



February/March 2010.

I hope that you all had the opportunity to have a break over the Christmas and New Year period. Already we are heading towards Autumn and summer has only just arrived in the last few weeks, just when everyone is back at school and work.

2010 promises to be another challenging year for the Primary Health Care sector.

## new faces

The Christchurch PHO would like to extend a warm welcome to Sue Moffat. Sue will be joining the Mental Health Services team as the Mobile Youth Brief Intervention Coordinator for enrolled patients aged 13 to 18 years old. Up to 5 free sessions in a 12 month period will be available to eligible patients. Interventions may include:

- Cognitive behavioural therapy
- Solutions focused counselling
- Alcohol and drug intervention
- Skill building
- Education

Sue has worked with youth and families in diverse settings including health, justice and education. Contact details are: [suemoffat.sw@clear.net.nz](mailto:suemoffat.sw@clear.net.nz) Cell phone 027 270107. Please refer using the brief intervention referral form.

Welcome also to David Jones who is the new General Practice Manager at Moorhouse Medical.

## what's up

The first South Island Asthma Foundation course utilising the Asthma GASP tool was held at the University of Canterbury Health Centre on February 1<sup>st</sup>, 2<sup>nd</sup> and 25<sup>th</sup> February, 2010.



Eleven practice nurses (pictured above) from the 5 member GP practices attended this excellent course coordinated by Wendy McNaughton from Harbour Health PHO, Auckland and sponsored by the Christchurch PHO. Wendy is an asthma educator with Harbour Health and designed the GASP asthma assessment and decision making tool in consultation with Murray Speight and Professor Robyn Taylor. She also runs very successful nurse led asthma clinics in Auckland using the GASP tool. Wendy completed the final nurse assessments on the 25<sup>th</sup> February and provided valuable information on how to set up and run Nurse led asthma clinics. Well done to all the nurses who passed the course with flying colours.

The Christchurch PHO is currently negotiating the purchase of the GASP asthma tool and will be implementing a pilot nurse led asthma clinic at Riccarton Clinic commencing in March 2010.

The trial will be offered to 30 patients initially with the intent to extend the service pending a successful evaluation of the pilot. This is an exciting new initiative with the potential to significantly contribute to more effective management of patients with asthma and improve health outcomes. Evaluations of 5 Harbour Health Practices (January to June 2008) that have utilised the GASP tool reported a reduction in hospital admissions, exacerbations and oral steroid use.

### B4SC

Well done to all practices providing B4 School Checks. The latest stats show that the CHCH PHO has exceeded targets. Keep up the good work. If you have patients who are repeat DNAs and are Maori, Pacific or Quintile 0 or 5 please refer on to Marie-Lyne (mobile nurse) for further follow up.

# programme updates

## **Physiotherapy initiative.**

A reminder that both the Russley Physiotherapy and Physio South at Moorhouse Medical are offering a free physiotherapy and home based exercise programme, run over 10 weeks, for patients who have osteoarthritis of the knee.

This pilot is due to finish and be evaluated at the end of May. If you have patients who are eligible then please refer as soon as possible. Interim evaluations of this service have been very positive. Please contact Sandi Malcolm 021 2923092 if you want further clarification.

## **Podiatry initiative.**

If you have elderly patients or those over 45 who have Diabetes are Maori, Pacific people or quintile 5 please refer them as this pilot is due to be completed by the end of May. Patients receive up to three free treatments either at Feet in Motion podiatry clinics or Riccarton Podiatry clinic.

## **Otago exercise Programme.**

ACC have ceased to fund this however the CDHB has taken over the funding and referrals are still being accepted until April 2010. GP Practices have been sent information regarding this.

## **Mobile Nurse**

This service continues to be offered to practices. Marie-Lyne works Tuesday to Thursday and can be contacted via email: [marie\\_lyne@chchpho.org.nz](mailto:marie_lyne@chchpho.org.nz) or cell phone 027 6624536. You can refer directly or via outbox documents on Med Tech. When referring can you please ensure that contact details include a phone or cell phone number and the next of kin/carer names and contact details if a child is being referred to the service.

This pilot is funded by SIA so if you have patients who have barriers to accessing care or who would benefit from being visited in their home then please get in contact with Marie-Lyne.

Similar services utilising a mobile nurse have worked effectively to address patient barriers to accessing primary health care in other New Zealand practices, therefore feedback or suggestions on how this service

could be more effectively utilised in your practice is welcome. Please contact Marie-Lyne or Sandi Malcolm.

## **New Patient Health Checks.**

This initiative is now being offered in all of the practices and you will have received allocations for these. Practices should be targeting people who are Maori, Pacific, quintile 5 and/or high needs.

## **Pharmacy Initiative.**

Riccarton Clinic recently completed a three month pharmacy pilot project incorporating the services of a pharmacist in to the multidisciplinary team to support GPs with medication issues, discharge letters etc. Evaluation of this project identified positive benefits and a report has been sent to the CHCHPHO Board with recommendations for further consideration to expand this initiative across all practices.

## **Healthy Minds Programme.**

The Christchurch PHO is providing a suite of mental health funded services which constitute the "Healthy Minds" programme and include the following:

- Mobile Youth Brief Intervention Coordinator
- Adult Brief Intervention Coordinator
- Mental Health GP Liaison
- Clinical Psychologist

A brochure explaining services in this programme is available from the CHCHPHO office.

A mental health services update was sent out to practices in December outlining roles, contact details and referral processes.

## **CEO comment**

I would like to thank Sandi for the excellent work she has been achieving with all the "practice led" initiatives. We look forward to an even busier year with the additional team members/services that are available to practices.

Pop in and see us sometime in our new office at:

118 Bealey Avenue.....

A room with a view and fresh air!