

General Practice Newsletter

Counties Manukau Primary Care

General Practice Newsletter
from Counties Manukau DHB
and Middlemore Hospital.

From the Directors Desk

Many of you would have heard that the DHB's funding arm is undergoing a restructuring. So far the confirmed changes relate to the change in role of the Chief Planning & Funding Officer being split into two roles: Sam Cliffe, has been confirmed as Director Service Integration; and Pauline Hanna, as the Director of Planning & Performance. I wish to pay tribute to Chris Mules who filled the previous role since the inception of the DHB and has to be credited with a big part of the success of Counties Manukau DHB in becoming one of the leading DHBs nationally. Chris understood the primary health and community sector well, and was a great advocate for a whole of sector approach. I know you will join me in wishing him well for his future. Congratulations to Sam & Pauline on their appointment.

We are facing a very challenging year in 2009-10 with significant financial pressure and this is impacting all DHBs. As a result, the final structure will not be announced until after CMDHB has completed its review of all funding contracts to ensure that we meet the requirement of a break-even District Annual Plan.

On a more positive note the Minister of Health has requested DHBs to start planning to devolve activity to primary care. We look forward to engaging with primary care over the coming year in discussing opportunities this presents.

Allan Moffitt, Director Primary Care Ph: 262 9544 allan.moffitt@cmdhb.org.nz

Referrals Needed for Chronic Condition Groups

Group educators in Counties Manukau are ready and waiting to help people with chronic conditions.

"All that is needed are the referrals from GP's," says Pat Flanagan from Counties Manukau District Health Board.

At the Chronic care groups, people learn how to live as well as possible with their chronic condition through self-management education.

The groups run over a six week period with day or evening sessions and held throughout the year all over the Counties Manukau region.

People with any chronic condition can be referred to the groups by their GP through the Self Management Educator at their PHO.

At present the Counties Manukau District Health Board and PHOs have the capacity to help a greater number of people and are encouraging General Practices to refer more people to the Chronic Care groups.

Sessions are also open to carers and family, and additional groups are held for people with Type 2 Diabetes.

If you would like to know more about services for Chronic Care Self Management Education please contact your PHO SME Facilitator or: Pat Flanagan, SME Coordinator, Counties Manukau District Health Board, (09) 263 1346 or Megan Fowlie, Let's Beat Diabetes Programme, (09)262 956.3

New Contacts for Plastic and Hand Surgery Referrals

The numbers for forwarding referrals for assessment to Plastic and Hand Surgery have changed with those below now to be used.

Elective Referrals Please direct all referrals to fax at the Central Referrals office on 09 2771600.

Acute/Injury Referrals Please contact the Plastic Surgery Registrar on call on phone 021 784 057.

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Elective Services

GP Help Desk:

Ph 270 4723

Fax 277 1600

Healthpoint Developments

New GP home page format and forum

When you use the quick links from the home page of Healthpoint to “DHB referral and clinical information” you will now link to a new home page for GPs.

This page has been reformatted following feedback from your colleagues to make it quicker and easier to find information.

On the right hand side of the page there is a “news” section. This means the GP liaison team (or in the interim, Dr Allan Moffitt) can post important news items. For many of these news items you have the ability to reply by posting information or comments. You can opt to subscribe to each news item (topic) which will mean that you will get emails about updates to that item. The site was launched on Friday 20th March but the functionality to leave comments will not be switched on until the DHB's Locality Plan is loaded in the near future. Watch that space!

Waiting Times For Elective Services

Many GPs don't realise that up to date waiting time information is regularly published and available on HealthPoint. This will tell you the length of time that a person will likely wait to access up to 27 different clinics for urgent and routine referrals. **See below for details on how to access this information.**

CMDHB Services & Location Directory

CMDHB used to print a “South Auckland Health Services Directory” and distributed it to all GP practices. No updates or distribution have been done since 2001 as CMDHB now uses the Healthpoint internet site instead to communicate services and location information.

If your practice still has our old Services Directory it will be out of date and we hereby request that it gets destroyed. The current CMDHB services and location directory is now on www.healthpoint.co.nz

Access Specialty Waiting Times on Healthpoint

Specialty Waiting Times for 27 CMDHB services can be accessed via Healthpoint.

- Log into Healthpoint with your username and password.
- In the blue box in the middle of the screen, click on the ‘Adult & Child’ link below Counties Manukau DHB.
- You should now see an alphabetical list with the directory of our services below.
- Look for and click on the ‘Specialty Waiting Times’ link near the top of the page.
- You should then see the list of waiting times for the 27 CMDHB services.

Do you need a Healthpoint username and password?

If you require a username and password to access the secure Medical Professional area on Healthpoint, or would like a 10 minute training session at your practice, please contact Debbie Phillips, Web Communications Co-ordinator at CMDHB to arrange this for you on (09) 276 0044 ext, 9077, or email debbie.phillips@middlemore.co.nz

New Healthpoint Services

New services & information now available on Healthpoint:

- Adult Rehabilitation & Health of Older People (ARHOP) and Disability services.
- Pacific Cultural Resource Unit's new information pamphlet in different languages.
- Antenatal HIV Screening in Pregnancy presentation under Maternity Services; see “Protocols/Guidelines” section.
- Snug Homes for Auckland (Counties Manukau) do you have a patient that has respiratory problems and could benefit from having their home insulated for free? See the “Snug Homes” information under “Respiratory” for the criteria, application form and details.

Warfarin Education

The CMDHB Warfarin Education Programme website is now available on Healthpoint, the portal used by CMDHB to communicate services information to patients and General Practitioners.

The innovative education programme was developed by an interdisciplinary group at Middlemore Hospital in Auckland and was first launched in 2005. The study evaluating the impact of the education was completed in 2007 and showed the effectiveness of the education in increasing patient knowledge and comprehension of all the key aspects of warfarin.

The programme is used to carry out structured comprehensive education and consists of a toolkit of resources, namely a flipchart, patient information card, pre-education patient evaluation tool, post-education checklist and knowledge evaluation tool.

Education is provided on a face-to-face basis to ensure that all the key messages are consistently conveyed and that the learning needs and abilities of individual patients are also considered. Patients and, if required, their caregivers are provided with simple, clear information and the key messages are reinforced several times during the teaching, with the emphasis placed on the need to adhere to a specific routine, the so-called ‘3-step approach’. Active patient participation is crucial during education sessions with the ultimate aim, where possible, of enabling them to take ownership of their warfarin treatment. The crucial final step in education sessions is an evaluation of the success of education and remediation if required.

The CMDHB Warfarin Education Programme has now become standard-of-care education in a number of primary and secondary health-care settings in New Zealand and overseas.

The CMDHB Warfarin Education Programme website can be directly accessed on <http://www.cmdhb.org.nz/warfarin/> or via Healthpoint (under “Haematology”).

Chronic Kidney Disease New Guide

Over 3,800 GP practices throughout New Zealand will have received a copy of “Chronic Kidney Disease (CKD) Management in General Practice”. This concise guide for primary care has been developed by Kidney Health New Zealand, in an effort to raise awareness of the prevalence of kidney disease and to establish a standard guide for early detection and referral.

The release of the guide has been timed to coincide with World Kidney Day on March 12. The event has been arranged to highlight the importance of early detection in treating a condition that is estimated to affect more than 500 million people world wide. In New Zealand early screening for kidney disease could make a huge impact on the estimated 200,000 people affected by CKD.

The summary guide is based on a larger document produced by Kidney Health Australia. Consultation has taken place with the Ministry of Health, the Royal New Zealand College of General Practice, health practitioners and kidney specialists.

It is estimated that one adult in ten has some sign of chronic kidney disease (CKD), but most do not know it. CKD is usually silent until well advanced. Early detection offers the chance of prevention or slowing the progress of established kidney disease.

People who are at the greatest risk of developing kidney disease include Maori and Pacific people, those aged over 50, those who smoke, have high blood pressure or diabetes, and those with a family history of kidney disease. CKD is easily detected by the measurement of blood pressure, a simple test for protein in the urine and a blood test to estimate kidney function. All of these tests are readily available in general practice.

Kidney Health New Zealand is committed to the well being of people affected by kidney disease. This commitment includes support for the prevention and early detection of kidney disease including access to best practice treatments. The Guide will be useful for general practitioners in managing people with chronic kidney disease and making appropriate referrals to nephrology services.

Copies of the Guide are available from Kidney Health New Zealand. For further information visit: www.kidneys.org.nz

Smoking: Too Big to Ignore

Tobacco use is the main cause of preventable death, disease and disability in New Zealand. It is too big to ignore.

Health professionals have a key role to play in helping people to quit - both by prompting people to try quitting, and giving that attempt every chance to be successful, by making evidence-based cessation support treatment available. Effective interventions can improve success rates by up to 300 per cent.

The Ministry of Health is rolling out a new approach to smoking cessation amongst all health professionals - ABC. This is a memory aid designed to prompt health professionals to help people quit smoking by:

- Asking if a person smokes
- Providing Brief advice to stop smoking
- Providing evidence-based Cessation treatment.

To support health professionals to incorporate the ABC's in their practice the Ministry of Health has developed an internet-based e-learning. The tool will be launched at the Goodfellow Symposium in March 2009 and aims to make Nicotine Replacement Therapy (NRT) and other cessation services much more accessible to all people who smoke.

The tool is endorsed by the Royal New Zealand College of General Practitioners. People completing the 30 to 60 minute programme will be awarded Continuing Medical Education points and a certificate.

To access the tool go to www.smokingcessationabc.org.nz. You will need to register first and then you can go through the learning at your own pace. If you are unable to finish it, you can sign off and then re-enter at another time.

The launch will be supported by a new brand "Ask about the Elephant". The elephant in the room is a term used to describe an obvious truth that is being ignored or is going unaddressed - based on the idea that an elephant in a room would be impossible to overlook. The elephant in our room is the person's smoking. It's not going to go away. And it's impossible to ignore. So let's talk about it.

To download a copy of the ABC Implementation Framework go to www.moh.govt.nz/tobacco

The Living Smokefree department of CMDHB is also providing face to face training in practices. This is a one hour team based learning session. For more information contact Ingrid Minett on 09 259 3896.



Dermatology Services at Counties Manukau DHB

Until 2005, Darion Rowan was the sole dermatologist at Middlemore Hospital. Since then, because of increased funding which has largely come from Auckland DHB who previously managed outpatients referred by GPs from South Auckland, we have expanded our services.

After Dr Vania Sinovich resigned last year, Dr Weng Chyn Chan joined CMDHB Dermatology Department. Weng Chyn initially trained in Dermatology at Auckland and Waikato Hospitals then in the UK before returning home to take up her new post. She is a general dermatologist interested in medical dermatology. She performs minor surgical procedures to remove skin cancers and other lesions.

In June 2008, we received funding for our first CMDHB registrar and Dr Giri Raj was accepted for this position. He will be with us until the end of 2009.

In January this year we were able to fill our final vacancy. Dr Paul Jarrett, an English medical graduate who trained in Dermatology in Auckland and UK followed by nine years experience in Tauranga, joined the team.

We now have the equivalent of 2.1 fulltime consultant dermatologists (Dr Rowan half time and Drs Chan and Jarrett 8/10ths each) and one fulltime registrar. The registrar is available from 0800-1700 Monday to Friday for advice on patients, and urgent consultations can be arranged through him if required.

We are able to admit patients with severe dermatoses to Middlemore Hospital and our registrar and a medical team care for these people. Ward rounds are undertaken three mornings per week to monitor and treat these patients and see referrals from other specialties.

Outpatient clinics are held at the Manukau Superclinic on three days of the week. On Wednesday there is a clinic at Botany Superclinic.

UV phototherapy (whole body narrow band UVB and hand and foot PUVA) is performed at Module 5, Manukau Superclinic three days a

week and this is run by two specialised nurses under dermatologist guidance.

Dr Paul Jarrett has a keen interest in medical dermatology especially connective tissue disorder and lupus erythematosus. He wishes to develop a database of patients with cutaneous lupus and is keen to hear from you about these cases. He is involved in teaching and research which has previously been lacking at Counties Manukau DHB because of time and personnel constraints.

Dr Darion Rowan is especially interested in paediatric dermatology and a combined Paediatric/Dermatology Clinic is held every fortnight. Dr Raj Maikoo is the paediatrician. We are currently undertaking an audit of children admitted to Kidzfirst Hospital with infected atopic dermatitis and hope the results will help show how to reduce the admission rate. Her other special interest is vulval dermatoses.

A surgical session is now undertaken most weeks either by the registrar under supervision of Dr Jarrett, or by Dr Chan. This enables us to deal with small lesions and improves patient care as referral to the Plastic surgeons is not needed in these cases.

We are an enthusiastic team with a medical dermatology interest and we strive to serve the local population with their (at times) very challenging skin problems in a professional manner. Unfortunately, we have a waiting list because of the enormous demand and it is necessary to prioritise cases so that not every patient who has a need can be seen. Our referral grading system is available on Healthpoint. As our surgical services are limited we encourage you to refer larger skin neoplasm to the Plastic surgeons.

Both Drs Rowan and Jarrett both work in private at the Manukau Health Trust based at the Manukau Superclinic and are available through the Health Trust office Phone 2771648 for arrangement of urgent private and routine consultations.

Optimal Management of Morbidly Obese Diabetic Patients undergoing Bariatric Surgery

We are still accepting referrals from GPs for patients wishing to take part. This research project is a randomised control study following patients for 18 months, 6 months pre-operatively and 12 months post surgery. The intervention involves psychological support for half the group while the control group continue with standard care delivered by their GP practice and the Surgical Services at Manukau Super Clinic.

Patients need to have Type 2 diabetes and have been enrolled in the CCM diabetes programme for at least 12 months. For other pre-screening criteria, please contact: Marie White, Research Nurse and Study Coordinator for the Bariatric Study, Support Bldg 30, CCRep, Middlemore Hospital, Private Bag 93311, Otahuhu 1640, Mobile (021) 465 634, Ph: (09) 276 0044 x 2275, Fax: 270 9737, Email: mwhite@middlemore.co.nz

Interested in Mental Health?

Scholarships available for Semester 2 post-graduate study

Are you interested in learning more about high-prevalence mental health conditions such as depression anxiety and phobias? What about Cognitive Behaviour Therapy or self management techniques and relapse prevention for drugs and alcohol?

These topics and more are covered in post-graduate Primary Mental Health papers available at the University of Auckland.

Scholarships are available to study mental health at a post-graduate level for primary health care workers (including GPs, practice nurses, community health workers) in Counties Manukau. These Scholarships are available from the South Auckland Health Foundation.

Whilst it is usual for the programme of study to lead to a qualification such as a certificate, diploma or Masters Degree this is not essential – applicants may choose to study a single mental health related paper.

The scholarships seek to equip and support those who are most likely to be the first in the health system to recognise the symptoms of mental illness.

To find out more about course criteria and application details, go to the South Auckland Health Foundation website www.sahf.org.nz, or contact them by telephone 09 270 8808 or Email: sah-foundation@middlemore.co.nz.

The closing date for applications for the Primary Mental Health Scholarships for 2009 is 5 pm Friday 15 May 2009.

If you want to discuss the scholarships in general, please contact: Dr John Cosgriff on 021 222 8067. If you want to know more about the Primary Mental Health programme offered by the University of Auckland, please contact: Dr Fiona Moir Telephone: 373 7599 ext 84473 or Email: f.moir@auckland.ac.nz

Diabetes in Pregnancy Clinic

Referral Criteria to Gestational Diabetes Clinic

The referral criteria to the GDM clinic is a positive pregnancy GTT fasting, i.e. = to or >- 5.5 mmol/L and at 2 hours = to or >- 9.0 mmol/L

A polydose of 11.0 mmol/L or above can be referred without a GTT

To ensure that your referral is processed in a timely way we would appreciate your ongoing support in using the dedicated referral form. This referral can be located on Healthpoint .A copy of the referral form has been included for your information.

If you have any issues or concerns please feel free to contact Susie Duckmanton, Clinical Midwife Specialist Diabetes on 2760189.

Gout Champion

Dr Gladys Hayes has joined the primary care team at CMDHB as Gout Champion. Her new role involves raising awareness of gout in the community and working with other primary health care practitioners to improve the outcome for gout patients in South Auckland. She currently works as a part-time GP at Otara Union Health Centre. For further information or to request input at your surgery, contact Gladys on ghltan@yahoo.co.uk

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