



The PHOnetic
For anyone interested in primary health

Turanganui PHO's Fortnightly Newsletter, Issue 34, April 30, 2008

Aroha Nui Tanya Coleman



Kaye Fairlie and Carren Smith help Tanya into her precious korowai Photo: Hayley Redpath

By Hayley Redpath

"Don't forget to take your medication, eat well and look after one another" were Tanya Coleman's final words to her beloved Kaumatua last Tuesday.

After four years as Kaumatua Programme Coordinator, Tanya farewelled the kuia and kaumatua amidst tears and laughter.

"That's what I always say to them," said Tanya, who flies to Melbourne today where she will base herself for a month's rest and relaxation.

"I am sad but I feel a big weight has been lifted off me."

Tanya says she has thoroughly enjoyed overseeing the very successful health and fellowship programme for older Maori. Developing programmes, report writing, and managing guest speakers and health workers, is a long way from her beginnings at Turanga Health as a data inputter in 1999.

"I was fresh out of a Matapuna Training Course. But now after all this time, I want to study, my goal is a degree in psychology."

During Tanya's Kaumatua Day farewell at Muriwai last Tuesday she was presented with a korowai, or cloak, made by Horiana Brown and her sisters from Mangatu.

"It was sad but I am happy to make this journey, take this next step, and leave it all behind."

Tanya was farewelled by Turanga Health staff last Wednesday where the tears flowed again.

"Thank you everyone, you have always been there for me, really great friends, great whanau. Please keep looking after our kaumatua, help them to help themselves. Kia ora."

CME/CNE Meeting - Paediatric Talk Back Session Reminder for all Turanganui PHO GPs and Nurses, Turanga Health Boardroom, 7am, Thursday 1 May. Presenters: Hein Stander and Cathryn O'Sullivan. Ngati Porou Hauora GPs and Nurses are also invited.

Pinnacle GP Meeting "The Future Sustainability of General Practice", presented by Pinnacle CEO John Macaskill-Smith and GP Practice Team General Manager Maree Munro. Turanga Health Boardroom, Tuesday 6 May, 7.30pm.

Johan Steps Down from Board, PHO in Good Shape

By Clare Webber

It's the end of an era with the retirement of Kaiti Medical Centre General Practitioner Johan Peters from the Turanganui Primary Health Organisation Board.

Dr Peters believes the time is right for him to step down from the board and let other people with fresh ideas step up.

"I feel as though I have a lot of commitments in different things in my life and I am starting to feel as though I am spread a little too thinly and that I might not be putting the right energy into any one thing.

"And as well as that, in any organisation people get to the point where they have made as much of a contribution as they can, and then it becomes time for other people with fresh ideas to make a contribution.

"If I sit there in this position, no-one else will come forward, so by leaving, I know someone else will step up and fulfil the role."

Dr Peters began as an original board member in 2002. The PHO has done great things since it began, but still has a long journey to travel, Dr Peters says.

"The PHO has brought GPs and health providers together for the first time – and we still have a long way to go on this, but we have established the framework for this relationship to reach its full potential.

"We also have the framework to provide healthcare to the population from a broader, more integrated perspective, and we are making progress on that now, with programmes like HealthRight.

"It is really important for the future that GPs and their health professional partners can work in a team to



Dr Johan Peters will have more time for the things he loves!

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provide the health management of the whole person.

"GPs can not operate in little boxes - there are some skills that other people can do better, and we need to be able to work as a team to utilise the right skills from the right health professional at the right time."

Dr Peters said building the framework for the relationship between GPs and the wider healthcare community had been one of the greatest Board achievements during his membership.

The appointment of PHO Chief Executive Keriana Brooking was another. "Finding Keriana, who has given the vehicle excellent leadership and direction, was definitely great for us.

"When we started we were very much an ad hoc, shoestring operation with no infrastructure to support us, no established funding pathways and no established relationships.

"Now we have all those things and more. We have established real programmes that are actually doing good stuff - there is a whole list of them. And we didn't have those before.

"We have developed important relationships and people know that we are here to stay. We have also achieved a high level of capitation funding to GP practices for primary health care which means we get good quality, low cost care.

"This is something that is not uniformly available throughout the country, and people often forget this. We have it pretty good here."

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Tairawhiti District Health Board Meeting, Tuesday 20 May, 9am, Morris Adair Building, Gisborne Hospital.

Community and Public Health Advisory Committee/Disability Support Advisory Committee Meeting Tuesday, 27 May, 12.30pm, Morris Adair Building, Gisborne Hospital.

Hospital Advisory Committee Meeting, Monday 19 May, 12.30pm, Morris Adair Building, Gisborne Hospital.

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

Gradual and Steady Introduction of HealthRight

By Hayley Redpath

Slowly and surely Turanganui Primary Health Organisation's chronic care management programme is reaching patients, and should eventually change lives.

"It's feels a bit like the tortoise plodding along at times, but we are making good ground that is enhancing people's lives and health," says HealthRight Manager Diane Williams.

Diane reported last week that all three navigation sites are now running HealthRight clinics.

The Village Clinic is offering HealthRight Chance Check, an opportunity for patients to be screened for cardiovascular disease. Kaiti Medical Centre and Serendipity Health Ltd are running HealthRight Lifetime Lifestyle programmes which offer patients with existing conditions the opportunity to have a Care Plan developed and their condition or conditions better managed.

"You have to remember, this is quite a different way of working for many staff, and change is a very slow process - despite wishing we could turn people's lives around in the space of just one visit."

Diane said a highlight of the past few weeks was the progress made at Serendipity Health Ltd where sole practice nurse Netta Kutia is providing one clinic a fortnight. Diane said Serendipity had a "good strike rate" and a third of patients invited to receive a HealthRight Lifetime Lifestyle check had accepted.

"It's terrific down there. There is only one nurse and she has done extremely well to come on board so quickly after picking up the project and IT tools."

Getting used to the electronic decision tool BPac was still challenging some general practice staff but "the kinks were slowly being ironed out". "It's been a huge learning curve for some people, and believe me, there are some frustrating aspects, but Bpac is successfully used all over New Zealand so it's nothing we can't work through."

Diane said another satisfying aspect of HealthRight was the increased information and skill sharing occurring between nurses. At The Village Clinic and Serendipity Health Ltd the Diabetes Get Checked programme is now managed through Bpac. "Nurses with diabetes knowledge are sharing clinical skills with other practice nurses, and the practice nurses are helping the specialist nurses with the Bpac tool."

Meanwhile, Primary Mental Health Liaison Robert Armstrong has been busy with a steady stream of referrals from Turanganui PHO GPs with clients who have been assessed as requiring extra input from counselors.

For now, Diane says she is happy with the slow but positive movement forward in the HealthRight project. The next step will be getting practices to regularly refer on to the HealthRight Social Worker Tina Holmes and Lifestyle Coach Shelley Mitchell to further improve all aspects of care for patients.

"Staff are already seeing some improvements in patient care and at the end of the day, if the person is getting better, then it has to be something worth doing."

Mole Mapping to be More Accessible

By Clare Webber

MoleMap, a worldwide programme to detect skin cancers and lesions, is set to become more accessible for Gisborne clients, with Kaiti Medical Centre recently taking over the local MoleMap franchise.

Previously, a melanographer from the service made monthly visits to Chelsea Hospital to see Gisborne clients.

The MoleMap clinics will now be available weekly, Kaiti Medical Centre General Practitioner Simon Spenceley said.

Kaiti Medical Centre will be employing a nurse as a melanographer to conduct the clinics.

MoleMap is a state of the art procedure involving the digital imaging, archiving and diagnosis of moles and other lesions. The procedure utilises a combination of high resolution dermoscopy imaging technology and a dermatologist's expert evaluation of the images. Its focus is the early detection of melanoma.

Clinics at Kaiti Medical Centre will start Monday 5 May.

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