



MARLBOROUGH PRIMARY HEALTH

GENERAL PRACTICE NEWSLETTER

Minor Skin Lesion Service Changes

Effective 8th April 2019

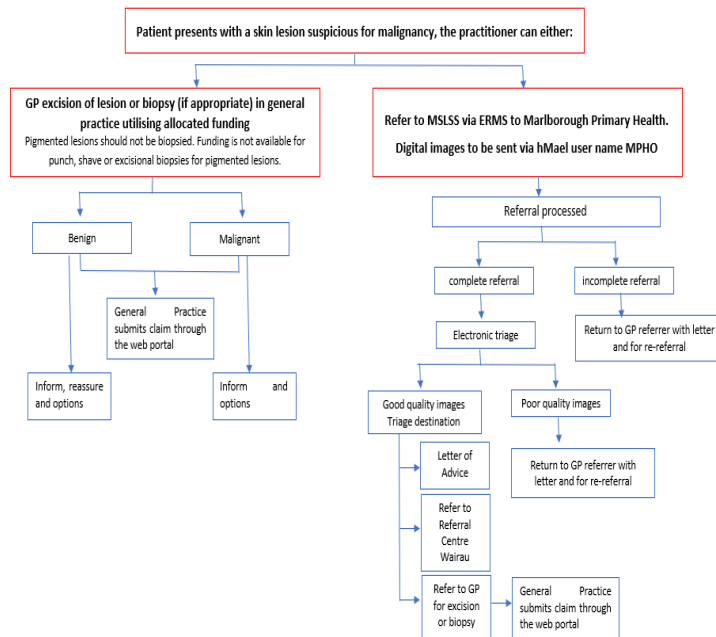
Planned changes to the minor skin lesion surgery service (MSLSS) aims to improve patient continuity of care.

For the patient that presents with a skin lesion suspicious of malignancy, the practitioner can either:

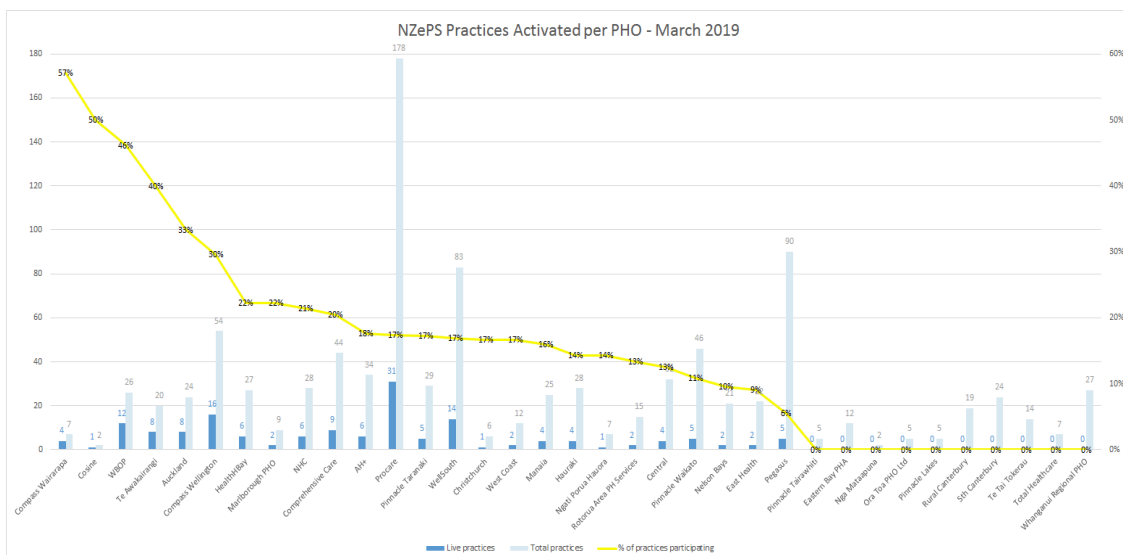
- Refer the patient to MPH MSLSS or;
- Excise the skin lesion or biopsy (if appropriate) in the practice using allocated funds.

Key messages attached.

Options for Care; Minor Skin Lesion Surgery Service



NZePS Practices Activated per PHO As at March 2019



Prescribing Varenicline

Clarity for prescribing with special authority by Dr John McMennamin

Varenicline is still available, fully funded and a good option for most smokers. Prescribers are best to review their NZ formulary or MIMS information to determine who meets the clinical criteria; advise the patient about the patient information sheet they will receive from the pharmacist; task a phone or appointment follow up; and where possible, refer to the Stop Smoking Service or Quitline for ongoing behavioural support.

This meets all the funding criteria.

Attachment provided.

Stop Smoking Practitioners Don't Prescribe Varenicline

It still needs to be filled by the GP.

Practitioners provide on-going support to all patients, regardless of how they are choosing to quit. They should be encouraged to attend the initial assessment, when choosing Varenicline Pfizer (previously known as Champix), so they can get an overview on how it should be taken and what to expect.

Smoking Brief Advice

Correct Coding for Brief Advice
medtech - add a separate classification for "brief advice given"
or my practice - tick ✓ the box....

Process for updating smoking status and when brief cessation advice is offered or refused

Consult slip needs to be adapted to identify the following: Are you a current smoker, ex-smoker, never smoked.

Would you like help to quit YES/NO

WHY

- To ensure all patients identified as current, ex- smokers or never smoked have their status updated
- To ensure all are offered brief cessation advice to improve long term health

HOW?

- Check consult slip & update smoking status & if the patient has indicated they want help to quit
- **Current smoker or recently quit**, update the classification ensuring it is ticked as long term in blue
- **Brief cessation advice offered** update the classification, again ensuring it is ticked as long term in blue

This should be actioned at every contact the patient has with the Practice team, face to face, telephone, text

Vaping A copy of the Primary Care Toolkit "Helping Smokers to Quit in General Practice, Vape to Quit Tool kit" *attached*.



FREE PSYCHOLOGICAL FIRST AID TRAINING

New Zealand Red Cross works in communities to build the capacity of community members to support one another during traumatic or stressful events.

In the Hurunui, Kaitiaki and Marlborough districts, Red Cross can offer a limited number of free Psychological First Aid (PFA) courses from 1st March to 28th June 2019. These are offered on a first-come-first-served basis (worth \$195 per person), to members of community groups and organisations.

WHAT IS PSYCHOLOGICAL FIRST AID?

Psychological First Aid is an evidence-informed approach to providing practical and emotional support to help people cope with the effects of various types of stress following disasters or traumatic life events.

The New Zealand Red Cross one-day (7 hour) PFA course promotes natural recovery from traumatic events by providing techniques to help people feel safe, connected to others, able to help themselves and access physical, emotional and social support.

MORE INFORMATION AND BOOKINGS:

Please contact Katherine McDowall on katherine.mcdowall@redcross.org.nz or 0800 233 243



Red Cross is here for good

We love caring people in communities right throughout New Zealand, working behind the scenes and in plain sight, everywhere, every day. Wherever you are, we're right there too.

HERE FOR GOOD
redcross.org.nz 0800 RED CROSS

Psychological First Aid Free Training for Adults

18 spaces available. The courses are run over 2 evenings (total of 7 hours). You will need to be at both nights to get your certificate.

- 10 April 4.30-8.30pm
- 11 April 5.30-8.30pm

Register by 8th April with your first name, last name and phone number.

April Falls Month

Dr Paul Cooper
Primary Care Clinical lead HQSC

Paul's message: We need to "normalise" the risk of falling and encourage all elderly people to stay as active as possible, minimising their risk of falling and improve their overall quality of life



Marlborough Primary Health
KŪKI HAUORA KAIRANGA | SEEKING WELLBEING IN MARLBOROUGH

Palliative care needs of people with dementia

Early discussion and planning for the future
Supporting carers and creating a "Plan B"
Symptom management at end of life

Dr Beth Morgan, Palliative Medicine Specialist

Jo Hendrickson, Nurse Practitioner (Intern)

Tuesday 30 April 2019, 6 pm – 7.30pm
Upstairs
Community Health Hub, 22 Queen Street

Please book online
www.marboroughpho.org.nz
"Training" tab

Contact:

Christinea@marboroughpho.org.nz
0223882440

Palliative Care Needs of People with Dementia

To book online visit our trainings tab on our website [here](#)

National Bowel Screening Programme Referral Form Effective 30th March 2019

The referral form in ERMS is being updated. The change for users is there is now a provision to enter the patients BSP number. The form is to be used for an individual who has had a positive FIT result.

The form can be found under the Gastroenterology/Endoscopy tab in ERMS.

Patient Assessment	
Use this form for an individual who has received a NBSP positive FIT result	
BSP Number	<input type="text"/>
The Patient	<input type="text"/>
Provide Details	<input type="text"/>