

summer

christchurch pho news



new faces



Sandi Malcolm
Practice Service Developer

I will be working with practices assisting with the development, implementation and evaluation of health initiatives across the PHO. I am a registered nurse and come from a health education background having worked for CPIT as a senior lecture, clinical tutor and programme leader. As the position is part-time I will also be working as a practice nurse at the University of Canterbury. This is an exciting change of direction for me and I look forward to meeting you all in the near future.



Andrea Taylor
Primary Care Mental Health Liaison

My name is Andrea Taylor and I am a Registered Psychiatric Nurse with over 25 years experience working within Mental Health Services. I have worked in a number of specialist areas including Maternal Mental Illness, Eating Disorders and Forensic Psychiatry.

Mental Health positions were first established and was initially employed by RCPHO. This role was incredibly exciting and a great opportunity to provide a specialist liaison service within GPTs and the wider NGO community. It has been quite a learning curve and given me a far greater appreciation of the complexities of working in primary care, and a renewed enthusiasm to be part of providing a high quality service to both consumers and their families.

programme updates

Many health programmes are free to people registered with the PHO and some of the free programmes are:

Healthy Minds

This programme is designed to help people regain their mental strength and the programme cover for example teaching anxiety, psychological management skills for chronic diseases, stress and depression and bereavement support.

Youth Sexual Health

Free sexual health checks for young people less than 21 years of age.

Green Prescription

A Green prescription is a Health Professionals written advice to a patient to be physically active, as a part of the patient's health management. The patient can receive ongoing support through a Patient Support Person that will encourage the patient to become more active through telephone calls, face-to-face meetings and group support. The patient's progress on their path to an active lifestyle is reported back to the referring health professional.

IT'S FREE &
ALL IT'S
GOOD!

Has your teenager just started high school?

.....don't forget to enrol them with a dentist for their free oral health care.

To find a dentist:

- Phone 0800 ITS FREE
- Ask your Doctor or Practice Nurse
- Go to www.cdhb.govt.nz/dentalcare/youth

Oral health is free for all teenagers from Year 9 at high school until they turn 18 years.

fun in the sun

The warmer weather has almost finished and Ultraviolet (UV) radiation levels have increased, it is time to make sure that you or your family do not get sunburned, given that sunburn is associated with an increased risk of skin cancer in later life. The good news is that simply adopting appropriate sun protection behaviour when the sun is high in the sky can prevent most cases of skin cancer. Four good reminders are:

Siesta

Avoid the sun in the middle of the day, when the sun is most fierce.

Sunscreen

Remember to use a broad-spectrum SPF30+ sunscreen. Sunscreen needs time to be effective so smear yourself before you go out in the sun.

Sunhat

Wear a broad brimmed sunhat that protect the face, head, neck and ears.

Sun protective clothing

When out in the sun you can protect your skin with loose-fitting clothes. It is also possible to get special UV-clothing, which gives a good protection – also when you swim.

what's up

In 2009 a range of new programmes will be introduced in Christchurch PHO and below is a short summary of the new programmes.

Health education at the Burnside Medical Clinic

The purpose with this programme is to educate Asians, Maori and Pacific Islanders (specially the *new immigrants*) about the New Zealand health system, which shall result in an increase usage of general practice services and reduce unmet primary health care needs among these population groups.

Nurse-led Asthma Care

This programme aims at enhancing the management of asthma among enrolled patients by offering the patients a 30 minutes asthma review annually. Asthma patients, whose asthma is not controlled, will be offered an extended package of care consisting of three extra asthma assessments with a nurse. Currently the programme is being implemented at the Riccarton Clinic but if the evaluation indicates that the asthma care service is effective, it will be proposed to implement the programme in all Christchurch PHO general practices.

Physical therapy treatment for patients with osteoarthritis of the knee

The physical therapy programme is a pilot and the purpose is to reduce pain, stiffness and dysfunction for people with osteoarthritis of the knee and in that way reduce primary care consultations and hospital admissions due to the disease. The pilot involves GPs referring patients to eight treatment sessions with a physiotherapist, where the patients will receive individualised manual therapy and perform a standardized knee exercise program. General practices involved in the pilot are Burnside Medical Clinic and Riccarton Clinic.

Pharmacist service

This pilot programme is situated at the Riccarton Clinic. The purpose is to integrate a clinical pharmacist in the primary health care team, which should improve patient satisfaction and decrease the number of drug related problems and hospital admissions. The pharmacist will work five hours a week and among other things review discharge notes from hospital, update patients long-term medication lists and review medication in patients over 80 year of age.

what's up

New patient health check

The Riccarton Clinic and the Campus Health Centre have introduced a New Patient Health Check (NPHC). After the patients register with the clinic they are invited to attend a NPHC, which are carried out by a nurse and take 15 minutes. The nurses gathered information such as blood pressure, personal and family history of illnesses and smoking status. The information's are entered into the patient's clinical records and used to identify risk factors and improve management of preventable diseases.

who's who

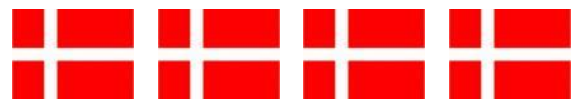


Marie-Lyne Bournival has taken the role of Child Health Liaison nurse in July 2008. This is a combined position between the Christchurch and Rural Canterbury PHOs until June 2009. The main objective is to address barriers to access to health and community services. I use the Family Assessment Model, which I carry out, in the family/child's home. This allows me to identify the issues surrounding children and his/her whanau and address them appropriately. Children well-being can not be dissociated from their family (whanau) so it is paramount to involve them and ascertain their issues as well as the child. I have received a total of 40 referrals since July 08, 6 of these are from CPHO. In addition, I am also involve with a further 10 parents/caregivers. Referrals come from GP Teams, hospitals (departments and PHN), school and agencies. In 2009, I am looking forward to receiving more referrals from the CPHO practices.

Study case: 3 y.o. boy with frequent admissions to hospital for history of acute

asthma. GP Team wanted to investigate potential triggers at home to explain the frequency of the admissions. Once in the home, the assessment revealed that part of the house was not insulated, there were dogs in the house, inappropriate bedding, and stuffed animals in the child's bed and all around the house. The solo-mother had also a difficult relation 12 y.o. daughter. On the days of the acute admissions, it became clear that mother and daughter had fought cumulating in the daughter attacking her mother (3 episodes). His new information was communicated back to the GP Team promptly.

Actions taken and outcome: With the consent of the mother and the GP team, I obtained funding from Community Energy Action to insulate the house, education sessions with Canterbury Asthma, community support and counseling for the mother and acted as a support person at WINZ and CYFS. I registered the daughter to the Wise-up programme. As she also had issues at school and the relationships between the school and the mother was tense, I facilitated one meeting to try to improve communication and improve the relationships. There will also be on-going support from the extended family itself.



In September 2008 I travelled from Denmark to New Zealand to carry out a three-month internship at Christchurch PHO. During my internship I have been involved in a range of projects including design of a nurse-led asthma care program and development of different health promotion materials. My internship has been eventful and a worthwhile experience. I would like to thank all staff at Campus Health Centre, Riccarton Clinic and Burnside Medical clinic for letting me be part of their teams. A special thank you to Helen Johnson for being an excellent supervisor and friend.

Kind regards

Anne Bech