

# Primary Health Care Nurse Newsletter

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## **HIIRC website off to flying start (19 January 2011 MoH media release)**

A Government initiative to share knowledge and improve quality and performance in the health sector, is striking the right note with health experts just months after it was launched. Figures show 12,448 people made 23,127 visits to the website of the Health Improvement and Innovation Resource Centre (HIIRC), between 1 July and 31 December 2010. The website can be found at [www.hiirc.org.nz](http://www.hiirc.org.nz).

HIIRC is the sector's main source of latest health research, exemplars of best practice, and trusted health information. The MoH is committed to ensuring the site is dynamic and relevant for everyone working in health, including clinicians, providers, researchers and policy makers.

HIIRC was established by the Ministry of Health to improve the health and wellbeing of New Zealanders by sharing examples of innovation and quality improvement, and by making New Zealand research more available to people working in health. It provides an extensive Knowledge Library of research literature, directories of individuals and organisations, access to improvement tools, and the latest news about events and projects. Topics include hospital productivity, shorter stays in emergency departments, primary health, access to elective services, diabetes and cardiovascular services.

You can subscribe to daily site updates too, so you're always in the loop.



## Primary health care newsletters



Can't find your old newsletter and want to look something up? Old versions of the newsletter are on the TAIMNED website: [www.taimned.co.nz](http://www.taimned.co.nz). Go into the primary health care nurse link on the left hand side and they are there along with the minutes from the primary health care nurse advisory group and any other relevant primary health care nurse information.

## THE HEALTH PROCESS OF THE NURSING COUNCIL

(Taken from NZ Nursing Council website: <http://www.nursingcouncil.org.nz/download/175/hdinfo.pdf>)

The Nursing Council is established by the Health Practitioners Competence Assurance Act 2003 ("the Act"). The Nursing Council has appointed a Health Committee ("the Committee") to consider whether a nurse is unable to perform the functions required for the practice of nursing, because of a mental or physical condition. Although the Committee's primary purpose is public safety, the Committee sees its role as a supportive one in recognising that the nurse may be unwell. The process is not intended to be punitive for that reason. The Committee makes every endeavour to assist the nurse through the process and he or she is encouraged to contact the Registrar/Deputy Registrar to discuss the process. The nurse is also encouraged to contact a legal representative or support person to assist them through the process.

### **Mandatory notification**

Notification of a nurse who is unable to perform the functions required for the practice of nursing because of a mental or physical condition (which includes impairment caused by alcohol or drugs), is a **compulsory** requirement under section 45 of the Act

For the following people:

- Any person who is in charge of an organisation that provides health services
- Health practitioners
- Employers of health practitioners
- Medical officers of health
- Any person in charge of an educational programme in New Zealand that includes a course of study that is a prescribed qualification for a nursing scope of practice.

These people must notify the Registrar of the Council. No civil or disciplinary proceedings lie against any of these people unless the person has acted in bad faith.

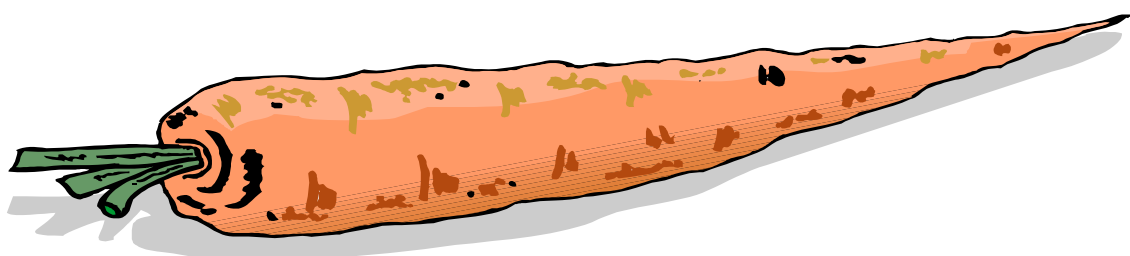
For further information visit the website



## **Joke**

Two carrots were walking down the road one day, when all of a sudden a car drove by and hit one of them. The other carrot took the injured carrot to the hospital.

After examining him the doctor came into the waiting room and said, "I have good news and bad news. The good news is your friend will live. The bad news is he'll be a vegetable the rest of his life."



## Potting mix warning as more become ill



15/01/2011

Legionnaires' disease killed four people in Canterbury last year. Canterbury had a record 62 cases of the disease in 2010 and in December had 22 cases, the highest number of cases ever recorded in a month. Four people were admitted to Christchurch Hospital's intensive care unit last month and one remained "quite unwell", Canterbury Medical Officer of Health Alistair Humphrey said. The Canterbury District Health Board is boosting warnings about the dangers associated with potting mix and compost.

Humphrey said there was a considerable increase in cases of the disease last year. Two thirds of the cases were legionella longbeachae, the type associated with potting mix and compost. People needed to take notice of warnings that bags of compost should be opened in well ventilated places and a mask should be worn.

Twenty patients with legionnaires' were admitted to intensive care last year, and had an average of 10 days in the unit at \$4000 a day. Humphrey said the increase in reported cases appeared to be a result of more sensitive testing that could distinguish milder cases of legionnaires' from community-acquired pneumonia. "While we are finding more cases, it means we are also able to treat them earlier. "In the long run this should lead to a lower mortality from this disease, but it is too early to confirm this yet," he said. Risk factors for contracting legionnaires' disease included being over 50 years of age and having a long-term illness.

Symptoms of the disease could include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting and abdominal pain. Anyone with these symptoms who has been handling potting mix or compost recently should seek medical advice.

### SOIL SAFETY

Five simple steps to avoid catching legionnaires' disease from potting mix or compost:

- Open potting mix bags carefully using scissors, rather than ripping them.
- Wear a disposable face mask and gloves and open the bag away from your face.
- Do your potting in a well ventilated area outside.
- Dampen down the potting mix or compost with water to stop the bacteria from becoming airborne.
- Wash your hands thoroughly after handling potting mix and doing any gardening.

## Words of wisdom



*Confronting illness can be an opportunity to awaken to the profundity of life. A person who has faced a major illness knows how to deeply savor life.*

by Daisaku Ikeda

## Introducing the Clinical Nurse Specialist (CNS) Rehab

Kia Ora

My name is Andrea Seymour

It is great to be back in my home town of Gisborne amongst family and friends. Previous to this I was working within the Older Person Service, as Associate Charge Nurse for ward 22A/5 at Middlemore Hospital, Counties Manukau. I have 15+ years of experience as a registered nurse working within the acute wards at Middlemore Hospital, Gisborne Hospital, in the UK in both the NHS and private hospitals.

The Rehab Day Unit at Gisborne Hospital opened 23<sup>rd</sup> of August. Since stepping into the CNS Rehab role my feet have hardly touched the ground. The restructure of the service now lends itself to some great service developments, and I am looking forward to developing these new concepts and models of care.

My CNS role includes: providing clinical leadership and coordination of a high quality specialist service for older people within the Rehab Day Unit and associated services (Supported Discharge Service and the Community Response Service). We have three new rehabilitation assistants within this service, who are currently learning and developing new generic skills to support clients in the community for up to 6 weeks, following discharge. The rehab assistants are currently working along side our rehab nurses, inpatient physiotherapists, occupational therapists and speech and language therapist, to learn hands on skills required for the role. In collaboration with the MDT (multidisciplinary team), the rehab assistants are key team members in the Rehab Day Unit, assisting with the provision of restorative models of care, that are designed to improve patient outcomes for the people of our community. The supported discharge team will be working closely with Home Based Service Supports and primary health care organisations.

Other aspects to the CNS Role involve developing and maintaining a cerebrovascular accident register and coordinating a stroke service for Tairāwhiti DHB, in line with the National Stroke guidelines and a review of the TDH Stroke Service in March 2009

I value working in partnership with the MDT to ensure safe and efficient clinical care through evidence based practice, and continuous quality improvement. To date we are seeing positive outcomes from the inpatients experiencing and gaining treatment through the Rehab Day Unit.

We are situated on the 2<sup>nd</sup> floor of the main hospital block, opposite ward 9. Please feel free to pop up and see us in action.



## Te Matatini Festival 2011

## Help Wanted



**Te Matatini** is a bi annual festival and competition in which Kapa Haka performers from all around New Zealand come together to compete, for the noble and honour of winning the national finals.

Whānau Hauora services are being offered at Te Matatini for the first time. Local hauora providers in Tairāwhiti and other contributing partners have got together to make this happen.

Diane Williams is seeking any nurses interested in volunteering to do Cardio Vascular Risk assessments at Matatini Festival, with Pharmac & National Heart Foundation.

Hours – Thursday, Friday, Saturday from 9am to 5pm – Sunday 9am to 2pm

Training will be provided on the Wednesday evening beforehand.

It is preferable if volunteers are available for 2 days but any support will be accepted

### What will be on offer?

Heart checks, cervical smears, children's' dental health checks, well child checks, breast feeding consultation, car seat safety and other related services. For a limited time, specialists will offer counselling and advice about Sexual health and Oncology. Medications management will also feature here. Breastfeeding information and support will be available for mothers and whanau

For assisting, you will receive **Free Entry** & food on days working & T-shirt. As well, it will be a great team work environment.

Please RSVP Diane on email address below  
diane.williams@midlandshn.health.nz

## SMBG for type 2 Diabetes



Self monitoring of blood glucose (SMBG) in patients with type 2 diabetes **not** on insulin has little evidence of benefit according to bpac. It is sometimes performed for people newly diagnosed with type 2 diabetes but as part of a self-management programme. It also has a limited role prior to the initiation of insulin, to optimise glycaemic control prior to conception, and during pregnancy as well as patients on sulphonylureas, where there is a potential risk of hypoglycemia.

SMBG results in significant costs

In New Zealand approximately \$9.1 million is spent annually on test strips for patients **not** on insulin. By contrast approximately \$3.15 million is spent on medication for these people.

Reference

(bpac better medicine report - for more information visit [www.bpac.org.nz](http://www.bpac.org.nz))

## Community response team (CRT)

Base at Gisborne Hospital, the new community response team (CRT) is offered to people where there are some safety concerns or social issues at home. The objective is to optimise the patient journey and improve health outcomes, as well as supporting people to recover in their own home environment and preventing avoidable admissions. This service is for urban areas only at this stage.

Patients are referred from the emergency department, or their GP who meet the following criteria:

- Unlikely to rapidly deteriorate, and recovery expected in next 4 days
- Able to retain medication
- Tolerable pain level expected within 4 hours
- Patient/family consent to referral
- Are aware of signs of deterioration and what to do
- Agree to attend GP or after hours doctor if needed, and for review within 7 days.
- Have 24 hour access to a phone, transport or ambulance

### Intervention May Include

- Provision of equipment temporarily to enable patient to make meals, use toilet safely and get in and out of bed safely (raised toilet seat, commode, urinal, chair and bed raisers, perching stool).
- Referral for home help to assist with personal cares.
- Identify longer term needs, eg. Referral to Community OT's and Physiotherapists for assessment.

### How is this going to work for GP practices

- Referral on Shared services form and faxed to 869 0554
- Referral will be received by Shared Services administration staff, and passed onto coordinator immediately.
- Coordinator will fax/email the referral when received, and approximate timeframe for referral to be actioned. It is hoped the referral will be actioned the same day but definitely within 24 hours

For more information on this service contact:

Anne McNabb (coordinator) Phone 06 869 0500 Ext 8797 or Cell Phone 021 817 466 or  
Penny Horsfall - Social Work Team Leader. Phone 06 869 0500 Ext 8594 Fax 06 869 0524

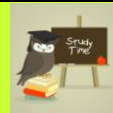
## TAIMNED – New Year – New Look

Within the next month or so the TAIMNED website (Tairawhiti Midwifery and Nursing Education): [www.taimned.co.nz](http://www.taimned.co.nz) will have a new look. TAIMNED came into existence 2 years ago and is widely accepted by nurses in Tairawhiti, to provide information in relation to education, resources and for maintaining links between the nursing workforce. The website has also been used by nurses from other regions in New Zealand and overseas.

Like all of us the look is getting tired so the webpage is getting a makeover. The next newsletter will keep you informed on the progress. You may see Jane Wilkie or Robyn Dymock out taking photos for this purpose.



## Training / Education



**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 17<sup>th</sup>/18<sup>th</sup> 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 17<sup>th</sup> (2-4:30 pm)

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

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

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

Morning of the 18<sup>th</sup> (8-10:30 am)

**SESSION 4: Gout, the whanau and the Tane**

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

**Please complete enclosed application form**



OutingGout3Reg.doc

## 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](http://www.hn.org.nz/conference)**

## 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

### Pharmacology

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**Date:** 16-February-2011

**Location:** PHARMAC, Wellington

**Speakers:** Dr Felix Ram will facilitate this seminar with input from relevant experts.

Clinical Pharmacology as it applies to primary care and common misconceptions about medicines in New Zealand. Pharmacological principles and mechanisms of action for frequently used drugs - for example:

- Clinical Pharmacology - an introduction
- Antibiotics
- Respiratory
- Lipid Lowering Drugs
- Eye medications

**Audience:** Nurses involved in patient medication management and those looking to update their knowledge and understanding on how drugs work.

### Transforming Consultations

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**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

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**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

# FREE Smokefree Workshop and Seminar

Smokefree Nurses Aotearoa/New Zealand invites you to attend a free workshop and seminar for nurses and midwives in Gisborne

**Your Speaker will be:**

**Jennifer Percival RN, HV, MW, Dip counseling, Dip teaching**



Jennifer is the Tobacco Policy Advisor for the Royal College of Nursing. She currently runs the RCN's Tobacco Education Project which aims to increase the RCN's participation in UK tobacco control initiatives and raise the level of smoking cessation activity amongst RCN members. She is visiting New Zealand from the UK to follow-up on her first visit last March and address issues of interest and concern brought up by nurses on that occasion. In addition she will speak about smoking in pregnancy as well as pharmacotherapy.

*Each of the events below counts toward professional development hours for RN's and one elective point for RM's.*



**Evening Time:**

**Date:** Thursday 17<sup>th</sup> February, 2011  
**Venue:** Morris Adair Room, Gisborne Hospital  
**Time:** 05.00pm – 07.00pm

This evening seminar will address pregnancy, ABC smoking cessation, second hand smoke and motivational interviewing.

**Day Time:**

**Date:** Friday 18<sup>th</sup> February, 2011  
**Venue:** Morris Adair Board Room,  
**Time:** 11.00am Cessation  
 12.00pm Motivational interviewing for smokers who find quitting difficult  
 02.00pm Quit Cards and Pharmacotherapy

**RSVP:** REGISTRATIONS TO [lynn.stevenson@aut.ac.nz](mailto:lynn.stevenson@aut.ac.nz)

*You may register for all or one of the above sessions*



# New Zealand Resuscitation Council Core Courses



A six hour study day including latest guidelines on:

- **Adult and Child Basic Life Support**
  - **Airway Management**
  - **Use of the AED**

For further information and course availability contact:

Jo Whibley – Resuscitation Coordinator

Tel: 06 8690500 Ext 8524

Email [jo.whibley@tdh.org.n](mailto:jo.whibley@tdh.org.n)

#### Core Dates 2011

Level 4

Thursday 10/02/11

Thursday 17/03/11

Tuesday 10/05/11

Tuesday 14/06/11

Level 5-7

Tuesday 22/02/11

Tuesday 29/03/11

Tuesday 12/4/11

Tuesday 24/05/11

Tuesday 28/06/11

*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](mailto:Heather.Robertson@tdh.org.nz)*



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**Kia pai tō rā**

