

# Primary Care News

Keeping up communication between Auckland and Waitemata DHBs and Primary Care

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## Clinical Updates

### Closer Connections with Primary Care

**Auckland DHB has planned a Primary Care Open Evening** focusing particularly on:

- Acute Coronary Syndrome
- Acute Stroke Management

**This event is for GPs and nurses.**

**When:** 24<sup>th</sup> November 2015, 6.30pm – 8.55pm

**Where:** Auckland City Hospital

For further details and/or to register please email Sarah Horn, [SHorn@adhb.govt.nz](mailto:SHorn@adhb.govt.nz)

The Forum is free of charge, and will include the opportunity to tour relevant areas of Auckland City Hospital, taking a patient journey approach, with plenty of opportunity for discussion with leading specialists and senior DHB management. GPs are able to receive RNZCGP CPD points and attendance certificates will be issued for nurses.

It is anticipated that this event will generate as much interest as the GP Connections Forum held at Waitemata DHB recently. The Waitemata event was well attended and by all accounts those that attended felt it was very worthwhile.

### Roll out of the new renal Multivitamin (Clinicians brand Renal Vit<sup>®</sup>)

As of 1st October 2015, Clinicians brand Renal Vit<sup>®</sup> has become available in New Zealand. This supplement has been developed for those with chronic kidney disease and provides essential water soluble vitamins and specific trace minerals in appropriate doses. It has been formulated to replace supplements previously prescribed such as Multivitamin / MVite<sup>®</sup>, folic acid, cholecalciferol, zinc, Vitamin B Complex and Vitamin C. Calcitriol will be continued at the nephrologist's discretion. Folic acid may be additionally supplemented for some patients.

Other OTC supplements are discouraged for people with chronic kidney disease as they can contain fat soluble vitamins and minerals such as phosphorous, potassium, chromium and calcium at doses that are unsafe for this population.

Renal Vit<sup>®</sup> is fully funded for those with an eGFR <15mL/min/1.73m<sup>2</sup> and those on dialysis, with special authority numbers being provided for 'lifetime'. For all other patients with chronic kidney disease, it is available for purchase at pharmacies over the counter.

For further information please contact Li Wolf, Clinicians Marketing Manager: [li@nhlab.co.nz](mailto:li@nhlab.co.nz).

## Clinical Updates Contd.

### Rivaroxaban

Rivaroxaban, a direct oral Xa inhibitor has been available in New Zealand for the past three years. The strengths that are currently available are 10mg, 15mg and 20mg. Waitemata DHB has recently received notification from Bayer that scripts for **15mg and 20mg** will not be filled after 24<sup>th</sup> December 2015. The **10mg** strength will **still be available** and is **fully subsidised** by PHARMAC. It is not yet known whether Rivaroxaban 15mg and 20mg strengths will be funded by PHARMAC, and this decision is unlikely to be made prior to July 2016.

Any patients on Rivaroxaban 15mg or 20mg will therefore need to be transitioned to Warfarin or Dabigatran 150mg BD. Dabigatran should be used with caution in those over 80 years of age and those of low body weight (<60kg), as well as in those with calculated creatinine clearance <50ml/min, as these factors have been shown to be associated with a higher risk of bleeding. Dabigatran is contraindicated in those with calculated creatinine clearance of <30ml/min. Please feel free to **contact the Thrombosis Service** through the following hospital numbers if you have any questions or concerns.

**Auckland City Hospital:** 09 367 0000

**North Shore Hospital:** 09 486 8900

## Support, Education and Opportunity

### Medsafe Prescriber Updates



Quarterly updates from Medsafe are available for healthcare professionals to inform them about safety concerns with medicines and medical devices.

To access the latest edition of Prescriber Update, and view previous editions click on:  
[www.medsafe.govt.nz/profs/PUArticles.asp](http://www.medsafe.govt.nz/profs/PUArticles.asp)

To receive quarterly Prescriber Updates by email, click on [www.medsafe.govt.nz/profs/subscribe.asp](http://www.medsafe.govt.nz/profs/subscribe.asp)

By subscribing to Prescriber Update you will also receive alert communications. These are part of the Trans-Tasman Early Warning System and have information about serious safety concerns and advice for healthcare professionals and consumers.

### Protect our Youth by Ensuring they are up to date with their Immunisations.

The Ministry of Health has recently provided a guideline about the general practice (GP) role in recalling girls who have not completed or commenced their HPV immunisations.

If a girl has chosen not to receive their HPV vaccine at school, or when any HPV doses have been missed, the GP will be notified by the school-based immunisation programme.

The general practice team then needs to actively recall these girls to offer HPV immunisations as soon as possible. General practice teams should also take this opportunity to check the immunisation history for each girl they recall and complete other immunisations (e.g. MMR, Boostrix) as needed.

For more information: click [here](#)

## Support, Education and Opportunity Contd.

### The Waitemata Health Excellence Awards showcase and recognise research, projects and innovations which have improved health services for Waitemata residents.

If you are passionate about finding new ways to provide best care for everyone, be part of this event.

#### Awards

Entries are either as an oral or poster presentation. Prize categories this year include excellence in: Research & Innovation • Clinical Care • Integrated Care • Patient Experience • Workforce Development

#### Key Dates 2015/16

- November 9** Registrations open
- December 6** Abstract submissions close
- March 4** Last date to submit posters
- March 15 & 16** Oral presentations
- May 4** Finals & Prize Giving



To submit your entry or for more details scan the code or visit:  
[www.awhinahealthcampus.co.nz](http://www.awhinahealthcampus.co.nz)



“better, best, brilliant”

“connected”

### Auckland Regional HealthPathways

Te rohe a Tamaki Ma Kaurau  
Auckland - Waitemata and Counties Manukau District Alliances

With a team including 5 clinical editors and substantial input from subject matter experts the Pathways Team have updated over 100 of the 500+ pages of pathways available on the Auckland Regional HealthPathways Platform, making them relevant to your practice. This includes 50 clinical pathways pages.

Did you know you can also find out about education and advertise your event on the site? In addition, you can also access patient education information on Health Navigator.

For those practices that do not have Nexxt™ installed register for access at:  
<http://aucklandregion.healthpathways.org.nz>



#### New Primary Care News Format

You will notice that you were sent the Auckland and Waitemata DHBs Primary Care newsletter in email format as well as in a pdf format. This provides you with choice as to how you distribute the newsletter to your colleagues. It can be either printed out and circulated or simply forwarded on.

You'll also see the new e-version gives people the opportunity to easily subscribe, just requiring the click of a button.

Please feel free to pass on comments regarding the new e-newsletter to:

[Primarycarenews@waitematadhb.govt.nz](mailto:Primarycarenews@waitematadhb.govt.nz)

[Click here to subscribe](#) to Counties Manukau Health's

E-Update for Primary Care



## Support, Education and Opportunity Contd.

### Waitemata DHB

#### *Developing a Primary Mental Health and Addictions 5 Year Strategic Action Plan*

Waitemata DHB are currently developing a primary mental health and addictions 5 year action plan to improve outcomes for those with experience of mental health and/or addiction.

The action plan will describe how the whole service system can work together to achieve better mental health outcomes for the population; improve access and experience of care. While the focus is on primary and population health it is expected that achievements here can positively impact on access, outcomes and experience of care in secondary services, and in particular the interface and 'patient journey' between parts of the health system.

The Primary Mental Health Action Plan (2016-2021) will be presented to Waitemata DHB Board for endorsement in February 2016. Currently the DHB is working with PHOs to run focus groups with GPs to ensure primary care have the opportunity to help shape the plan. You can also provide input via online survey by clicking [here](#)

For further information please contact Helen Wood, Project Lead: [Helen.Wood@waitematadhb.govt.nz](mailto:Helen.Wood@waitematadhb.govt.nz).

### Free Membership for Coeliac NZ

Many GPs have already emailed **Coeliac NZ** with a request to take up their offer of free membership. Unfortunately some of these emails have been lost by Office 365. To be sure your membership application was processed correctly, visit the website, and fill out their membership application on-line. If you have not taken up this offer yet you can also do so by registering at: [www.coeliac.org.nz](http://www.coeliac.org.nz)



### Managing the Geriatric Giants in Primary Care

*Dementia, Falls, Frailty, Delirium, Depression, and Polypharmacy*

Northern Regional Alliance (NRA) is focusing this seminar specifically for GPs and Practice Nurses on practical care management of a range of issues associated with ageing including falls, frailty & weight loss, delirium, depression, dementia, and polypharmacy. The presentations will be from Geriatricians and Psychogeriatricians, with time for questions.

**When:** Saturday 21<sup>st</sup> November 2015, 9.00am – 1.30pm

**Where:** Waipuna Hotel Conference Centre, 58 Waipuna Road, Mt Wellington, Auckland

The seminar will be registered with the RNZCGP for CPD points and attendance certificates issued for GPs and nurses.

This is a FREE event, food will be provided, and there is plenty of free parking available.

Registrations are limited. Register now by emailing Northern Regional Alliance (NRA):

[Olivia.Barton@nra.health.nz](mailto:Olivia.Barton@nra.health.nz).

## Support, Education and Opportunity Contd.



### Sport Auckland Green Prescription Programme - how can you refer?

Sport Auckland's Healthy Lifestyle Advisors are now delivering the Green Prescription programme through weekly group sessions involving physical activity and/or lifestyle education across Auckland DHB in the form of a structured 12-week programme.

Our Registered Dietitian is now also delivering nutrition workshops across all of our Auckland DHB programmes. GRx clients can now attend either day time or evening GRx workshops, making the service more accessible to those working full time. The feedback from clients even after four weeks has been brilliant.

**Referrals can now be made through Care Select.**

**Referral criteria:** age 18+, patient ready to make lifestyle changes, stable medical conditions or at risk of developing a medical condition.

For more information, contact Michael McCormack on (09) 623 7956 or [michaelm@sportauckland.co.nz](mailto:michaelm@sportauckland.co.nz).

## Primary Care Contacts and Next Issue

### Auckland DHB GP Help & Consultant Advice Lines

**GP Help Line** - to speak to medical staff (09) 307 2800

#### Consultant Advice Lines

- Cardiology: Admissions phone 307 2800 for Cardiology Registrar on call, Consultant Advice 375 4388
- General Medicine: General Medicine Consultant: 021 555 256, General Medicine Registrar: 021 938 477
- General Surgery: 021 938 931
- Gynaecology: Phone 09 307 2800 and ask for the on call Gynaecologist.
- Obstetrics Please phone 09 307 2800 and ask for the on call Obstetrician.
- Neurology: 375 3484
- Renal: 021 938 167 9.00am-5.00pm Mon-Fri
- Respiratory: 09 375 3414
- ED SMO cellphone: 021 410 539 (Available from 0800 to 2400 every day)
- Gastroenterology 021 884 631 On-call Registrar
- Endocrine Registrar mobile 021 323 715
- The Acute Eye Referral Line: 09 630 9964.
- Paediatric: 021 740 271
- Starship Children's Hospital Emergency: 307 4902

### Waitemata DHB GP Help Line

**GP Help Line** - to speak to medical staff - 486-8908

## Primary Care Contacts and Next Issue Contd.

### DHB Clinical Contacts for Primary Care

#### Auckland and Waitemata DHB Planning, Funding and Outcomes

Stuart Jenkins, Primary Care Clinical Director, [Stuart.Jenkins@waitematadhb.govt.nz](mailto:Stuart.Jenkins@waitematadhb.govt.nz)

Jean McQueen, Primary Care Nursing Director, [Jean.McQueen@waitematadhb.govt.nz](mailto:Jean.McQueen@waitematadhb.govt.nz)

#### Auckland DHB Primary Care Directors

Diana Good, Women's Health, [DianaG@adhb.govt.nz](mailto:DianaG@adhb.govt.nz)

Barnett Bond, Paediatrics, [BarnettB@adhb.govt.nz](mailto:BarnettB@adhb.govt.nz)

Rob Wallace, Adult Medicine and Oncology, [RobW@adhb.govt.nz](mailto:RobW@adhb.govt.nz)

Kristin Good, Mental Health, [KristinG@adhb.govt.nz](mailto:KristinG@adhb.govt.nz)

Kathy McDonald, Surgery, [KMcDonald@adhb.govt.nz](mailto:KMcDonald@adhb.govt.nz)

Jim Kriechbaum, Cardiovascular, Community and Long Term Conditions, [jimk@adhb.govt.nz](mailto:jimk@adhb.govt.nz)

Jock Carnachan, Orthopaedics, [JockC@adhb.govt.nz](mailto:JockC@adhb.govt.nz)

Janine Bycroft, Planning, Funding and Outcomes, [JBycroft@adhb.govt.nz](mailto:JBycroft@adhb.govt.nz)

#### Waitemata DHB Primary Care Advisor

Kim Bannister, [k.bannister@waitematadhb.govt.nz](mailto:k.bannister@waitematadhb.govt.nz)

## Useful Links

### Long-term Conditions e-Bulletin

The Long-term Conditions e-bulletin is published 6 to 8 times per year by **Health Navigator NZ**, and the **Long-Term Conditions Network**. The intended audience includes DHBs, PHOs, health providers, and managers. The purpose is to increase awareness and share knowledge, build connections and improve quality and system effectiveness in the field of long-term conditions.

Topics include improving chronic care, self-management support, quality improvement, e-health, health literacy, co-design and health management. There are also updates about latest reports, international, national, regional and local news/events. The bulletins can be found at:

[www.healthnavigator.org.nz/health-a-z/n/newsletters/](http://www.healthnavigator.org.nz/health-a-z/n/newsletters/).

## Do you want to Contribute to our Primary Care Newsletter?

The Auckland and Waitemata DHBs Primary Care newsletter is a monthly newsletter for general practitioners and practice nurses across Auckland and Waitemata districts.

Please keep your articles to 100 words or less with a link to a website where recipients will find more information.

#### Include:

- photos/illustrations/logos as high-res, jpegs or image files
- complete articles in word documents or in the body of the email
- please also include a contact person and their details listed within the article.

The content deadline for the next issue is 5.00pm, 4th December. Please send all contributions to: [primarycarenews@waitematadhb.govt.nz](mailto:primarycarenews@waitematadhb.govt.nz).