



MARLBOROUGH PRIMARY HEALTH

GENERAL PRACTICE  
NEWSLETTER



**Hauora Maori Scholarships  
2019 Applications Open**

The scholarships provide financial assistance to students who are undertaking or completing a NZQA accredited course (level 7 or above at graduation), or health care working training (level 3 or above at a recognised tertiary provider) in health and disability studies.

Applications opened 14 February and close 28 March 2019.

For guidelines for applicants click [here](#).

**CORNERSTONE  
and Foundation Standard  
Simplification  
Project Update**

The new Foundation Standard will be one module that represents legal, professional and regulatory requirements that a general practice must meet as part of providing safe, effective and equitable care.

The new CORNERSTONE standard will be modular. For more information click [here](#).

**Healthtek  
Professional Services Ltd**

Healthtek delivers a modern, digital alternative to the systems and processes used in General Practice. We know that the current systems constrain how and where GP's can work and therefore impact negatively on GP workload and cost of delivery. Our vision is to lead General Practices into new digital ways of working by delivering easy access to data and systems from anywhere, on any device at any time meaning you can deliver patient care from any location; simply and hassle free.

Our fully managed, secured service, combined with the Indici Patient Management system enables Practices to adapt to changing patient and Practice needs, introduce new models of

delivery, such as Health Care Homes, and improve both patient and staff experience.

Our service begins with your decision to implement the Indici Patient Management System. We manage the system migration, along with all the associated change that needs to happen, then we provide ongoing training, support and technology management.

Our approach is new. We are more than an IT support organisation, more than a software vendor and more than a service provider. Our aim is to help General Practices operate in a sustainable, patient centric manner and to provide the tools and skills to meet that need.





## COPD Self-Management Course

### Better Breathing

**This course is running as a pilot for one year to identify if there is a need for a shorter evening COPD management course. It is being delivered in partnership with Asthma Marlborough and Marlborough Primary Health.**

#### **Purpose:**

- Enable patients who either can't attend the existing daytime Pulmonary Rehabilitation programme, or prefer to attend a shorter one, to still be able to access a COPD programme
- Increase overall understanding of COPD & how to manage any changes in symptoms
- Focus on health & well-being to maintain independence
- Individual goals set & driven by patient in line with their daily life
- Reduce DNA rate to longer programme

#### **Length:**

- Runs for 2 hours on a Tuesday evening over 4 weeks at the Health Hub. A 3 month follow up will be arranged to measure outcomes and lifestyle changes.

#### **Dates:**

- Tuesday 28<sup>th</sup> May
- Tuesday 6<sup>th</sup> August

#### **Refer:**

- Newly diagnosed COPD patients
- Mild to Moderate COPD patients who are still working but would benefit from education and support
- Anyone who cannot attend a daytime course or a 9-week program

**NB: Attending this course doesn't exclude attendance of Pulmonary Rehabilitation.**

**Please use current Pulmonary Rehabilitation Referral pathways. Annotate "consider for BB Course" as same information is required and same exclusion criteria applies.**

Questions to Karen Vis [asthma.marlborough@xtra.co.nz](mailto:asthma.marlborough@xtra.co.nz) Ph 5791609 or Linda Flintoft [lindaf@marlboroughpho.org.nz](mailto:lindaf@marlboroughpho.org.nz) Ph 5205001.

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## Feed Your Instinct (FYI) Interactive Tool

Designed to support parents of children and young people experiencing different types of eating and/or body image problems. Eating Disorder Australia and New Zealand (EDANZ) recommend completing the checklist as it will clearly identify your areas of concern and aid you as you make a decision about how to act on these concerns. It is not safe to 'watch and wait' with possible eating disorders in a young person. The [FYI checklist](#) once completed will generate a separate printable summary for you to take to your family doctor/GP to help communicate your concerns.

(NOTE: The Medical "Pathway" procedures are as implemented in Australia; The New Zealand "Pathway" may vary.) Visit: <http://www.feedyourinstinct.com.au/>

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15 February 2019

Good Afternoon,

**IMPORTANT INFORMATION - Doxepin hydrochloride capsules 10 mg, 25 mg and 50 mg discontinuation**

We are writing to you to inform you that Mylan, the supplier of doxepin hydrochloride capsules, has notified PHARMAC that their doxepin hydrochloride capsules (Anten) have been discontinued internationally by their manufacturer.

Doxepin hydrochloride capsules are indicated for the treatment of depression but are also used for a range of indications. Anten is the only Medsafe registered brand of doxepin capsules in New Zealand.

This means people taking doxepin will need to be changed to another funded tricyclic antidepressant. There are approximately 7,500 people currently taking doxepin capsules. We expect the remaining stock of Anten to be depleted by mid-2019.

**What this means for you**

- An endorsement has been placed on doxepin hydrochloride, effective from 1 March 2019 meaning no new patients can be initiated on doxepin capsules. You can find more details in the February Update of the Pharmaceutical Schedule (<https://www.pharmac.govt.nz/2019/01/17/SU.pdf>).
- Prescribers should begin to transition patients to an alternative pharmaceutical. PHARMAC has received clinical advice that other suitable funded alternative antidepressants include amitriptyline, imipramine hydrochloride and nortriptyline hydrochloride. These alternatives are not dose equivalent, so prescribers and pharmacists will need to ensure patients understand their new dosing regimen.

We appreciate that it is not always easy to change patients onto different medicines and apologise for the inconvenience caused to you and your patients. If you have any further questions about this discontinuation, please contact us on 0800 66 00 50 or email [enquiry@pharmac.govt.nz](mailto:enquiry@pharmac.govt.nz).

Yours sincerely



Dr Bryan Betty  
Deputy Medical Director, PHARMAC