

Primary Health Care Nurse Newsletter

Volume 28

September 2011

Index	Page
PDRP	1
Nigel Bullock	2
Beetham Healthcare	2
Health navigator	3
HWNZ	3
PHARMAC forums	4
Advanced Care Planning	5
NZNO news	6
LCP update	6
Cultural training	7
Cervical screening	8
Training opportunities	9



Professional development recognition programme (PDRP)

All nurses should have a thorough understanding of and work within their scope of practice as defined by the Nursing Council of New Zealand (NCNZ).

The PDRP is a professional development programme designed to recognise and reward nurses and midwives for their individual level of practice and their contribution to nursing and midwifery.

Nurses and midwives are able to progress through levels by demonstrating they meet the definitions and criteria for a PDRP level. Those who wish to enter the programme do this through submitting a portfolio which reflects their level of practice.

The PDRP framework is based on Benner's model which recognises the development of a nurses' practice and progress from beginner (Graduate Nurses only), competent, proficient through to expert practice.

Each level on the PDRP has nationally agreed definitions and descriptors, which differentiate the levels of practice of Registered and Enrolled Nurses and enable nurses to align their practice to a PDRP level.

The information that you put in your portfolio is called **evidence**. The rules of evidence are:

- **Repeatable** – a term indicating that that the candidate could perform the task again.
- **Validity** – is only valid if it shows that the candidate has met the criteria.
- **Directness** – the evidence has come from activities that are as similar as possible to actual performance.
- **Authentic** – if evidence is authentic, it will be the work of the actual candidate
- **Currency** – evidence needs to be within the last 3 years as per NCNZ requirements for Competency Based Practising Certificates (Regional Professional Development & Recognition Programme Working Party, July 2004).
- **Sufficiency** – if evidence is sufficient, it means there is enough evidence to establish that the candidate can meet all of the performance criteria. (Open Polytechnic of New Zealand Workplace Assessor Training US 4098, 2001)

To find out more about PDRP go to the TAIMNED website: <http://www.taimned.co.nz> and click on PDRP

Introducing Nigel Bullock

Nigel moved from Catterick Garrison in North Yorkshire, England two years ago with His wife Greata, Hamish now 11yrs and Molly now 14yrs. He was commuting two hours a day to Harrogate where he worked as a Clinical Nurse Specialist and Independent Nurse Prescriber in Pain Management including Palliative Care.

A former Major in the Army where he spent time overseas in conflicts in Saudi Arabia, Iraq and Afghanistan with both the Regular and Reserve British Army. Note theme – hot and dry. But the hard work was done by his wife Greta staying at home looking after the kids. Greta now works in the Emergency Department as a RN. Since coming to NZ, Nigel has completed the Tough Guy in Rotorua and the 100K cycle from Rotorua to Taupo. You may see Nigel in his Lyrca in the Gym at the YMCA.

Nigel says don't challenge him at Monopoly as he ended up in the British Championship playing with real money.

Now Nigel has changed direction leaving the Surgical Ward and teaching the Liverpool Care Pathway to be the Clinical Services Manager at Beetham Healthcare which opened 1 September. He is looking forward to the challenge of establishing an environment where individuals are attracted to work and residents feel at home.



A new aged care facility for Tairāwhiti

On Wednesday, 7 September 2011 the doors opened at the newest aged care hospital in New Zealand, Beetham Healthcare in Gisborne. And while the official opening isn't until mid-October, the hospital welcomed its first residents on 1 September.

Beetham was awarded the Australasian Over 50s Housing Award for the Best Continuous Care Retirement Community Plan in New Zealand. Colin Christie, Chairman of Beetham Village says “ The new healthcare facility is part of the plan to provide quality care in the aged care sector in this region. Beetham Village has a growing population and with the addition of the hospital and the one-bedroom serviced apartments which are soon to be built we really do have the best retirement community facilities in New Zealand. We believe Gisborne is fortunate to have a facility of this calibre that is locally owned. Beetham Healthcare is an important part of this community.”

Beetham HealthCare is a 42-bed hospital providing medical and aged health care services such as dementia, palliative, respite and convalescent care. The large rooms have been designed to ensure residents can enjoy their stay at Beetham with the highest level of care provided by local qualified and experienced staff.



Health Navigator NZ

The Health Navigator NZ website is a collaborative project developed by a range of non-profit health organizations, getting together and identifying the best health information and self-help resources they can. Instead of having to remember multiple websites or rely on search engines, one can be linked through to the rest.

Their mission is to improve the health of New Zealanders by developing a centralized database and website gateway leading to accurate and reliable health information, tools and resources that support, equip and enable individuals and their families to manage their health and any long-term health conditions more effectively in partnership with their healthcare providers.

The Centre for Clinical Excellence

This section will be of interest for health providers in primary, secondary and community settings and provides an area for resources focusing on quality improvement and clinical excellence.

The link for this website is www.healthnavigator.org.nz The information above is taken from this website.

Health Workforce New Zealand (HWNZ) (previously CTA) Postgraduate Nursing funding

This funding enables registered nurses employed by either a DHB or a health service funded by the DHB non-provider arm) or the Ministry of Health to access funding for postgraduate studies. The applications for this will be out later this month so keep a check on the TAIMNED website: <http://www.taimned.co.nz/cta/default.asp>

Information will be circulated when the applications are available. Please note the close off for applications this year will be Monday October 31st – please take the time now to work out the post graduate paper(s) which will suit you and your workplace. A career plan is a requirement of HWNZ; also time for you to finalise this information. You can find additional information www.healthworkforce.govt.nz



Wise words:

It is easy to be wise after the event. – **English Proverb**

It is easier to be wise for others than for ourselves- **Francois De La Rochefoucauld**

The art of being wise is knowing what to overlook - **William James**

PHARMAC's Forum 2012

In anticipation of PHARMAC's Forum 2012, are holding a series of Regional Forums throughout the country in September and October 2011. The Regional Forums are being co-hosted by PHARMAC and members of our Consumer Advisory Committee (CAC). The feedback we get will be used to inform the programme for the national Forum planned for February 2012 in Wellington.

The Regional Forums are an opportunity for you to provide your input and feedback on PHARMAC issues directly with us. There will be a number of discussion topics, including:

- how PHARMAC can be better connected with consumers and patients using internet and other services
- ways to work with Māori to better address Māori health needs;
- ways to work with Pacific peoples to better address their health needs; and
- general sessions to discuss other PHARMAC topics of particular interest to you.

Following discussions (times indicated below), there is an optional lunch and open-ended question and answer session. Dates below:

Otahuhu, Auckland

14th September 10am - 12.30pm

Christchurch

4th October 10.30am - 1pm

Taupo

11th October 10am - 12.30pm

Porirua

25th October TBC

Rotorua

28th September 10.30am - 1p m

Hokitika

5th October 10.30am - 1pm

Northcote, Auckland

12th October 10.30am - 1pm

Registration is free

To register your attendance, please RSVP by one week prior to your preferred session by calling freephone 0800 660 050 or emailing: forum@pharmac.govt.nz. Be sure to include your name, contact details and any dietary requirements you have (i.e. gluten free, vegetarian, etc).

For further information, including venues, please visit

<http://www.pharmac.govt.nz/patients/haveyoursay/PHARMACforum>

The Lancet

The Lancet has made a commitment to improving global health, and this area gathers all global health content in one location at www.thelancet.com/global-health. Global health content is free to all users, so if you have an interest in this area, spend some time browsing their content.

Thought for the day

(from <http://www.workingwise.co.nz/Default.aspx?page=2841>)

1. If it's true that we're here to help others, what exactly are the others here for?
2. A boiled egg in the morning is hard to beat.



Advance Care Planning: A guide for the New Zealand health care workforce

(taken from MoH website <http://www.moh.govt.nz/moh.nsf/indexmh/advance-care-planning-aug11?Open>)

Date of publication (online): August 2011

Summary of publication

Advance Care Planning (ACP) is a concept that internationally was introduced in the late 1980s but has only gained momentum in New Zealand in recent years. ACP assists in the provision of quality health care and treatment and is becoming increasingly important, particularly with the growing range of medical treatment options available and the enhanced recognition of the importance of patient involvement in medical decisions.

ACP is a process of discussion and shared planning for future health care which assists the individual to identify their personal beliefs and values and incorporate them into plans for their future health care.

Advance Care Planning: A guide for the New Zealand health care workforce, was prepared as a response to an increasing sector focus on the need for clear and accurate information and guidance regarding ACP in the New Zealand context.

The intended audience encompasses providers, funders and planners in all areas of health care. It is not aimed at the general public. It provides standardised information about ACP principles and legislation in New Zealand and aims to promote consistency in practice. A resource aimed specifically at consumers (both patients and their families/whanau) is being produced to complement this document. It will be accessible on the Ministry of Health website by the end of 2011.

District Nursing Services Report

Led by members of the Primary Health Care Nurses College, this report highlights the range of creative and responsive district nursing service delivery models.

The report looks into four case studies demonstrating how district nurses work flexibly providing care to help patients transition across hospital and home boundaries. Moving services closer to the patients, collaborating with providers, and co-locating nurses with other community teams are common themes.

Opportunities and challenges are identified for developing district nursing are identified in areas including; governance, leadership, clinical outcomes, information sharing, and advancing their scope of practice.

Find the report at the Ministry of Health Nursing page <http://www.moh.govt.nz/nursing>

NZNO news



Research by NZNO

Vital Signs – 2011 NZNO Employment survey

The second, biennial survey of NZNO members based on the RCN longitudinal survey is available on the NZNO website:

<http://www.nzno.org.nz/activities/research#vital>

Spring Nursing Forum

A fantastic primary health care nursing forum was held on the Thursday 15th September. The evening started with finger foods followed by fabulous guest speakers: TDH Anita Vaotuuu (Addiction Nurse) Roberta Tibble (Addictions Councillor) and Joanne Love (Adult Mental Health Liaison).

We were informed about treatment options for addictions, identifying when someone has a drinking problem and the importance of using motivational interviewing as a process for engaging with people.

Joanne Love spoke on her mental health liaison role and how she was available if nurses in the community wish to contact her for advice and support



Liverpool Care Pathway update (LCP)

The Liverpool Care Pathway provides an evidence based framework for the delivery of appropriate care for dying patients and their relatives in a variety of care settings in the last 48 hours of life. It encourages a multi-professional approach to the delivery of care that focuses on the physical, psychological and spiritual comfort of patients and their relatives.

We now have two facilities registered and using the LCP: Te Wiremu and Dunblane. Albert Park is registered and has received their education and ready to go. The remaining aged care facilities in Tairāwhiti have commenced the process of implementation. The LCP is also in use in Gisborne Hospital.

If you would like to know more information or would like to view a copy of the pathways and care plans please contact Heather Robertson on 06 869 0570 ext 8599 or Heather.Robertson@tdh.org.nz

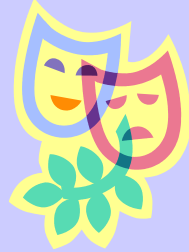


Te Wiremu New Graduate update

I have been working in Aged Care for 6 months now which has been an exciting time for me. The team at Te Wiremu House are full of encouragement and support, which has made my new graduate transition enjoyable. Due to the wide array of residents within the facility I have been able to learn a lot of new skills and have gradually began to broaden my knowledge base. Aged care is an awesome area to work in and has been a great place to help lay the foundation for my future in nursing (By Rebekah Swan).

Rebekah is the second new graduate to come to Te Wiremu House since the NETP-E programme commenced in Aged care. Te Wiremu is privileged to have Rebekah working within the team as she is enthusiastic and willing to learn new skills and is committed to working in all areas of our facility and on any shift. Rebekah has fitted into the facility like she has always been here as she copes well with anything that comes her way for example carrying out the audits, managing critical situations or liaising with allied health staff like the GP as the need arises. As her preceptors, Delores Woodcock (RN) and I continue to work with Rebekah and we see her potential as an excellent nurse (by Terry Rickard RN (Clinical Manager)).

Nursing Council competencies: Cultural Safety Training



Where: Morris Adair Boardroom – Gisborne Hospital

When: Wednesday 5th October

Time : 1.30pm – 4.30pm

Topics:

What is cultural safety?

How do we apply it in practice?

Code of rights

What evidence supports practice?

RSVP to Heather Robertson on 869 0570 ext 8599 or email Heather.Robertson@tdh.org.nz

Hope to see you there



Cervical Screening Awareness Month a prompt for Tairawhiti women



Women in Tairawhiti are being urged to use September – Cervical Screening Awareness Month – as a prompt to take control of their own health.

Aroha Te Hau from Tairawhiti District Health says cervical cancer is one of the most preventable of all cancers, and having regular cervical smears can reduce your risk of developing it by 90 percent. “While some cancers appear with little warning and little is known about how they could have been prevented, cervical cancer is different. It is very preventable, and that’s why women are being encouraged to use Cervical Screening Awareness Month as a prompt to have a think about when they last had a cervical smear test.”

Aroha says cell changes to the cervix can lead to cervical cancer. “These cell changes are caused by the human papillomavirus (HPV) virus, which most people come into contact with at some stage in their life. But the changes happen very slowly, so by having regular smears, there is a very high likelihood that abnormal cells will be found and treated long before they ever become cancer.

“Investing a small amount of time in having regular cervical smears could save your life. Regular cervical smear tests every three years are recommended from the age of 20 to 70 for women who have ever been sexually active. This is also an opportune time to encourage other members of our whanau/family or friends that we care about, to be proactive about their health.

Women can choose to ring their local GP to make an appointment to have their smear or can ring the Community Clinic on 868 9005 who offer a free service.

“There are lots of things in life that you can’t control, but by having a regular cervical smear test you can greatly reduce your likelihood of developing cervical cancer.”

For further information

Please contact Aroha Te Hau on 06 869 0500 ext 8792 or Missie Winiata on ext 8723 for further advice and inform

Joke



A man was talking to his neighbour. “I just bought a new hearing aid. It only cost me \$50, but it is state of the art. It’s perfect.”

“Really?” answered the neighbour. “What type is it?”

“Half past twelve.”



Training/Education



College of Primary Health Care Nurses Conference

Early notification for 2012

Confirmed date 10-12th August 2012 in Hamilton

Please note there is no conference this year



Surviving and thriving in the health workforce

We invite you to take advantage of early bird pricing and register before 1st September 2011 to secure your place at the Conference.

To find out more and to register now please visit the [registration page](#) on our [website](#). If you have any queries about the Conference or the registration process please don't hesitate to email us on hohp@tcc.co.nz or phone 0064 9 360 1240.

We look forward to welcoming you to the inaugural Health of the Health Professional Conference in November!



In development with



3-5 November 2011 - Langham Hotel, Auckland, New Zealand

www.hohp.org.nz

Researching Children's Experiences Seminar 28th Nov 'Researching children's experiences'

An opportunity for *practitioners, researchers and post graduate students to explore issues associated with qualitative research with children* with Professor Bernie Carter, Professor of Children's Nursing, University of Central Lancashire and Alder Hey Children's NHS Foundation Trust, UK.

When: Monday 28th November 9 - 4pm

Where: Room MD109 AUT Manukau Campus 640 Great South Road Manukau City 2025 Auckland

Download programme and registration form here

 [Researching Childrens Experiences Seminar... \(0.18MB\)](#)

Ka kite ano — until I see you again (Bye)

