

PAIN Programme

Referrals

Thank you for the referrals. The next PAIN programme begins in May.

For all new referrals, please remember to specify whether your patient is an ACC patient or not.

Heathier Hearts Programme

Begins 9th May

Will be run over 4 weekly sessions of 2 hours on a Thursday. Patients can be referred via CCC or ERMS.

Wonder if your patient is on too many meds? Would you like to reduce the number of pills but not sure where to start?

TAPER is a programme designed by a GP, to use with a patient and their pharmacist to enable evidence-based reduction of polypharmacy in the 75+ age group. It gives the GP a one-page summary of interactions and side effects, so you can make a plan with the patient to achieve their goals in improving quality of life.

There's no cost to join up. It's PMS agnostic. Every GP and pharmacist who's seen the programme so far has been super excited about this.

We have two demo evenings to find out about TAPER. Dr Dee Mangin an ex Kiwi GP who helped develop TAPER will be there to take us through and answer questions. Limited spaces so please RSVP by Wednesday 1st May.

Demo evenings: Monday 6th May; Tuesday 7th May

TAPER

A systematic approach to reducing the burden of polypharmacy for routine prevention in older adults

Stop Smoking Referral Comparison 2018/2019

Provided by the Stop Smoking Service

Referrals / Enrolments Comparison 2018/2019 January to March quarter

Nelson 2018						Blenheim 2018											
Jan	Pepi	Feb	Pepi	Mar	Pepi	Jan	Pepi	Feb	Pepi	Mar	Pepi						
41	4	51	2	47	6	2018 – Referral Totals						33	2	30	4	15	-
10	-	7	-	-	1	Self-Referral						4	3	3	-	2	-
1	1	-	-	-	-	Primary						5	-	-	-	2	-
15	1	19	-	-	1	Secondary Care						11	-	9	1	9	-
-	1	-	2	-	1	LMC						-	2	1	3	-	-
10	-	15	-	-	2	Other Healthcare Providers						4	-	6	-	1	-
-	-	1	-	-	-	Other Community Services						1	-	9	-	-	-
-	-	-	-	-	-	Schools						-	-	-	-	-	-
2	-	3	-	-	1	Pharmacy						-	-	-	-	1	-
3	1	6	-	-	1	Quitline						8	-	2	-	-	-

Nelson 2019						Blenheim 2019											
Jan	Pepi	Feb	Pepi	Mar	Pepi	Jan	Pepi	Feb	Pepi	Mar	Pepi						
74	5	63	1	42	2	2019 – Referral Totals						28	2	39	2	23	-
21	-	10	-	3	1	Self-Referral						2	1	1	-	3	-
26	3	23	-	15	-	Primary						13	-	10	-	8	-
18	-	17	-	13	-	Secondary Care						9	-	3	-	4	-
-	1	-	-	-	1	LMC						1	1	-	2	-	-
3	1	11	1	4	-	Other Healthcare Providers						-	-	5	-	7	-
-	-	-	-	-	-	Other Community Services						1	-	19	-	1	-
-	-	-	-	-	-	Schools						-	-	-	-	-	-
5	-	2	-	3	-	Pharmacy						1	-	1	-	-	-
1	-	-	-	4	-	Quitline						1	-	-	-	-	-

Influenza Vaccinations from PMS to NIR

Data entry assistance required for successful messaging

Following the inclusion of Influenza vaccinations on the National Immunisation Register (NIR) the NIR team are receiving hundreds of additional errors to clean up.

To assist in minimising these errors and avoid us having to ring your Practice to follow up, could you please ensure the following are completed on your Patient Management System (PMS) before sending details electronically to the NIR.

- **Every attempt should be made to ensure the correct address for geo-coding is recorded by using the eSAM Address Web Services, i.e.**
 - Please do not enter the Resthome/Retirement Village in the address
 - Please do not enter any “commas” in the address
 - Please ensure the spelling of address is correct
- Once again, **please ensure the GP is noted as the provider**, and not yourself, being the vaccinator.
 - *If this occurs for the influenza vaccinations, we will be contacting the Practice to correct and resend.*

Belinda Pattinson
Annessa Riley
National Immunisation Register Team



NIR: Recording immunisation history

If you have any queries, contact Annessa (03 543 7912) or myself on (03) 543 7905.

Measles Update to Primary Care

MMR vaccine shortage recently experienced in Nelson and Marlborough

Dear Primary Care Staff and Immunisation Facilitators,

I would like to thank all of you very much for your assistance and willingness to respond to the MMR vaccine shortage recently experienced in Nelson and Marlborough.

The vaccine shortage was a serious concern and for a short period the District was unable to fully deliver the MMR component of the National Immunisation Schedule to 15 month and 4-year olds. However, your practice teams, Immunisation Facilitators, and Nelson Bay Primary Health and Marlborough Health PHOs ensured this disruption was kept to a minimum. Your efforts were greatly appreciated. I apologise for this disruption.

Now that the measles outbreak in Christchurch appears to be less of a threat the global situation on the other hand is rather more worrisome. Outbreaks with significant mortality are being reported in numerous locations around the world including the UK, France, USA, Thailand, and the Philippines. The global situation I suspect will be an ongoing issue for some time. Imported measles is our biggest risk.

Added to this the national Pertussis outbreak is still ongoing.

I would encourage you to:

1. Continue to enthusiastically deliver all vaccines on the National Immunisation Schedule,
2. Ensure all health care workers in your practices are aware of their immune status and vaccinate if they are susceptible MMR or Pertussis,
3. Opportunistically assess immunity and where necessary offer vaccination to those patients you consider to be susceptible. For measles this includes people aged 29 to 50 years who may have only received a single dose of the monovalent measles vaccine that was available between 1969 and 1990, and
4. Offer MMR vaccination to susceptible people considering overseas travel. In some instances, you may decide to bring forward the 15 month and 4-year MMR vaccinations.

Thank you very much for your support.

Kind regards

Andrew Lindsay

Public Health Physician/Medical Officer of Health
Nelson Marlborough District Health Board



National Bowel Screening Programme

Update on the August roll out

Letter from Adrian Secker - Clinical Lead, National Bowel Screening Programme *attached*.

Bipolar Education Group

This is a 10-session course that runs on Mondays from 10:00am – midday

Dates: 27 May; 10, 17 & 24 June, 1, 22 & 29 July, 5, 12 & 19 Aug.

(No group during the school holidays)

Location: is in Central Nelson.



What is this group about? This is an educational programme which aims to improve participants' understanding of bipolar disorder and also aims to provide benefits in terms of quality of life and experience of symptoms.

What is involved? There are 10 weekly meetings, each lasting about two hours. The sessions consist of a combination of presentations, group discussions and group exercises.

What are the benefits of taking part? We hope that by taking part participants will experience an improvement in their understanding of bipolar disorder, as well as benefits in terms of their quality of life and their experience of symptoms.

The course covers the following topics:

- What is Bipolar disorder
- What causes bipolar disorder
- Bipolar medications
- Psychological approaches
- Lifestyle impacts
- Monitoring mood and identifying triggers
- Early warning signs
- Friends and family

For more information or to register your interest **contact Clive James** at Nikau House

Ph: 539 3760 or email clive.james@nmdhb.govt.nz

12 places available

From the front line to the back paddocks

Join safety, wellness and resilience expert
Lance Burdett as he tours rural New Zealand.



Lance has worked with elite international tactical units across police, the military, emergency services, prisons and the FBI.

Now he focuses his time on helping people understand the pressures on our brains and how to handle them.

Following a packed tour of the North Island rural communities, your local Rural Support Trusts are bringing Lance to you. Join your neighbours, friends and other rural people at Lance's specialist presentations:

- **Why we remember and exaggerate negative things**
- **Why we worry**
- **How self-talk can lead to negative self-talk**
- **How to beat rural challenges like isolation and change.**

Lance can show you how and why the glut of information we get nowadays causes trouble, and what is happening with our brains when we get stressed.

He's loaded with tips and tricks you will want to start using right away to help yourself and others in your family and community.

Where: **ASB Theatre Whitehaven Wine Room**

The early session is for those providing Wellness and Recovery assistance to Farmers and Growers

When: **1 pm on 21st of May**

RSVP: To cbfaulls@xtra.co.nz (include RSVP in subject line)



Ministry for Primary Industries
Manatū Ahu Matua

