst of the winter flu's and illness has passed and we can all look forward to warmer weather and Christmas just around the corner! Take care and keep well.

Regards Jude

Philip's Kapiti Island Trip

Philip McConkey was given a gift voucher for a day-visit to Kapiti Island on his retirement from WRPHO in April this year. Philip and Janet ended up going for an over-nighter in early September and have sent some pictures through from their "glorious occasion!" As you can see the weather was perfect for them, and because they stayed over they also went on a kiwi hunt at night.

From left to right, the first picture is looking towards the south island from the peak, the second picture taken from the top is viewing the mainland, and the last photo captures (a kereru) the wonderful native bird life on the island.





Grab a Bite That's Right!

Monty's Surprise Apple Tree Distribution

In early August 120 Montys Surprise apple trees were distributed to MARS Petcare employees. Keeping with a healthy theme MARS Petcare have also started a smoking cessation, exercise and health check programme. Below are photos taken on the day of WRPHO staff and Mark Christensen (Central Tree Crops Research Trust) helping distribute the trees.



Gonville Health Pharmacy Open Morning

During the Gonville Health Pharmacy open morning on 11th September (article further on) 40 Montys Surprise apple trees were given away - all went within the first hour.



Renal Resource Nurse role established

After six months of talking with our health provider partners and after listening to the stories shared by patients and their families at the Whanganui Kidney Support Group, WRPHO is excited to introduce Lee-Ora Lusi as the first Renal Resource Nurse for the Whanganui District. Working alongside patients, carers and their whanau and supporting them with health issues associated with kidney disease, diabetes, heart disease, etc. is not new for Lee-Ora. Up until recently Lee-Ora worked as a registered nurse for the WRPHO Manaaki Hauora Wellness Support Team and prior to this role she was a midwife in Wanganui.

This role is a key 'linchpin' not only to support patients and their carers, but to connect with the three main health providers involved in supporting patients with renal disease, i.e. Mid-Central Specialist Renal Unit, Wanganui Hospital and General Practices across the Whanganui district.

- The incidence of treated end-stage kidney disease has increased markedly over the last ten years throughout New Zealand. This increase has been seen throughout the country but more so in areas with a higher population of M ori and Pacific Peoples, as their incidence of all renal disease and particularly diabetic renal disease is much higher than in other populations.
- In the Central Region (lower North Island,

including Whanganui) numbers of first treatments (includes all renal replacement therapies and pre-emptive transplantations) have increased on average by 40% since 1998. This is an average of 94 new patients each year in the region.

- Of the new dialysis patients each year in the region about ten would be Pacific Peoples, about 30 M ori and about 54 other ethnicities.
- Currently in-centre haemodialysis at Wellington Hospital and Palmerston North Hospital, and the Porirua renal satellite unit, are operating above capacity. There are also transport issues faced by patients who travel long distances for their haemodialysis treatments and fragmented systems for communicating health information across the key providers. An option is to site satellite dialysis units.
- Siting haemodialysis satellite units in areas with a large population of M ori or Pacific Peoples will help address the high needs of this population group and bring services closer to these communities and currently Whanganui and other lower north island health providers are involved in a renal facility feasibility study to look at possibility of developing satellite renal units such as Whanganui.



Renal Resource Nurse, Lee-Ora, pictured front left with members of the Wanganui Kidney Support Group

Christchurch

I travelled to Christchurch with John and Sue McMenamain on Thursday 2nd of September.

My main purpose for being in at the conference was to promote ABC Alcohol Screening concept at the ALAC stand.

The first full day (Friday) was non-stop and there was a real buzz at the conference.



The Earthquake

I woke up just before the earthquake struck (I looked at the clock and saw it was 4:30am). It started with a really loud rubble and just got bigger and bigger.

I was out of bed pretty quickly trying to make my way to safety, the strength was incredible and I could barely take a step without falling. I made it about two metres and was just holding on to a cupboard (I couldn't find the door in the dark). All I kept thinking is that this is like the end of the earth (too many apocalypse movies perhaps?) and that there was no way that the building could withstand the movement.

RNZCGP conference

I also wanted to at least be with other people when the I died in rubble, but the force of the quake meant I had to ride it out. Another thought that crossed my mind is that Wellington must be flattened completely!!

As soon as it was over we started to try and pull ourselves together to get out of the building, which is not an easy task when the adrenaline is pumping, and the aftershocks were already starting.

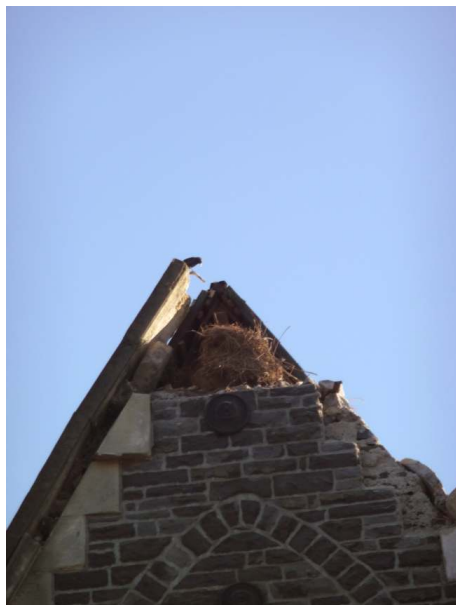
On the street people were gathered in nightgowns and various states. We weren't sure where to go but found the most open space possible. It was a really cold night and after about an hour we went inside the foyer of our hotel to keep warm – as close to the door as possible. Once it began to get light we went back into our rooms and tried to get some sleep. But bed didn't really feel like a safe place. More like a boat on an ocean with the relentless aftershocks.

Conference was cancelled, but a Hero Barista turned up to make coffee for still shocked participants.

On Sunday we were more than grateful to make it to the airport, our taxi driver humbled as with the story of his own devastated house and escape out of a window. Unfortunately our plane was cancelled because of engine faults. We were then rerouted four hours later via Wellington. This flight could only be described as horrendous, with turbulence most of the flight and 140km winds buffeting us as we came into Wellington – no one escaped that nausea. The flight attendant said "Sorry about that, but it was not as bad as the earthquake on Saturday". From Wellington we were shoved like sardines into a shuttle bus. The driver was barely able to control it on the motor way, and very nearly tipped it when he rode a verge and took out a sign. Quite a weekend a way all in all!

Any one for the RNZCGP Conference 2011?

Chloe Newton - Project Coordinator

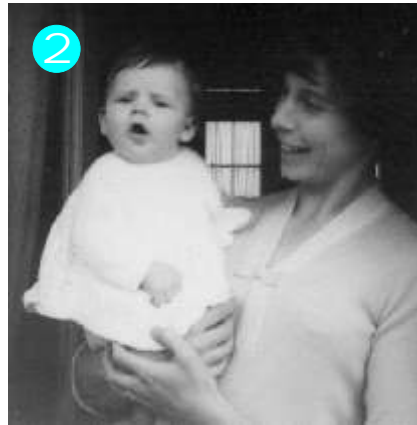


Two years ago I put together a page of old staff photos, showing you the (not so) stylish fashions from various eras. This time we have gone back even further and are bringing you those adorable snapshots...

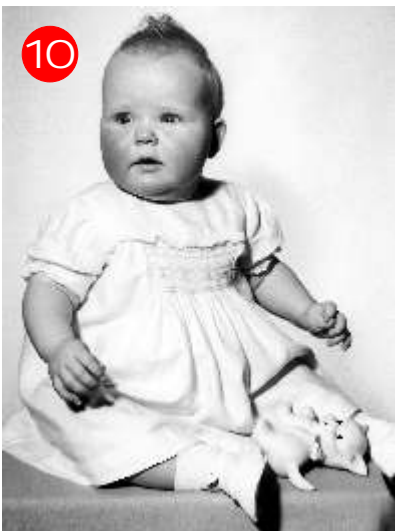
"wasn't she/he a beautiful baby!"
How good is your guess.

BLAST FROM THE PAST

Guess who it is (girl/boy)...



...then go to the Arthritis NZ page



...for the names of the staff



WRPHO
welcomes
Gonville
Health
Pharmacy



The team: Carol Kinnerley, Nicola & Leighton Souness

The Gonville Centre has been open for a year now and Whanganui Regional Primary Health Organisation is delighted to see the establishment of a new pharmacy in the centre. The community of Gonville had a very clear vision of what they wished to have available at the Gonville Centre, and it is a real pleasure to now offer them the 'one stop shop' that they advocated for back in 2008.

Gonville Health Pharmacy opened its doors for business on Monday 6th September and held an open morning Saturday 11th September. The community had the opportunity to look through the new pharmacy and meet their pharmacist, Leighton Souness. WRPHO was also there offering free health checks and giving away free Montys Surprise apple trees.

Gonville Health Pharmacy is looking to set up a patient focused dispensary pharmacy, providing a high level of service. Their mission is to offer a warm, empathetic and efficient service to the community.

Complementing the pharmacy is the Gonville Health general practice, along with the adjoining Gonville Café/Library. Situated in the hub of the Gonville shopping centre Leighton and his team are excited to begin this new journey and look forward to meeting the community.

In conjunction with this Leighton will also be looking after the customers of Foleys Dispensary, having recently closed its doors. Brian Foley wishes Leighton and his team all the best in their new venture.

Leighton is originally from Wanganui and has been a pharmacist for 20 years. His initial training was at Wicksteed Pharmacy, where he has spent the last five years since his return back to Wanganui. Leighton is married to Nicola, a pharmacy technician, who will also be working part-time in the pharmacy. They have three children.

We wish the Gonville Health Pharmacy all the best and continue to strive for future growth of the Gonville Centre as an integrated community health centre.





ARTHRITIS

could you handle it?



Faye Bullock from Arthritis NZ asks Murray Weir to put on gardening gloves and then open his wallet - this is similar to the difficulty for people who have arthritis in their hands.



THE GERBERA - A symbol of hope, empowerment, support and happiness.

The bright orange Gerbera symbol fits well with Arthritis New Zealand's orange brand, as it is synonymous with empowerment, a positive attitude, happiness in health and with hope of finding a cure.

Arthritis is the leading cause of disability in New Zealand and affects over 530,000 New Zealanders. Often it is wrongly referred to as an 'old person's disease', when in fact over half of those diagnosed in New Zealand are of the working age and around a 1,000 are children and young adults. 25,000 New Zealanders will not work this year due to arthritis.

- There are over 140 different types of arthritis, of which osteoarthritis, rheumatoid and gout are the most common
- Arthritis affects people of all ages, from infants through to the elderly and can strike at any time
- It is a painful and unpredictable disease
- There is no cure

The Arthritis New Zealand Educator Service is available throughout the Whanganui region. We provide free one hour clinics on an individual basis for people who have an arthritis condition. During this time an assessment is undertaken and a self management care plan is prepared in partnership with the client to help manage their symptoms in a way the best suits them.

If you have a client who you think would benefit from our services please call Faye Bullock Arthritis Educator for the Whanganui region 0800 663 463 to find out when the next clinic is to be held in your area.

BABY PHOTO NAMES (from page 6):

1. Janine Rider
2. Robin Howard
3. Fiona Corbin
4. Matt Rayner
5. Jeanette Hague
6. Karen Veldhoen
7. Teresa Hague
8. Julie Nitschke
9. Barb Cornor
10. Jude MacDonald
11. Lisa Mailman
12. Barb Charuk

Alan & Sue Mangan's cycle tour

Sue and I recently had the very good fortune to undertake a cycle tour in the Loire Valley, France. We enjoyed wonderful weather, brilliant scenery, good company, excellent French Cuisine and a few glasses of French wine. We cycled about 45kms every second day and visited such places as Chaumont, Blois, Sur-der-Loire, Chambord and Checoneaux Chateaux. It proved to be a great way to see the countryside while keeping fit and building up an appetite and a thirst for the evening. We both fell off our bikes at various times, fortunately with no injuries other than hurt pride. The French are very courteous to cyclists and I have almost forgiven them for the Rainbow Warrior. All in all a fantastic holiday and well worth the journey.



Above & below: Loire Valley and bottom left: Chambord Chateaux



Comings & Goings...



Kevin Simpson has been contracted by the WRPFO to do some work on population health strategy - he is involved in analysis and project planning.

Diana Tamaniyaga and Maree Aki have been contracted by the WRPFO for 3-months to support Pasifika people, with the aim of improving their uptake of health services within primary care. The focus is on practices who have a high Pasifika population and who have not had recorded outcomes for immunisation, cervical screening, mammography and other PHO contracts, including Performance Programme targets.



Erin Cvitanovich finished up her six-month contract with the 'On Time' Immunisation Project at the end of June. She is still working part-time at Plunket.

Janie Kingi worked at WRPFO as a Social Worker for six years. She has recently left us to take up a new role at Child Youth & Family as the Differential Coordinator.



Whanganui District Health Board

VOTE

- Extensive experience in management and governance in the health and disability sector
- When district health systems work well for people with disabilities, they work well for all people
- Better health - Why not?
- Entire 30yr health career serving the Whanganui District in senior roles, as a nurse and a manager
- Results focused - WAM, Manaaki Hauora, Gonville Centre
- Regional voice for cancer, renal and cardiac services
- Walking alongside the right people to make the right decisions



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