

Items of Importance and Interest - May 2009

PANDEMIC PREPAREDNESS

The number of cases continues to increase internationally. New Zealand remains in containment phase and to date has been successful in stopping the virus spreading in the community. The health sector continues to prepare for possible escalation.

Thanks to the commitment of all concerned, the level of readiness throughout the RCPHO has been "nothing short of miraculous" and we are better prepared than probably any other DHB in the country.

For clinical information in podcast format - access http://glasstower.typepad.com/pandemic_pulse_clinical

User name: pandemic **Password:** facemask

For general public information www.fluinfo.org.nz or contact the RCPHO office.

First Nurse Practitioner with RCPHO

Anna Higgins, a rural nurse specialist with the Oxford Community Health centre, has just been approved by the nursing council for Nurse Practitioner status (Primary Care) with prescribing rights. This enables her to practice independently, but in collaboration with medical colleagues, and prescribe for patients in her own right. She is the first NP (Primary care) with prescribing in Canterbury - second only in S. Island (Primary Care with prescribing). She works one day per week and one W/E in three in Oxford. Oxford CHC plans to update her contract and employ her as an NP in the near future.

All in the RCPHO, I'm sure, will be pleased to know that there are clinical staff working for them at the forefront/cutting edge of primary care development in NZ. We hope that there will be continued support for her role with us and also support for the continued development of clinical pathways to allow others to follow in her footsteps. (Dr Mike Patton)

Sleeping / colds vulnerability

American authors recruited 153 healthy volunteers and obtained their consent to be inoculated with the common cold virus (rhinovirus). They investigated the likelihood of developing a clinical 'cold' and correlated this to self-reported sleep time. Participants who slept <7 hours were almost three times more likely to develop a cold than those with 8 hours sleep or more. Bottom line: Eight hours (or more) of good quality sleep will probably reduce your risk of 'catching a cold' this winter! *Reference: Arch Intern Med 2009; 169(1): 62-7*
<http://archinte.ama-assn.org/cgi/content/abstract/169/1/62>

Invitation to an RNZCGP workshop

A one day Masterclass with Mark Friedman: Auckland – 8 June 2009, Wellington – 9 June 2009 - \$150.

The course is people working in GP, PHO, IPAs, SMOs, with a willingness to learn and commit to making a difference to the health of people who use general practice services.

To register please complete the attached form and email it to liz.walters@mzcgcp.org.nz or fax 04 4965997

ACC Treatment Injury Centre

The ACC Treatment Injury Centre has undertaken presentations to clinical groups, educational facilities, conferences and seminars around the country covering key points of the legislation and the process; national treatment injury data and local data. They also present adverse event data both national and local. These presentations have been well received and some facilities are now requesting return visits on a yearly basis. The team will present to the DHB on the 4th and 5th of June 2009, and would be eager for a chance to also present to primary care clinicians. They are approaching the PHOs in the region in the hope that a meeting may be facilitated. If you are interested in attending such a meeting - would you please contact Alison Wilkie to progress such a meeting.

In the past they have: Presented at CME sessions at individual GP practices; Presented to centralised PHO CME sessions; Recorded presentations for digital distribution through PHO on-line CME.

While happy to visit individual practices, their preference is for sessions where they may meet with as many staff as possible to maximise the usefulness of a presentation. If you wish to discuss this further please do not hesitate to contact 04 918 7122 or email Marpessa.Hof@acc.co.nz

Professional Development Courses

If you are interested in attending any of these courses, which are run in Christchurch, please contact Alison Wilkie to register your interest. CPR Updates - 15 June, 29 July, 12 August, 9 September; CVAD Study Day 28 July, 9 September; IV Assessors - 2 July, 3 September; Peripheral IV cannulation - 14 July, 25 August; Venepuncture/blood collection - 14 July, 25 August; Professional Practice and Portfolios - 5 June; Preceptor Development Days - please enquire.



The Minister of Health recently launched this new nursing logo as a means of promoting the profession and binding nursing's many strands under one brand. It is a brand for nurses. It can be used by anyone, from any organisation and in any number of contexts.

The slogan "NZ Nursing: At the heart of health care" features a logo with a heart and a cross which Mark Jones, NZ's Chief Nurse, says symbolises the care and compassion of nursing, while the cross is instantly recognisable as a symbol for health and first aid. There is a limited supply of pens, key rings, bumper posters, lapel badges, fridge magnets - please contact the RCPHO office if you would like something.

Vaccinators Online Update

Updates for vaccinators and GPs are available on-line at a cost of \$45. It is advised that you have broad-band to use for this on-line course. To register - go to www.icomet.org.nz Credit card payment is required, and once confirmed you will receive access details for the course.

For further queries about any IMAC courses email: imaceducation@ihug.co.nz or phone 0800 VTC UPD (882 873).

Adult Rehabilitation Studies

The School of Nursing, University of Auckland is offering this 30 point course in Semester 2 2009. If you are interested in the rehabilitation of adults with an acquired or traumatic condition, the person to contact for more details about the course is John Parsons 021 532 980 or Anne Williamson 021 296 1187. There is a flier available for sending if you'd like it - contact Alison Wilkie.

HPV Vaccinations

Congratulations to Sealy Street and Tinwald practices for their success with the HPV vaccinations - mentioned in the CDHB HPV newsletter.

Acupuncture for obesity:

Comment (GP Review): This is a meta-analysis worth taking note of, showing us that 'yes, it does work'. The ever increasing epidemic of obesity is already a significant health issue, so finding a non-pharmaceutical treatment solution would be welcomed not just by health professionals, but also by patients. These will likely find acupuncture cheaper as well as much better tolerated than current weight loss medication.

Reference: *Int J Obes (Lond)*. 2009;33(2):183-96.<http://www.nature.com/ijournal/v33/n2/abs/ijo2008269a.html>

Pandemic Planning

Two snippets from the Primary Care Group meeting held 7.5.2009

1. PPE equipment used properly keeps staff safer than when they are travelling to home or work.
2. The threat of Avian influenza has not disappeared, it still exists. This Influenza A H1N1 virus is a previously unknown combinent virus, whose ability to mutate is not yet understood.

20th June Education Day

Brochures for this day will be in the mail and by email soon - please make sure it's marked off in your diary. It will be held at the Russley Golf Club, Memorial Ave, Christchurch, starting at 9am (tea and coffee available from 8.45) and finishing at 3.45 - 4pm.

2 Snippets from Epulse

For other avid tea drinkers

"Although a randomized clinical trial would be necessary to confirm the effect, this meta-analysis suggests that daily consumption of either green or black tea equaling 3 cups per day could prevent the onset of ischemic stroke."

Test ordering - satisfying whom?

"Test-ordering strategy does not influence patients' satisfaction with and anxiety after a consultation. Instead, specific aspects of physician-patient communication are important. Apparently, primary care physicians underestimate how much they can contribute to the well-being of their patients by discussing their worries." When ever you order a test request, reflect upon whether you are doing this for yourself, your patient or for a good medical reason.

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If you would like a copy of the index of this journal emailed or faxed to you, please let me know.

Fertility issues helpline launched for medical and health professionals

A helpline offering advice for health and medical professionals on managing fertility issues has been launched by Natural Fertility New Zealand (NFNZ) from 1 June. Free advice for medical and health professionals will be available Tuesday to Friday from 10am to 2pm on (07) 867 7809 or by e-mail on helpline@naturalfertility.co.nz NFNZ also operates call free 0800 178 637 service for public and client enquiries.

Recognition of the Seriously Unwell Child

Copies of the DVD from the presentation on 21 April 2009 by Dr James Hector-Taylor are now available.

Hope the early winter isn't affecting your practice too much.

Warm regards from all in the RCPHO Office,

Alison Wilkie

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