

The PHOnetic

For anyone interested in primary health



TPHO's Fortnightly Newsletter,
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Tips for Practice Nurse Portfolios PN

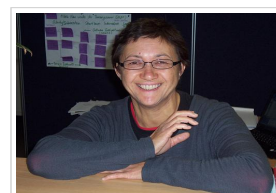
Practical dos and don'ts for Practice Nurse portfolio compilation were discussed at a well-attended information

evening earlier this month. Twelve Turanganui Primary Health Organisation (TPHO) GP Practice Nurses took advantage of the evening run by Pinnacle Nurse Coordinator for the Waikato PHO area Katrina Fyers, and organised by TPHP Clinical Project Coordinator Shirley Keown.

The development of nursing portfolios became a requirement in 2003 with the introduction of the Health Practitioners Competence Assurance Act. It is a professional responsibility for all practicing nurses to maintain their competence in practice. Portfolios are one way to provide validated evidence that demonstrates competence.

Katrina said while Practice Nurses nearly always have the appropriate work experience under their belt, it's often hard to convey all that in a portfolio format. "It's about learning how to write reflectively and articulate the work you have been doing and it's about providing validated evidence."

Katrina worked with the nurses on understanding the Nursing Council competencies and understanding the different forms and ways of presenting evidence. "She was able to offer advice on how to translate examples from their work environment into the portfolio template," said Shirley.



Nurse and TPHP Clinical Project Manager Shirley Keown

Katrina said she was impressed with the turnout at the Tairawhiti meeting as the weather was terrible! For those unable to attend the information evening, Katrina's top four tips for nurses working on their portfolios are:

- Do it sooner rather than later. Competency relates to public safety, professional responsibility, and effective performance so it's valuable to start developing your portfolio as soon as you can.
- A portfolio is also a constructive way to demonstrate your skills, knowledge and expertise as well as ongoing life long learning. In many ways it can be affirmation of your nursing practice.
- Go to www.nursingcouncil.org.nz for information on the nursing competencies and information about audit requirements.
- Remember, that five percent of all registered nurses are randomly selected for audit annually. Audits can be activated at any time not just when you are renewing your Annual Practicing Certificate.

Pinnacle has portfolio templates available to support the process of developing your individual portfolio. If you still require one contact Clinical Team Administrator Philippa Ross on **(07) 839 2888**.

Shirley, who has nursed at Starship, Tairawhiti District Health, and Turanga Health, said "the evening was such a success we would like to build on that momentum and possibly hold more in the future."

The Village Clinic Moves to Very Low Cost Access E

The Village Clinic is the fifth Turanganui Primary Health Organisation GP Practice to move to a Very Low Cost Access funding option for setting its fees.

This will see GP fees for a standard consultation for a zero to five-year-old drop from \$5 to nil. Standard consultations for patients aged six-17 years will drop from \$17 to \$10.50, and standard consultations for patients aged 18-64 years plus will drop from \$22 to \$15.50.

The Village Clinic fee structure will change from 1 July.

Differences between the fees in each GP Practice are a reflection of choices made by each practice since October 2006 on the type of funding option they receive from the Ministry of Health.

A GP Practice that has chosen the 'Very Low Cost Access' payment option receives a greater Government subsidy and the fees it can charge have a maximum level set by the Government.

A GP Practice that has chosen the alternative payment option, such as Desmond Road Medical Centre, does not receive as big a Government subsidy, and as a result will typically charge its enrolled patients slightly more. In most cases these GP Practices believe the increased Government subsidy and associated maximum fee levels do not give their business the flexibility required for them to cover their practice costs.

[Click here](#) for current TPHP GP Practice Fee structures. TPHP will publish the 1 July 2007 changes on the website and in the free newspaper The Bulletin.

Pene Brown Joins TPHP Board E

Turanganui Primary Health Organisation's vacant board seat has been filled by Pene Brown, who brings a wealth of health governance expertise to the role.

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](mailto:info@tpho.org.nz)

To add someone to The PHOnetic email distribution list, or to opt off, email details to [The PHOnetic](mailto:info@tpho.org.nz)

Improving Immunisation Coverage This workshop will focus on strategies to progress towards the Health Target of '95% of two-year-olds fully immunised'. There will be presentations by speakers from the MOH, DHBs, and other organisations. Presentations will include successful strategies to improve further coverage. The Workshop is Thursday 19 July 2007, 9am-4pm, Wellington. For more information read the [MOH Invitation](#) and to register print off the [MOH Registration Form](#).

Kaupapa Maori Addiction Residential Treatment Service, RFP Lakes DHB on behalf of the Midland District Health Boards (BOP, Lakes, Tairawhiti, Taranaki and Waikato) is inviting organisations to submit proposals for the delivery of a Regional Kaupapa Maori Clinical Addiction Residential Treatment Service in Midland.

The regional service will deliver clinical services within a Kaupapa Maori framework, and will be responsive to the development needs of consumers.

Closing date for receipt of proposals will be 13 July 2007.

RFP documents are available from Marieke Wass, Planning and Funding, Lakes DHB, Private Bag 3023, Rotorua. Phone **(07)...** ext 7863 or by emailing [Marieke Wass](mailto:marieke.wass@lakesdhb.govt.nz).

The RFP documents are also available electronically [by clicking here](#) however only hard copies of proposals will be accepted.

Tairawhiti District Health Board Meeting, Tuesday 24 July, 9am, Morris Adair Building,

Currently Board Chair of Hauora o Turanganui a Kiwa (Turanga Health), and Deputy Chair of Tairawhiti District Health Board, Pene will be an interim TPHO Board member until the position can be filled more permanently.

TPHO has had a vacancy on its board since January 2007 when Turanga Health's Shirley Keown stood down after taking on the TPHO Clinical Project Coordinator role.

Pehimana Haapu (Pene) Brown has an extensive background in governance working with a range of Maori organisations in the fields of health, education, farming and social needs.

He is the Chair of Tairawhiti Polytechnic, and a Trustee or Chair of various whanau, hapu and iwi land blocks. He is also the Chairman of the Te Runanga o Turanganui a Kiwa and Chairman of Te Aitanga a Mahaki Trust.

Pene and his family have farmed in Puha for four generations and his whanau marae is Tapuihikitia. He has a Diploma in Agriculture and has completed the Kellogg Rural Leadership Course (Lincoln University) and Company Director's Course (Institute of Directors).

Pene says he will be an interim TPHO Board member representing Turanga Health until a more permanent Turanga Health representative can be found. TPHO's Board is made up of three Turanga Health representatives (Pene Brown, Reweti Ropiha and Albie Stewart), three Pinnacle representatives (Johan Peters, Ken McFarlane and John Macaskill-Smith) and two Community representatives (David Scott and Tracey Tangihaere).

For profiles of TPHO's Board members [click here](#).

To read the latest TPHO Board minutes [click here](#).

Gisborne Hospital.

Hospital Advisory Committee TDH
Hospital Advisory Committee meeting,
Monday 23 July, 1.15pm, Morris Adair
Building, Gisborne Hospital.

**Community and Public Health Advisory
Committee/Disability Support Advisory
Committee** Tuesday 31 July, 12.30pm,
Morris Adair Building, Gisborne Hospital. Visit
www.tdh.org.nz for all TDH meeting
agendas.

Free Antenatal Programme Empowers Women **GP, PN**



Tairawhiti District Health Midwife Alys Brown presents a class on child birth during a Turanga Health antenatal class while in the background Turanga Health Early Intervention Drug and Alcohol Facilitator Edwina Ashwell prepares to be next presenter.

Turanga Health's Antenatal Programme is being promoted in this month's Pīpīwharaurō newspaper and at the same time staff want to remind GP Practice Nurses and GPs that the service is available free to their patients.

Turanga Health's Antenatal Programme is held over three, four-hour sessions and includes a vast range of presentations on everything from birth to breastfeeding. Held in Pirates Club Rooms, women can attend with their support whanau and or partners. Lunch is provided, as is transport if needed.

Turanga Health Tamariki Ora Kaiawhina Pierre Rutene says the Programme has a Maori focus but that does not stop a wide range of women from the district coming along. "Maori, Pacific Island and European, and we get women of all ages. Sometimes we get mums who have already had babies but want to learn a little bit more."

On the day Pīpīwharaurō and The PHOnetic visited nine women, some with their support partners, were attending. After the welcome and introductions Tairawhiti District Health midwife and mother of five Alys Brown discussed the antenatal period and birth. Later, Turanga Health Early Intervention Drug and Alcohol Facilitator Edwina Ashwell gave a presentation on drugs and alcohol. Presentations on nutrition, car seat safety and breastfeeding, as well

as a visit to Gisborne Hospital Maternity Ward will be included in the following classes.

The focus is on empowering the women, says midwife Alys Brown whose sister is a midwife, as was her mother. "It's about wahine toa, strong women, and we want to get them ready for their journey. Te Whare Tangata is the house for the people of the next generation. It is to be treated as sacred."

First time parents to be Clara Sidney and Kris Wilson from Tolaga Bay said they were enjoying the Programme as it gave them a chance to be better prepared. Due in August, Clara said: "I am feeling a bit nervous about the birth but otherwise it was good to hear all the other information and now I just want it all to hurry up so I can meet my baby!"

For more information about Turanga Health's Antenatal Programme ring **(06) 869 0457**.



CEO Keriana Brooking with PHO staff John Kamana and Tia Moeke.

Successful Week for CEO **E**

Keriana Brooking, Chief Executive of Turanganui Primary Health Organisation, has now been confirmed as Chair of Primary Health Organisation New Zealand (PHONZ).

Keriana has been Acting Chair since April when she took over from Sir Ron Scott who stepped aside to spend more time with his family. PHONZ provides national representation for 16 Primary Health Organisations or about one million enrolled patients.

Her appointment came at the end of a successful week for Keriana who is completing a Masters of Public Management through Victoria University.

Keriana has been awarded a \$2500 scholarship from the Ministry of Health for advancement of her studies. She expects to finish her Masters early 2008.

TPHO Website Traffic - 500 Visits in May! **E**

Traffic on Turanganui Primary Health Organisation's new website appears to be on green for go, according to website figures recently released by Pinnacle.

Pinnacle figures show there were 493 visits to the website during May and according to TPHO Communications Coordinator Hayley Redpath, in a centre the size of Gisborne, "the figure is definitely something to get excited about".

"Compare this with 1140 visits to the Pinnacle website, and 338 visits to the Waikato Primary Health website during the same time, and you can see why I'm pleased," she said.

"We can treat these figures as numbers of visits to the website, not the number of pages viewed, which would be higher. For a website aimed at such a small niche market, that is, anyone with an interest in primary health, we can certainly be satisfied it is being well read."

TPHO launched its new website in January 2007. Unlike the previous TPHO website it has a strong focus on information for PHO provider staff including The PHOnetic newsletter, relevant documents relating to PHO work, and links to the monthly TPHO Board minutes.

For the public and other primary health providers, the website includes TPHO GP Fees and a Community News section within The PHOnetic. The Community News section continues to receive more and more requests for free advertising from providers within the district.

TPHO's website, which is built with Web 2.0 technology is hosted by Pinnacle, and updated regularly by TPHO staff.

"In lay terms, the 2.0 technology means we can manage the site without any of us having any real web building experience," said Hayley.



TPHO Communications Coordinator Hayley Redpath

A Quick Guide to KiwiSaver and Your Future **TPHO**

Other priorities, kids or debt? Saving for your future can sometimes be difficult. KiwiSaver may be an option. No matter what your job is at any of the TPHO providers it's important to know what KiwiSaver is and how it may affect you from 1 July.

Some key points about KiwiSaver you may like to know:

- It's voluntary and is designed to help you save money for your long-term future
- Any Kiwi can join KiwiSaver, but it has been specifically designed for people in work between 18 and 65 years of age

As a KiwiSaver member you are entitled to the following benefits:

- A one-off tax free kick-start of \$1000
- Member tax credit up to \$1040 per year (there are some requirements)
- A fee subsidy of \$40 paid to your scheme provider each year
- A housing subsidy for first home purchases of up to \$5000 after contributing for five years (if you meet Housing New Zealand's requirements)

From 1 July this year if you start a new job earning a salary you will be automatically enrolled in KiwiSaver. If you are automatically enrolled you will have eight weeks to opt out and any contributions already made will be refunded to you. If you are an existing employee you won't be automatically enrolled but you can choose to join by asking your employer or by contacting a scheme provider direct.

KiwiSaver contributions will be 4% of your before-tax pay or you can go for the higher rate of 8%. Your contributions are paid to Inland Revenue which then passes them to a KiwiSaver scheme provider who will invest your money in a registered KiwiSaver scheme. If you do not choose a scheme you will be allocated to a default scheme or to your employer's chosen KiwiSaver scheme if they have one.

Although your savings will be locked in until Superannuation age (currently 65), you will be able to withdraw them if you face significant financial hardship, suffer serious illness, permanently leave New Zealand or buy your first home. KiwiSaver also allows you to take contributions holidays for up to five years. When this ends your employer will begin deductions unless another contributions holiday is taken.

Other benefits include:

- The option to channel half of your contributions to pay your mortgage
- KiwiSaver moves with you
- Voluntary lump sum contributions can be made at any time direct to Inland Revenue or to your scheme provider and;
- From April 2008 your employer will begin to contribute 1% (this is currently a proposal only and is not law)

KiwiSaver may not be right for everyone so it's important you understand what you need/want to do. Talk to your appropriate staff member or department about the KiwiSaver employee information pack or employee leaflet, or [click www.kiwisaver.govt.nz](http://www.kiwisaver.govt.nz) to go to the KiwiSaver website, or www.sorted.org.nz for free, independent financial information.