



Kimi Hauora Wairau

Marlborough Primary Health Organisation

SEEKING WELLBEING IN MARLBOROUGH



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Kia ora, Bi bec, Mauri, Talofa lava, Kia orana, Faka lofa lahi atu, Nisa bula vinaka

Welcome to the long awaited edition of the Kimi Hauora Wairau newsletter. I hope you will enjoy reading about our staff and the work they do with health professionals and communities.

If you would like to subscribe to our bi-monthly newsletter please contact our office, otherwise feel free to contact me directly if you would like to contribute to the newsletter.

Best wishes for a safe and well Autumn.

Christine Smith
CEO

FOR ALL MEDICAL CARE

Phone HML **0800 336 626** for
FREE 24 hour telephone health advice
Or

Phone the Marlborough Primary Health Organisation on
(03) **520 6200** for the General Practice on duty for visitors
to Marlborough

After 6pm:

Marlborough Afterhours GP Services Ltd
(03) **520 6377**
Hospital Road (Hospital Grounds) Wairau Hospital
Gate 2, Blenheim

Open 6-10pm weeknights
And
8am to 10pm weekends and public holidays.

Redwoodtown Doctors provide their own afterhours care
Please phone (03) **578 0470**



Medicines and Driving While Impaired

From the 1st of November 2009 it will be an offence to drive a motor vehicle while impaired by drugs – including prescription medicines.

Note: The offence is to drive while impaired. Driving having ingested a medicine that may impair driving is not an offence.

An offence is only created if that medicine or drug impairs the driver's ability to operate a motor vehicle in a safe and responsible manner and it comes to the attention of the police.

Driving a motor vehicle is a responsibility, not a right. One responsibility is to ensure you are fit to drive and not affected by any drug or medicine.

Medicines that can affect driving include:

- those that may cause sedation
- those that may affect eyesight
- those that may cause low blood pressure/low blood sugar

Health Professionals are advised to recommend to patients prescribed medicines which may cause these effects not drive until they are aware of how the medicine will affect them and for how long after a dose is taken the medicine affect their ability to drive safely.

Usually this would be during the first 7 to 10 days of treatment and for 3 to 4 days after any dose increase.

Please ask your health professional if the intended medicine you are taking or starting to take, will cause you to be unable to drive.

For more information please contact Brian Powell at Kimi Hauora Wairau on (03) 520 6265

May 2010 Newsletter

Vascular Risk Assessment

As you may be aware, heart disease is a big problem for many New Zealanders. Many people become ill and die from heart disease, which in many cases, can be prevented. Some groups of people are more prone to heart disease than others.

Marlborough General Practices are offering a free Vascular Risk Assessments or Heart Health Checks

If you are enrolled at a doctor's surgery you can have a free Heart Health Check if you are:

- Male - Maori, Pacific Island, Indian sub continent 35 - 64 years
- Female - Maori, Pacific Island, Indian sub-continent 45 - 64 years
- Male - European 45 - 64 years
- Female - European 55 - 64 years

By having a free heart health check you can find out what your risk for developing heart disease and together with your doctor or nurse, make a plan to lessen the chance of it happening.

To find out if you are eligible for a free vascular risk assessment or for more information and to make an appointment, please contact your doctor or nurse. If you don't have a doctor you can enrol with a general practice today.



Primary Health Nurse Education Sessions

Primary Health Nurse Education sessions are held every six weeks throughout the year for Practice Nurses in Primary Care.

The latest session was held in May and presented by Sue Pullons the Senior Lecturer in General Practice at the Otago School of Medicine.

The next education session in June is on the Disability Code of Health & Disability Rights with Elizabeth Flinn.



DON'T GET THE FLU

Don't let the flu get you
You can protect yourself and others from getting the flu... by having the flu vaccine.

This year's flu vaccine is FREE to more people and includes protection against swine flu.

Talk to your doctor or nurse about having the 'flu vaccine today.

CHILD IMMUNISATIONS

After 3 attempts to contact a child who is overdue for immunisation, this information is passed on to Sharon Osborne the Outreach Immunisation Coordinator. Phone (03) 577 9256 for a follow up.

Primary Health Care Nurse Proficient

Tania Gregory's role will include supporting the implementation of Chronic Disease Management, including Diabetes and Vascular Risk Assessment, the implementation of Smoking Cessation ABC in Primary Care and the Care Plus Programme.



Tania brings 10 years of Practice Nurse experience to the role and looks forward to working with the Primary Health Care Providers to improve the wellbeing of our community.

Breastfeeding Support in the Community

Mums...

- Do you need support with breastfeeding?
- Do you have any questions about breastfeeding?
- Would you like to talk to someone or just share your experience of breastfeeding?

Mum4Mum volunteers have:

- Undergone training on breastfeeding
- Breastfed their own child or children
- Time to sit alongside, answer questions, share experiences and knowledge

Free support and information for breastfeeding families by breastfeeding families.

Confidential, Caring, and La Leche League accredited.
Phone or Text 027 7809 269 or contact Barbara for more information on (03) 520 6213.



Cornerstone Accreditation

In 1999 the Royal New Zealand College of General Practitioners launched a document "Aiming for Excellence", which set out to define those standards that would ensure patients receive consistent, safe and effective treatment when they visit a doctors practice. The standards cover areas from cultural awareness to how quickly prescriptions and tests results are handled.

Using "Aiming for Excellence" the College then developed a voluntary accreditation program called 'Cornerstone'. Practices choosing to undertake Cornerstone accreditation have to review every aspect of patient care including the professionals working in the practice and the practice premises. They then undergo an external assessment by two representatives from the College.

So far three Practices in Marlborough have achieved accreditation and three more are in the process of assessment. Although challenging, Practices have reported that they have found the process useful and positive in making real improvements in patient care.

Look out for signs of Cornerstone accreditation in your Practice and congratulate them for taking on the challenge.

Sourcing Mental Health Advice Resources and Treatment

SMART will assist qualifying people to access GP's and a range of treatments and therapies for their recovery from conditions such as mild to moderate depression and anxiety.



Packages of Care are tailored to meet individual needs and may include non medical treatments.

SMART can be accessed directly through you GP or books are available at the library.

Contact Alison Graham 520 6219 for more information

Anxiety Management Clinic

(Launch May 2010)

This clinic will provide group therapy and individual assessment for people referred to SMART by their GP who are suffering from anxiety disorders and who are likely to benefit from group education and training sessions. Clients will be able to access a programme of 6 group therapy sessions.

Contact Alison Graham on 520 6219 for more information.

COMMUNITY DIETITIANS

Our role is to:

- **Talk to groups about nutrition issues**
- **Run group programmes**
- **Promote healthy lifestyles**

Programmes available:

- **Activ8**
 - **Promote healthy eating and activity for children and families**
- **Fit to Live**
 - **Programme for adults encouraging healthy eating and activity for adults**

For more information contact:

Juliet Wiseman on 520 6211
Community Dietitian

Active Families

Active Families prescribes physical activity to inactive and overweight youth aged 5-18 years and their families. It has been with the Marlborough Primary Health Organisation since Dec 2009.

This programme enables children to choose and enjoy physical activity. It introduces the child and family to appropriate, affordable and sustainable activities.



MEND

The Healthy Living Team has just finished the second MEND programme with great results. The 10 week healthy lifestyle programme combines nutrition, physical activity and behaviour change elements to improve self esteem as well as health. Nine children graduated from the programme, all of whom displayed an improvement in body measurements, fitness and most importantly self esteem.

