



The PHOnetic
For anyone interested in primary health

TPHO's Fortnightly Newsletter,
Issue 7, 18 April 2007

**Get Your Free
Staff Influenza
Immunisation E**



Tia Moeke receives her free influenza vaccination from NPH HINT nurse Lucy McIntosh.



Turanga Health Men's Health staff member John Reid is prepped for his first influenza vaccination in 20 years. His nurse is Diane Williams.

"Be proactive and take up your workplace offer of this year's influenza vaccination because you are never too fit to get hit," says Turanga Health Quality Coordinator Shirley Keown.

"The vaccination will give you protection against three major circulating strains of the influenza virus for 2007. Statistics show influenza can take a toll on workplaces and during the winter up to 20% of your staff could be hit by influenza."

Shirley said the primary healthcare sector is pivotal in promoting and administering influenza vaccine to those at risk in the community. "Indeed, research clearly identifies a general practitioner's or practice nurse's advocacy is the most important influence on a patient receiving the influenza vaccine."

Last week 65 out of a possible 100 Turanga Health staff came to the Derby St building Board Room to receive vaccination from Ngati Porou Hauora Industrial Nursing Team nurses Lucy McIntosh and Diane Williams.

TPHO and Turanga Health administration assistant Tia Moeke said she was taking advantage of the free jab because she has a "busy household".

"I've got two babies and a husband and if I go down with the flu then the whole family goes down."

Kaumtua Programme Coordinator Tanya Coleman, who admits she is terrified of needles, waited about 30 minutes before braving the vaccination.

When asked why she came, she was adamant it was for her own protection and to set a good example for the kaumatua and kuia she works alongside in the Kaumatua Programme.

All the TPHO GP Practices have offered the vaccination to their staff with varying levels of uptake.

GP Practice and Turanga Health staff are encouraged to read an article by Canterbury Virologist Lance Jennings on the "concerning" rates of influenza vaccination uptake by health staff.

Dr Jennings' article explores the suggestion that in hospitals at least, influenza vaccination be considered as part of the conditions of employment of staff.

Jennings: "Influenza vaccination provides the best protection against influenza, however the vaccine does not work unless it has been given and is in someone's arm. With healthcare professionals, it is more than a personal protection issue, it is an issue of social responsibility."

To learn more read [Dr Jennings' full article](#) online in the New Zealand Medical Journal (May 2006).

100 km Walk in 24 hours 37 minutes! E

☐ **Ken McFarlane: "It's a challenge. And with challenges you have the risk of failure. We had to face that. But if it's not a challenge you are not stretching yourself, and that's what it's all about".**

It was 1am in the morning and Mangapapa Medical Centre GP Ken McFarlane had already walked 72 kilometers. His head lamp picked out the farm track in front of him as he and his three team mates plodded on through the night.

Through the inky darkness a voice behind Ken broke the steady rhythm of their weary feet. "I think I fell asleep, I've been dreaming," said son Chris.

With feet aching and having overcome some earlier nausea and tiredness, Ken could easily relate. "He'd totally zoned out, had drifted right off," says Ken. "When you have been walking since 8am the previous morning, it's understandable one might feel a little sleepy!"

Ken, his two sons Chris and Ross, and family friend and neo natal nurse Margaret Badger walked 100 km

Community News

This section of our newsletter is devoted to you and your projects. If you would like to advertise your event, seminar or meeting email details to [The PHOnetic](#)

To add someone to The PHOnetic email distribution list, or to opt off email details to [The PHOnetic](#)

Health Eating, Healthy Action (HEHA) Meeting Sport Gisborne Board Room, Tuesday 24 April, 10am. For more information or to add agenda items [email Nicki Mathieson](#).

BreastScreen Aotearoa Please remind patients aged 45-69 years they can have a free mammogram every two years through BreastScreen Aotearoa. Patients can register for the programme by ringing 0800 270 200 or local BreastScreen Aotearoa Health Promoter Pollyanne Taare on **(06) 867 0950** or **021 963 529**, Monday to Friday. For more information on patient criteria [click here](#).

Tairāwhiti District Health Board Meeting, Tuesday 22 May, 9am, Morris Adair Building, Gisborne Hospital.

Hospital Advisory Committee TDH Hospital Advisory Committee meeting, Tuesday 24 April, 9am, Morris Adair Building, Gisborne Hospital.

Community and Public Health Advisory Committee/Disability Support Advisory Committee Tuesday 24 April, 1pm/2.30pm, Morris Adair Building, Gisborne Hospital.

Visit www.tdh.org.nz for all TDH meeting agendas.



With 99.5km done, Fit Happens leaves Lake Taupo behind them to finish the Oxfam Trail Walk. Completing the 100km walk are Ross McFarlane, Margaret Badger, Chris McFarlane and Ken McFarlane

last weekend as part of the Oxfam Trail Walk round Lake Taupo.

The 100km off-road walk was a fundraiser to help overcome poverty and injustice and at last count Ken's team Fit Happens had raised over \$3700 for the cause.

It was hard work but you'd be surprised how quickly the time went, said Ken speaking from Taupo 24 hours after he finished.

"Time actually went fast! Before you knew it you had walked two hours, it was amazing in that respect."

The group started their walk with around 1000 others at the Taupo Events Centre and that day and night wound their way along bush walkways, over farm tracks, around steaming mud pools, and through a narrow pumice gully.

Ken's Top 3 Preparation Tips

1. Training must include some 40-plus kilometre walks. It's only on long walks that you find out what gear doesn't last and which parts of the body are going to give out first!

2. Plan the event down to the last food and clothing item. Fit Happens knew what they were going to eat at every check point. They would text ahead two km from the checkpoint so their crew knew to put the billy on. Each walker had a named box with their own clothes in it, and each had multiple changes and options. Also, as best you can, forward plan your walking times so as not to over or underdo the walking pace.

3. Have a small dedicated support crew. The support crew must be part of the pre-event planning and should not plan on getting much sleep!

They chatted between themselves taking care not to push too hard. They were aiming simply to finish, and, if the conditions were right, to complete it before 24 hours went by.

As with any long distance event there were highs and lows. When the pain got bad, Voltaren helped ease throbbing feet. Wholesome hearty food staved off the nausea that at one stage swept over Ken. But for the most part he enjoyed it.

"The whole thing seemed surreal at times, especially at night. Often we would look back and there would be a little cluster, a tiny line of dots, from another team's headlights. We did 11 hours by headlight."

Between 8am on Saturday morning and 8.37am on Sunday morning, the foursome went through seven different checkpoints, with 20-60 minute stops at each one. They were supported admirably at each one by support crew Dr Alison McFarlane and Paul Badger. At each one four chairs were set up, a steaming cup of tea prepared, and the pre-planned food served piping hot. The scrambled eggs eaten as the sun came up are the best he's ever tasted, says Ken.

The final leg of the walk brought the team along Three-mile Bay from the south up into the centre of Taupo town. Twenty-four hours and thirty-seven minutes after they started Fit Happens, all members intact and elated, crossed the line.

"It was quite a sensation to finish, hugs all round. We were feeling just really really happy."

On Monday, as the aching and throbbing started to ease, Ken said he was overwhelmed by what his team had achieved but also by the support of friends, family, colleagues and patients.

"I am absolutely humbled by what people have given and that's been very special in itself. The number of patients who have asked about the walk is huge and it's going to be very helpful when encouraging patients to exercise. Certainly they will see I am not the most athletic looking type!"

Ken says while he is unlikely to complete a 100km walk again, he wants to continue to throw down the gauntlet.

"It's a challenge. And with challenges you have the risk of failure. We had to face that. But if it's not a challenge you are not stretching yourself, and that's what it's all about."

Ken intends to maintain the level of fitness he has achieved with regular gym work and walking but he says he needs incentive. "I need a goal to keep me going."

"Any suggestions?"

You can still make a donation to Oxfam following the efforts of Fit Happens. Simply visit their [Fit Happens webpage](#) on the Oxfam website.

Services to Improve Access Series E

Heard of SIA's? If you work for a GP Practice or Turanga Health you are probably part of an SIA. News to you? Well maybe it's because the work you do for the SIA or Service to Improve Access, is simply part of your business as usual.

Welcome to the Service to Improve Access Series. Each week The PHOnetic is profiling one of the six current Services to Improve Access projects and show you where you fit in!

Services to Improve Access are local health programmes running through Turanganui Primary Health Organisation helping people with high health needs get to the doctor or Turanga Health. Eleven SIAs have started since TPHO began in 2002 and six are still operating. All the country's PHOs run SIAs.

Of the six SIAs operating in TPHO two involve the GP Practices only (Sexual Health, Minor Surgery Skin Lesions) two involve GP Practices and Turanga

Health (Palliative Care, Smoking Cessation), one involves PHO management but will eventually involve others (Kapai Kaiti Community Development), and one involves Turanga Health only (Oral Health Facilitation).

Smoking Cessation

In nutshell, what is the Smoking Cessation SIA?

It's a free quit smoking service offered by Turanga Health and two GP practices.

What's the aim?

To make a free smoking cessation service available to any smoker who might be in the contemplative phase of giving up.

Where did the money come from?

The funding for this SIA came from the Ministry of Health but before Turanganui Primary Health Organisation could access it, it had to get sign off on the project from Tairāwhiti District Health.

Who decided this would be a good project for TPHO?

In 2004, the then head of the Clinical Team at Pinnacle Group Ltd Erica Amon spoke to a large group of local GPs and asked them what they wanted from Pinnacle. Better access to free smoking cessation services for their patients was one. At around the same time Tairāwhiti District Health Board released its targets for smoking cessation thereby giving TPHO further impetus to initiate a service.

How many smokers are enrolled with Turanganui Primary Health Organisation?

The number of known smokers is around 4500, but using figures consistent with the prevalence of smoking in New Zealand, it's more likely to be around 6300 smokers. There are around 32,500 people enrolled with Turanganui Primary Health Organisation.

So what's TPHO's target for getting people to quit?

By 2011, 313 known smokers have been smokefree for 12 months.

Considering the programme started February 2006 in Turanga Health, and May 2006 in the two GP Practices, doesn't that work out to be about 52 smokers going smokefree every year?

Yes. Four people a month! It is a challenging target but considering tobacco smoking kills around 4500 New Zealanders a year, and is the main cause of a further 40 different diseases, it has to be a goal.

Which GP Practices are offering the free Smoking Cessation?

Kaiti Medical Centre and The Village Clinic. The other GP practices can refer patients to Turanga Health's smoking cessation programme.

So what happens to the patient?

If a Kaiti Medical Centre or Village Clinic patient wants to quit smoking they initially come into the practice for an appointment with one of the smoking cessation nurses.

The nurse will spend time with the patient talking about their smoking history, whether they have tried quitting before, whether they have a smokefree home and car, what their reasons are for smoking, and other issues.

The patient will receive some reading material about smoking cessation. During the appointment the patient will also be told about nicotine replacement therapy, how it works, possible side effects, and if appropriate they will receive a prescription for possibly patches, gum, or both.

Three days later the nurse will contact the patient to see how they are going and offer advice and support. Follow up phone calls will continue around twice a month for between three and six months depending on the GP Practice. Periodically within that time the patient is also asked to come back to the Practice and meet with the nurse.

If a Turanga Health patient wants to quit smoking they will be visited by one of the three Smoking Cessation Coordinators and introduced to the Aukati Kaipāpa programme.



Turanga Health's Mere Waihi spends time with success story Sharon Pickford

In that first consultation the patient is told they should continue to smoke as they normally do, for the next three days but they must keep a smoking diary so the coordinator and patient can see when they are choosing to have a cigarette and what the motivator might be: addiction, emotion or habit.

The patient is then encouraged to delay having each cigarette, even for just 10 minutes, and start cutting some of the cigarettes right out. The Smoking Cessation Coordinator will visit the patient weekly for two months and then stay in touch with phone calls. Nicotine Replacement Therapy including patches and gum are prescribed where needed.

Who are the key people from the GP Practices and Turanga Health involved in the Smoking Cessation Programme?

Turanga Health: Smoking Cessation Team are Christine Nepia, Mere Waihi and Tom Smith. The Kaiti Medical Centre Smoking Cessation nurses are: Lynne Jenkins, Lynne Shields, Rosie Spence, Jan Des Barres, Kirsti Thorpe, Sue James, Suze Platten and Julie Abrahams. At the Village Clinic the smoking cessation nurse is Claire Duffy.

How many people are using it?

The latest figures provided by Pinnacle show that as of December 2006 Turanga Health has 30 people enrolled in the Aukati Kaipāpa programme. 21 of them are Maori and nine of the patients have had their ethnicity recorded as "other". Most on the programme (22 people) approached Turanga Health themselves. Two came from GP referrals and four were referred by another Turanga Health staff member.

(It is important to note that there is another funding stream for Turanga Health's smoking cessation services – the Ministry of Health - and figures from this have not been included).

The figures for the GP Practices show between that between Kaiti Medical Centre and The Village Clinic they have seen 98 patients (80 from KMC and 18 from Village).

So how many have gone smokefree for 12 months or more?

Turanga Health started offering the service via SIA funding in February 2006 so a year has only just passed. No official figures are available yet. However, as of April 17 Turanga Health smoking cessation staff say 15 people have been smokefree for a year. (Once again it is important to remember that there is another funding stream for Turanga Health's smoking cessation services).

The general practices started offering the service in May 2006 so it is too early for any 12-month figures.

Do we know anything else about the people using the free smoking cessation programmes?

Of the 80 patients enrolled in the smoking cessation programme at Kaiti Medical Centre to December 06, 29 were of European descent (36.25%), 49 were Maori (61.25%) and two were coded as "other" (2.5%). Of its 18 patients The Village Clinic has seen 16 European patients (88.8%) and two Maori

patients (11.1%).

What is the motivation for people to quit?

The GP Practice patients were asked what their motivation was and of the 98 on the programme, 70 said it was to improve their own health, 9 said it was because of financial cost, 18 said it was for the overall health of their family, and 1 said it was in response to smokefree legislation.

Has the PHO done anything to promote the project?

Yes. In January 2007 the PHO released a media statement about a Turanga Health patient who was just about to celebrate 12 months smokefree.

At KMC the smoking cessation service is highlighted in its Patient Information Pamphlet and via posters on the wall. At The Village Clinic during different times of the year a Smoking Cessation information stand is set up in the waiting room.

The GPs in all the GP Practices are always on the look out for opportunistic referrals to their smoking cessation nurses or to Turanga Health.

Have there been any gremlins in the project? Nurses involved from the GP Practice side of things say one of the biggest challenges is making contact with patients via phone. As could be expected, often phone calls during the day go unanswered. To help overcome this at Kaiti Medical Centre one of the nurses has started making the follow up calls from her home during the evening.

Does the project have an end date?

2011.

Latest TPHO Board Meeting Minutes Now Available **E**

TPHO Board meet monthly. Its latest minutes are available at [Minutes - March 2007](#). For more information about the people on the Board click [TPHO Board](#).

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