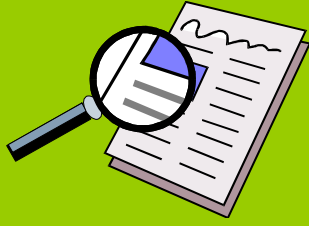


# Primary Health Care Nurse Newsletter

Volume 12

March 2010

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## Recommendations from Primary Healthcare Report Supported

(Taken from website: [NZNO:http://www.nzno.org.nz/activities\\_mediarelease](http://www.nzno.org.nz/activities_mediarelease))

The New Zealand Nurses Organisation (NZNO) welcomes the release of the independent report "Nursing Development in Primary Health Care". The recommendations that new graduates and those moving into the primary health care sector complete at least a post graduate certificate in primary health care nursing and also that new graduates undertake the Clinical Training Agency funded, Nursing Entry to Practice programme, mirrors the recommendations made by the NZNO to the Ministry of Health in September 2007.

"It is time the government realises that the need to address disparities in health and health service delivery means that all primary health care nurses require access to essential professional education, including the Māori and Pacific nursing workforce," says Angela Clark, NZNO Professional Nursing Adviser.

Karyn Sangster, Chairperson of the NZNO Primary Healthcare Nurses' Advisory Council, believes that these recommendations could make a real difference in primary health if they are enforced. "The promotion of a professional practice environment where primary healthcare nurses are valued and are able to activate the skills they have developed through their post graduate study to change their practice is the way forward for primary healthcare. The professional development of these nurses needs to go hand-in-hand with their ability to develop nurse-led initiatives and to provide the GP workforce with additional capacity to meet demands for their service," Sangster said.

"Frequently we see primary healthcare nurses unable to enact their professional development to create change in clinical practice due to barriers in their work environment. Development of these nurses should not occur in isolation. Employers need to see the potential to provide additional services or reconfiguration of their existing service delivery model," said Sangster.

The Clinical Training Agency currently funds 100 nurses to undertake new graduate training in primary health care. "It is not acceptance for such a small number of nurses to have access to this training. This alone does not attract nurses in primary health care. What is needed is appropriate remuneration, support to undertake further professional development and an availability of relieving nurses to care for patients while others are studying", Clark said.

## Problematic substance use in older adults: a rapid literature scan



This report was requested by Roz Sorensen of New Zealand's Ministry of Health. Summary of findings: For older adults in residential aged care, alcohol and prescription medication misuse are the most likely substance use problems to occur. Symptoms of problematic substance use can be difficult to detect because of co-morbid conditions and therefore health professionals and the general public need increased education and awareness on substance misuse in this population. Age-specific interventions are beneficial, with emphasis on creating social support, and addressing underlying issues associated with problematic substance use.

To view this report, go to: <http://www.healthsac.net/downloads/publications>

## New Zealand Influenza information for Health Professionals



Have you had your seasonal influenza vaccination yet? If Health professionals, including nurses, have a seasonal influenza vaccination it helps prevent the spread of this potentially deadly virus in our community. Studies clearly demonstrate that the annual influenza vaccination of healthcare workers significantly reduces illness and death among the patients that they care for.

This year there are important changes to the Influenza Campaign for 2010 to ensure that people most at risk have the greatest access to influenza prevention, which includes vaccination with a Pandemic monovalent (H1N1) influenza (Swine flu) called Celvapan®. Also in recognition that some groups of people seem to be at particular risk from the pandemic H1N1 09 strain, the eligibility criteria for free immunisation has been extended for 2010 only, to include:

- pregnant women
- morbidly obese individuals
- all children aged from 6 months to their fifth birthday enrolled in an Eligible Practice\*

**For your influenza kit** please contact via email [influenza@auckland.ac.nz](mailto:influenza@auckland.ac.nz) or telephone 09 373 7599 extn 82012. All the promotional print resources are also available.

### What are the strains for 2010

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

For more information visit [www.influenza.org.nz](http://www.influenza.org.nz) or [www.moh.govt.nz](http://www.moh.govt.nz) or call 0800 IMMUNE (0800 466 863).



## Joke: lifetime guarantee



A man had just arrived home after the successful implantation of a pacemaker.

Reading through the literature, he was delighted to learn that the instrument carried a lifetime guarantee

## District nursing's IV service

TDH's District Nursing Service, in conjunction with ED, has developed a new out patient IV antibiotic therapy clinic that commenced in October last year. The purpose of this service is to enhance the patient journey by providing an IV Service that minimises delays in provision of treatment, reduces the need for admission to inpatient services and reduces ED waiting times.

Pharmacy has created cellulitis packs which contain all that is required for the patient to have a once daily dose of antibiotics as opposed to the sometimes 3-4 daily dose treatment. Patients will be diagnosed in ED, the Cellulitis Treatment Protocol commenced then referred to district Nurses for ongoing therapy.

The clinic is run by the District Nursing Service in the existing DN Wound Clinic room from 3pm - 4.30 pm, seven days a week.



## Hand Hygiene



Did you know there was a New Zealand hand hygiene website? Go to: <http://www.handhygiene.org.nz> On this website are some great posters, a brochure, guidelines etc

### WHY IS HAND HYGIENE IMPORTANT?

The most common way that micro-organisms (germs), particularly bacteria, are spread and cause infection is by being carried on people's hands.

Hand hygiene is the most important measure to avoid the spread of harmful germs and to prevent health care associated infections. Regular and thorough hand hygiene is always important when working in an environment or organisation where health care is provided. Having clean hands helps to protect patients, particularly the most vulnerable, as well.

# Human Papillomavirus Vaccine update



**February 2010** (from MoH)

## **Update on the HPV (Human Papillomavirus) Immunisation Programme**

This year the programme will again be offered through participating schools. 2010 is the last year of the school-based catch-up programme for girls in years 9 to 13. From 2011 the HPV immunisation will only be available through schools for year 8 girls.

## **Programme achievement in 2009**

Over 88,500 girls and young women started the HPV immunisation programme in 2009. Within the school-based programme 95% of eligible schools participated and just over half of the girls who were offered the immunisation took it up.

Uptake was particularly strong among Maori and Pacific girls, with higher overall coverage achieved compared with other ethnicities. This was a highlight that we are keen to see continued in 2010, as Maori and Pacific women experience a higher burden of cervical cancer than other ethnic groups in New Zealand.



The Huarahi Whakatu Professional Development and Recognition Programme (PDRP) is the first dual competency programme for Māori Registered Nurses accredited by Nursing Council of New Zealand.

- It has a Māori whakapapa, developed from the beginning by Māori
- Piloted by Māori RN evaluated and amended
- Appreciates the two worlds of a Māori RN – cultural and clinical
- It aims to promote confidence, competence and awahi amongst Māori RN
- There is written and oral components expected of the assessments
- The panel represent Māori nursing, whanau, client perspectives supported by Kaumatua and Kuia guidance
- There is an assertive mentoring/coaching and advisory method provided by the coordinator
- It aims to enhance Māori nursing practice
- Significant step towards allowing for the better facilitation of successful health outcomes for Māori whanau
- Prepares Māori Registered Nurses to progress into advanced practice and clinical leadership roles

For further details please contact **Adrienne Donnelly-Kara** Programme Coordinator PDRP/Project Leader on **0800 628284** or email me at [a.kara@matatini.co.nz](mailto:a.kara@matatini.co.nz)

If you wish to register your interest in the programme please go to our website at [www.matatini.co.nz](http://www.matatini.co.nz)

## **New approach to address poor oral health habits** 17 February, 2010

**By Peter Dunne**

The Government's reinvestment in child and adolescent oral health services is focused on teaching children and adolescents good oral health habits they can maintain for the rest of their lives. Responding to the Oral-B Powerbrush Survey, which showed that one in six Kiwis dislike cleaning their teeth, three-quarters don't use a daily mouthwash and one in 10 of us brush less than once a day?

"This new approach involves greater focus on oral health promotion and education, not just 'drilling and filling'," said Mr Dunne. The current move to re-orientate school-based clinics into community-based dental clinics is aimed at increasing access to oral health services. These clinics will be open for most of the year and equipped with modern facilities. Mobile dental clinics would also be providing examination and treatment services "The central location of these clinics and their modern facilities will help ensure that regular check-ups and treatment services are available for preschoolers, primary school children and adolescents." "Good oral health starts from childhood. We know that if we can spot problems through regular dental examinations and teach families about important actions to improve oral health in early childhood, we will be able to prevent tooth decay and other oral health problems later in life."

District health boards have been allocated \$116 million in capital funding to refurbish some existing dental clinics, build new community-based dental clinics, and purchase mobile clinics over the next three to five years. In addition, ongoing funding for operating expenditure of up to \$40 million yearly has also been made available to cover the costs of providing these community-based oral health services. Since the programme began, several fixed-site clinics and mobile dental clinics have been launched in Ashburton, Akaroa, Manukau and Gisborne. The roll-out will continue over the next 24 months.

The Ministry of Health and DHBs are working to raise the level of preschoolers' use of oral health services: The target is to raise enrolment and overall access to free dental checks and other services to 50 per cent for 0 to 2-year-old children, and to 85 per cent for 3 to 4-year-old children. The level of adolescent use of oral health services is also being targeted to increase to 85 per cent. "I would encourage all parents and caregivers to take an active interest in their children's oral health. A good place to start is by visiting the Ministry of Health's 'Lets Talk Teeth' website (<http://www.letstalkteeth.co.nz>), which provides information on accessing free dental services and also simple oral hygiene tips that families can use at home." "Developing good oral hygiene habits and the early identification of problems are crucial to a lifetime of healthy teeth," said Mr Dunne.



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



## Treaty of Waitangi

Would you like to know more about the treaty of Waitangi?

There is a series of 5 excellent booklets that you can download on line for free from the State Services Commission: <http://www.treatyofwaitangi.govt.nz>

Titles include:

- All about the Treaty
- The story of the Treaty part 1
- The story of the Treaty part 2
- Timeline of the Treaty
- The journey of the Treaty



## Immunisation eLearning



Immunisation eLearning is a unique website designed to help midwives, undergraduate nurses and childbirth educators to quickly and easily find useful information and resources about immunisation in New Zealand. We hope that it will also help you help parents and caregivers make an informed decision about immunising their child.

Midwives, nurses and childbirth educators asked for an online resource that could be readily accessed and updated. Although the website was designed with these groups in mind, anyone who is interested in immunisation can log on.

There are links to a wide range of immunisation resources, research and publications. You can also find out about vaccines and the diseases they protect against at the click of a button with the interactive National Immunisation Schedule or test your immunisation knowledge with a series of quick quizzes.

To access this site you can go onto the MoH website, click on nursing and you will see the link. Or go to <http://www.learnonline.health.nz>

## Next Primary Health Care Nurses Forum

21<sup>st</sup> April 2010

Starting 5.30pm



**Where: Turanga Health Board room in Derby Street**  
**Flyer out soon**

## **Nurse entry to practice and expansion programme 2010**

**BY Jane Wilkie**

The NETP and expansion programme for the twenty new graduate nurses commenced on the 8<sup>th</sup> of March with a moving and heartfelt Pohiri to welcome to them all. This led on to 3 days of induction where they learnt about family violence, smoking cessation, communication and an introduction to the PDRP process just to name a few things. I am sure their heads were buzzing with information over load. The best part of this was they all got to meet each other and discuss how they were feeling about starting their new careers as registered nurses and bond as a group.

There are new placement areas this year on NETP which includes a placement with our district nursing service and a placement at the Waikohu Health centre where the new graduate will be working in the GP practice and community. We also have three NETP expansion places one at Te Wiremu House and two based at Ngati Porou Hauora. You will hear more about these ladies in the future. I am very grateful to the staff working in these areas as they have had quite a lot of work to do to get ready to have a new graduate nurse and provide the appropriate support for them.

All the new graduates work alongside their preceptor for the first six weeks and complete placement orientation and area specific competencies. Once again, a big thank you to the preceptors for investing their time and energy into supporting the new graduate nurses. Combined NETP and NETP expansion study days will be held across the year and they will focus on reflective learning and critical thinking applied to actual clinical situations encountered by the graduate nurse. Practical scenarios will facilitate the graduate nurse to develop practical skills and behaviours in a safe and supported environment. The study sessions will be broad in context allowing transferability into different practice sessions.

During the year all the new graduates complete a health promotion or quality improvement project. These projects are fantastic and lead to ongoing change or improvements in many areas' of health.

The finale for the new graduates is that they complete a personal portfolio at competent level and I have even heard that some preceptors are keen to work alongside their new graduate nurse to complete there own as well this year which is fantastic.

Something to think about..... Not sure who wrote this

"I realized that being a nurse is incomparable... as we care for our patients we learn how to cover our sorrow with a smile, we learn how to stay vigorous despite all the tasks we endure, we learn how to give hope even though ours is unclearly seen, we learn how to give strength even at times that we are weak. Nobody would know what kind of life a nurse has....unless they become one"

The NETP and expansion programme is doing well in Tairawhiti and we continue to do well to grow and nurture our own. Thanks for the support I couldn't do it otherwise!



## Training / Education



## Tairāwhiti District Health

### NURSING COUNCIL VISIT 31 MARCH 2010 TIMETABLE

1130	Nursing & Midwifery Forum - Nursing Regulations
1400	Nurse Practitioner Pathway - Portfolio Preparation.
1500	Assessing Competency
Venue:	Conference Room Gisborne Hospital



Te Kaunihera Tapuhi o Aotearoa  
Nursing Council of New Zealand

## Primary Health Care Nurses Conference 2010

*“Revolutionising the face of Primary Health Care”*

**25-27 June 2010, Auckland, New Zealand**

**Keynote Speaker - Carol Huston**

Carol is the president of the International Society of Nursing and a Professor at the School of Nursing at California. Carol is a well respected writer and presenter on the topics of nursing leadership, conflict management, improving the image of nursing and becoming a better decision maker.

Carol will provide two key note presentations at the 2010 conference:

1. Preparing Nurse Leaders for 2020
2. Personal leadership journey

Venue: Waipuna Hotel and Conference Centre 58 Waipuna Road Mt. Wellington, Auckland  
Further Information Contact the Conference Committee: Lorraine Hogan  
[lorrainemhogan@gmail.com](mailto:lorrainemhogan@gmail.com)

**Freed to care, proud to nurse** (from NZNO website)



## Tairawhiti District Health

**MOTIVATIONAL INTERVIEWING TRAINING** - a fantastic opportunity

**When:** 20<sup>th</sup> and 21<sup>st</sup> of May.

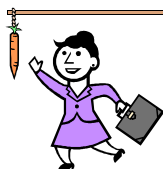
**Cost:** The cost will be \$50 per attendee for the whole workshop.

Dr Porter recommends that both days of the training are attended but if you can't manage that we can accept the 1 day – price will be the same.

Motivational interviewing is an essential tool for anyone working with clients in the health and disability sector. It is a client-centred, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. Clients face multiple challenges in managing their health and service providers often struggle to find the key to helping them make meaningful changes in behaviour patterns.

The workshops will be facilitated by Dr Joel Porter who is a Senior Clinical Lecturer for the National Addiction Centre, Christchurch School of Medicine and the Clinical Advisor to the Alcohol and Drug Helpline New Zealand. Joel is a member of the Motivational Interviewing Network of Trainers and sits on the organisations Board of Directors.

To book places for staff on one or both days of the training contact Natasha Ashworth Project Manager - Older Persons Services/Long Term Conditions Facility 8690500 – 8522 or 0275798800 or [natashaa@tdh.org.nz](mailto:natashaa@tdh.org.nz)



**Until the next newsletter keep safe and well.  
Ka kite ano (see you again)**

