

Primary Health Care Nurse Newsletter

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We are Targeting Better Health Services

People in New Zealand have high expectations that they will have good access to health care services when they need them. Health targets provide a clear and specific focus for action to ensure that this health care is of the highest quality and within the best possible time.

It is very encouraging to see the way clinicians around the country are working together to improve the care provided to New Zealanders in our key health target areas. The process of changing the way we work to improve quality and efficiency, in a tight fiscal environment, challenges the ingenuity and creativity of DHB clinicians and managers.

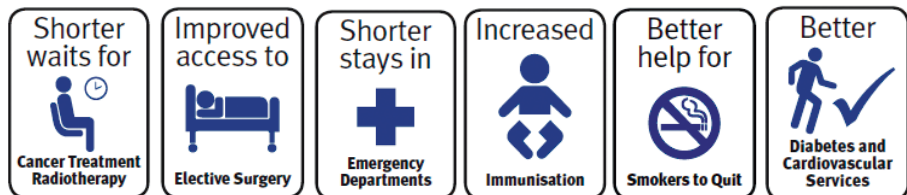
The focus is on specific health targets is clearly paying dividends with various initiatives making a positive difference to the performance of DHBs and the services they provide. The Ministry of Health and National Health Board will continue to work with DHBs to ensure that these targets are met and that the already high quality care provided to New Zealanders continues to be improved.

If you would like to view the publication it can be downloaded from:

<http://www.moh.govt.nz/moh.nsf/indexmh/we-are-targeting-better-health-services>

Date of publication (online): March 2011

The improvements featured in this publication are part of a better integrated health care system that continues to deliver for patients.



Persistent people begin their success where others end in failure.

by
Edward Eggleston

NETPE (Nurse Entry to practice expansion programme)



Introducing this years new graduate nurses



Tutira Poi & James Joy
Albert Park

Hello everyone, my name is Tutira Poi a new graduate registered nurse currently on the NETPE Programme working at Albert Park Residential Care. I trained at UCOL in Gisborne. I have been assigned to act as the Infection Control Nurse. So how is my life going as a new nurse graduate? LOVING IT!



Kirby Pirini & Eka Spooner-Day
Riverview Rest Home

Hi my name is Kirby Pirini, I'm 24 years old and come from Gisborne. I have a beautiful 2 year old son and have recently graduated in my bachelor of nursing through UCOL I did my studies through Tairawhiti polytechnic. I am now working at Riverview rest home as a new graduate and am enjoying the opportunity to work in elder care. My other area of passion is paediatrics.



Terry Rickard & Rebekah Swann
Te Wiremu House

Hi my name is Rebekah Swann. I am a solo mother of three lovely children and have just graduated as a registered nurse. I have lived in the Gisborne region all of my life and whakapapa back to Ngati Porou and Rongowhakaata. I studied through UCOL in Gisborne with the support and help of my family and friend. Currently I am embarking on a new adventure through the new graduate programme at Te Wiremu House which is my first door opening into starting my career within the health sector. I have always had a passion for helping those in need and caring for others and am excited about helping the elderly within my community

Multiple Languages – Useful Links

Health Ed

NZ health information and resources – some resources in multiple languages

www.healthed.govt.nz

Medline Plus

Excellent website for consumers and health providers developed by the US National Library of Medicine and the National Institutes of Health. Resources in over 40 languages

<http://www.nlm.nih.gov/medlineplus/languages/languages.html>

NSW Multicultural Health Communication Service (Australian)

Over 450 publications on health in a wide range of languages including some in Samoan and Tongan

<http://www.mhcs.health.nsw.gov.au/index.html>

Health Translations Directory

Health information from the Government of Australia, Victoria; translated into many different languages.

<http://www.healthtranslations.vic.gov.au/>

Equip

NHS gateway to quality health and social care information for the West Midlands public

<http://www.equip.nhs.uk/language.html>

California Health Literacy Initiative

Multicultural and Multilingual Health Information plus information on health literacy.

Retrieved 5 June 2009, from <http://cahealthliteracy.org>

CulturedMed

“The mission of CulturedMed is to facilitate the provision of culturally competent healthcare to refugees and immigrants worldwide” <https://culturedmed.sunyit.edu/index.php/home>

Cancer

American Cancer Society - ACS. (2008)

Asian Pacific Islander cancer education materials tool.

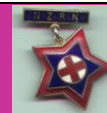
[http://www.cancer.org/acmmain/\(0qalt045sur5hq451vokhd45\)/DefaultACS.aspx](http://www.cancer.org/acmmain/(0qalt045sur5hq451vokhd45)/DefaultACS.aspx)

Diabetes Centres' for Disease Control and Prevention

(2005). National Diabetes Education Program. Resources about diabetes in a number of languages.

Retrieved September 6, 2007, from <http://www.cdc.gov/diabetes/ndep/lang.htm>

Did you know?



In 1901 – New Zealand was the first country to regulate nurses nationally, with adoption of the Nurses Registration Act on September 12. Ellen Dougherty became the first registered nurse.

New Zealand Influenza for Health Professionals



Yes, it's time to start thinking about protecting our community against influenza. Influenza is a significant public health issue in New Zealand. Each year it has a large impact on our community, with 10-20 percent of New Zealanders infected. Some of these people become so ill they need hospital care, and a small number die. It also has a financial impact, particularly in workplaces, and can potentially overwhelm both primary care and hospital services during winter epidemics.

Health professionals have an obligation to their clients to help prevent the spread of this potentially deadly virus. Studies clearly demonstrate that the annual influenza vaccination of healthcare workers significantly reduces illness and death among the patients that they care for.

For more information visit www.influenza.org.nz or www.moh.govt.nz or call 0800 IMMUNE (0800 466 863).

The strains for 2011

- A/California/7/2009 (H1N1)-like strain
- A/Perth/16/2009 (H3N2)-like strain
- B/Brisbane/60/2008-like strain

This year we are in an unusual situation in 2011 because the virus strains covered by the vaccine are the same as in 2010.

Eligible Groups for 2011

Influenza immunisation is **FREE** as soon as vaccine is available for New Zealanders at high risk of complications - people aged 65 and over, and anyone under 65 years of age with long-term health conditions. In addition, from 2011 the Government will subsidise influenza immunisation for pregnant women. Pregnant women have been included as an eligible group for free vaccination as studies have shown they have been particularly susceptible to more severe outcomes from swine flu.

The subsidised season has also been extended to July 31.



I have had my vaccination - have you had yours?

Demonstration sites announced for the diabetes nurse prescribing project

1 March 2011

Late last year Health Workforce New Zealand, in partnership with the Nursing team in the Ministry of Health and the Nursing Council of New Zealand consulted with the health sector on an innovative approach to the delivery of diabetes health services.

Four demonstration sites have been confirmed in Hawke's Bay, Mid Central Health, Auckland and Hutt Valley DHB, which will begin in March/April 2011.

People with diabetes in these four North Island regions will have their medication managed by specialist diabetes nurses in a trial that aims to make life easier for patients and make better use of nursing skills. Specialist diabetes nurses in each of the demonstration sites will prescribe a limited range of medicines to their patients, under the guidance of a medical practitioner. The scheme will be fully evaluated before rollout to other parts of the country or other specialist services.

The project is being run in partnership with the New Zealand Society for the Study of Diabetes.

As better management of diabetes is one of the Governments key priorities and part of the cardiovascular disease (CVD), Diabetes Health Target it is proposed that changes are made to enable qualified nurses to prescribe a limited range of medicines for people with diabetes. Health Workforce New Zealand and the Ministry of Health continue to work towards these new regulations. It is anticipated that these regulations allowing prescribing by specialist diabetes nurses will take effect by the middle of March 2011.

A summary of the consultation feedback will be published on the Health Workforce New Zealand website later this month.

For more information about the project visit our [Diabetes Nurse Prescribing](http://www.healthworkforce.govt.nz) web page. Go to: www.healthworkforce.govt.nz



Definition of nursing



"Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.

([International Council of Nurses](http://www.icnursing.org))

Joke



Shingles

A man walks into the doctor's office and the receptionist asks him what he has. The man says: 'Shingles'. So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide comes out and asks the man what he has. He said, 'Shingles.' She then wrote down his height, weight, a complete medical history and told him to wait in the examining room.

A half hour later, another nurse came in and asked the man what he had. He repeated, 'Shingles.' She then gave him a blood test, a blood pressure test, an electrocardiogram, and told him to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found the man sitting patiently in the nude and asks him what he has.

He repeats once again, 'Shingles'

The doctor then asked, 'Where?'

The man said, 'Outside on the truck. Where do you want me to unload them?'

(off MediJokes.Com :)

Definition of Primary Health Care

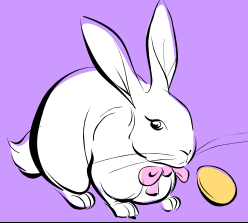
Drawn up by the International Conference on Primary Health Care, Alma-Ata, USSR, 6–12 September 1978

Primary health care is essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and country can afford to maintain at every stage of their development in the spirit of self-reliance and self-determination.

It forms an integral part both of the country's health system, of which it is the central function and main focus, and of the overall social and economic development of the community. It is the first level of contact of individuals, the family and community with the national health system bringing health care as close as possible to where people live and work, and constitutes the first element of a continuing health care process.



Nursing Forum 12th April



*Please join us at this nursing forum.
This is an opportunity to network and to share knowledge.*

Where: Morris Adair Boardroom – Gisborne Hospital

When: Tuesday 12th April August

Starting 5.30pm with finger foods

Includes:

Robyn Dymock – Nursing Appraisal Process

Diane Williams – Case Study Presentation

RSVP to Heather Robertson by Friday 8th April on 869 0570 ext 8599 or email Heather.Robertson@tdh.org.nz

Hope to see you there





Training / Education

Australasian Long-Term Conditions Health Conference

Shaping our Future Health System 7–8 April 2011 Auckland, New Zealand

Conference Themes:

- Models of Care
- Quality, safety and equity
- Health literacy and adherence
- Whanau ora
- Implementing best practice
- E health
- Self management support
- Shared care and shared decision making
- Evaluation and performance
- Workforce development

For more information visit www.hn.org.nz/conference



**Mate Kauti; Me haere taatou.
Ki te manawa teenei take.
Gout: Let's get to the heart of the matter**



**Pakirikiri Marae
Tokomaru Bay**

**Hosted by Ngati Porou Hauora and
CMDHB Maori Gout Action Group
Thursday, & Friday 17th/18th of March 2011**



**Assemble
Powhiri**

11:30 am March 17
12 midday March 17

SESSION 1: What we can do together to improve gout?

Afternoon of the 17th (2-4:30 pm)

SESSION 2: Continuing Medical Education, The Coast Gout Audit, How to Manage Gout

Very Late Afternoon – Early Evening of the 17th (6-9 pm)

SESSION 3: Gout, the Warning Bell for the Heart and Diabetes

Morning of the 18th (8-10:30 am)

SESSION 4: Gout, the whanau and the Tane

Late Morning to Mid Afternoon of the 18th (11-12 midday; 1-3 pm)

Please complete enclosed application form



OutingGout3Reg.doc

PHARMAC Seminar Series

The PHARMAC Seminar Series provides a number of high quality education seminars, covering a variety of topics and caters to a range of health professionals. Seminars are a full day and are held in Wellington. PHARMAC covers the cost of travel to and from seminars (including flights), and accommodation when required. Participants are charged \$115.00 (GST inclusive) as a contribution towards the cost of running the seminar. To register go to their website

Date: 11-March-2011

Location: PHARMAC, Wellington

Speakers: Speakers: This seminar directed by Professor Bruce Arroll is designed to learn clinical skills that will facilitate patient transformation. It will develop some of the skills of Neurolinguistic Programming to show how they can be put to good use. There will also be time for the attendees to bring examples of transformation from their own work. Dr Nigel Thompson is a Queenstown GP who has extensive training in Neurolinguistic Programming and has many creative skills to “unpack” his consultations and provide creative interventions.

Audience: This seminar will be suitable for any clinicians who have an interest in developing their communication skills and effectiveness

Rheumatic Fever

Date: 26-April-2011

Location: PHARMAC, Wellington

Speakers: Rheumatic fever, a "third world disease", is still existent in New Zealand and reflects large inequalities in child health. There is an urgent need for accelerated implementation of a coordinated national programme to achieve eradication of Rheumatic Fever before 2020. A systematic and cross-sectoral approach is required with attention to primordial, primary and secondary prevention in high risk settings. This seminar will assist health professionals who are working in such settings to ensure their efforts can achieve rapid improvement.

Audience: Please note we will be identifying and inviting registrants for these seminars from the relevant high risk areas.

Remember – If you would like to put an article in the newsletter (could be an abstract of an assignment you have completed), achieved a postgraduate qualification, advertise a new service, have a nurse start or leave your organisation, or have a comment please email to Heather Robertson: Heather.Robertson@tdh.org.nz

Kia pai tō rā



Have a nice day