

Welcome to the New Zealand Rural General Practice Network e-zine for 12 June 2015.

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Mental health funding initiative well timed

The announcement of a \$500,000 funding boost to support mental health initiatives targeted at rural communities could not be better timed, says Dalton Kelly, New Zealand Rural General Practice Network Chief Executive.

Health Minister Jonathan Coleman and Primary Industries Minister Nathan Guy announced the funding initiative at a Fieldays breakfast on June 11. While the details are still being worked through it is expected the focus will be on the promotion, prevention and early intervention of rural mental health issues. The Ministry of Health and Ministry for Primary Industries have each contributed \$250,000 to the one off funding boost.

Read more.

\$500,000 boost to help rural mental health

Health Minister Jonathan Coleman and Primary Industries Minister Nathan Guy have announced a \$500,000 funding boost to support mental health initiatives targeted at rural communities.

"Rural depression is a significant issue. The physical isolation as well as the uncertainties of being reliant on the land creates different pressures to those living in an urban setting," says Dr Coleman.

Read more.

Meanwhile, Farmstrong, a new initiative to promote wellbeing for all farmers and growers across New Zealand is being launched this month. (Scoop)

The programme is a joint initiative between leading rural insurer FMG and the Mental Health Foundation of New Zealand (MHF).

Farmstrong will help shift the focus of mental health from depression and illness to one of wellbeing. In its first year Farmstrong will aim to make a positive difference to the lives of 1,000 farmers.

Read more.
Also visit: **FARMSTRONG**

Healthy Thinking workshops for rural people

A 1980s era ambulance will be on the road soon, helping to bring practical advice to farmers and others in the rural community about looking after themselves. (RNZ) It is part of a new programme, Farmstrong, that rural insurer, FMG and the Mental Health Foundation have launched.

Read more.

Focus on rural mental health

Plunging dairy prices will continue to put enormous pressures on the mental well-being of some sectors of the farming community, and the head of Rural Women NZ says farmers must understand when they need help. (ODT)

Read more.

Rural mental health services declining

A Taranaki mental health advocate says new funding criteria are ripping the heart out of services for provincial New Zealanders. (RNZ) Gordon Hudson is a former manager of Like Minds Taranaki, which closed its doors recently. He said the Ministry of Health was abdicating its responsibility for mental health promotion and leaving it to volunteer agencies to pick up the slack.

Read more.

News from rural NZ

Rural GPs get Queen's Birthday honours

Two rural doctors have been recognised for their services to health in the 2015 Queen's Birthday Honours list. They are Dr Tony Townsend (MNZM) who has contributed to medicine for 45 years and Dr Barry Knight (QSM) who has provided 50 years of medical service to the Tokoroa district. QSMs were also awarded to Te Awamutu Nurse Practitioner Beth Richardson and Wairarapa diabetes nurse Mollie Kainuku.

Read more.

Midwife and doctor join forces for maternity care

An Alexandra doctor and midwife are delivering an "innovative" and "collaborative" approach to maternity care in Central Otago. (ODT)

General practitioner Dr Pragati Gautama and midwife Charlotte Aarden have combined forces to provide antenatal and postnatal maternity care services based in Alexandra.

Read more.

Homebirths on the increase in Oamaru

More Waitaki women are opting for homebirths, and numbers are above the national average, an Oamaru midwife said. (Timaru Herald)

In the last five years, homebirths in the region have increased to 10 per cent of births in 2013 and 9 per cent in 2014, compared to 4.34 per cent in 2009.

Read more.

Rural GPs and urgent care to receive \$24 ACC top-up for under-13s

Rural GPs and urgent care facilities have officially been offered a \$24 top-up so they can provide free care for injured under-13s. (NZ Doctor)

Because urgent care facilities are the main primary care providers during public holidays, they will receive a \$40 top-up on those days, ACC senior media advisor Stephanie Melville says.

Read more.

Vodafone expands rural broadband efforts

Telecommunications company Vodafone is expanding its cell phone and broadband network into rural areas. (RNZ)

As part of its new Rural Connect brand, announced recently, it will be expanding ultra-fast 4G coverage to 20 more rural communities over the next year.

Read more.

Telehealth in rural areas suffering from quality and speed bumps

Video consultations are sparing many sick West Coast children the 200km return trip to Christchurch, but even the telecommunications minister agrees "we are only scratching the surface" of telehealth. (NZ Doctor)

Read more.

Fees a barrier for Māori medical students

There is concern from medical practitioners and students that Māori will not be able to afford student fees to become doctors. (RNZ)

Te Ohu Rata o Aotearoa, the Māori Medical Practitioners' Association and Māori Medical Students Aotearoa, said the cap of seven years of student loan entitlement was a significant barrier to tāngata whenua entering into medical school.

Read more.

Doctor calls for heating help for the poor

A Northland paediatrician is calling for targeted benefits, or coupons, to allow poor families to heat their homes. (RNZ)

Roger Tuck said he admired the bravery of the coroner Brandt Shortland who last week linked **an unheated home to the death of Auckland toddler Emma-Lita Bourne**.

She died from a condition triggered by pneumonia.

Read more.

PHARMAC Seminar Series available online



Many of you will be aware of the PHARMAC Seminar Series education sessions. The seminar series provides high quality education covering a variety of topics, and caters to a range of health professionals. PHARMAC is aware, however that not everyone can get to the seminars when they are on, and that it is particularly true for rural and provincial primary care clinicians. In order to reach a wider audience PHARMAC has filmed a selection of seminars and these seminars are now available online. Watching these videos has been approved for CME for Royal New Zealand College of General Practitioners (RNZCGP), and the Maintenance of Professional Standards (MOPS) purposes, provided that a Learning Reflection Form is completed.

You can email a copy of the completed **Learning reflection form** to seminarseries@pharmac.govt.nz and PHARMAC can issue a certificate stating the topic and viewing hours. The certificate can then be given to their case manager for CME approval. You can follow the links to the following seminars:

Neurology update

Dr Anna Ranta – Consultant Neurologist

Primary care diabetes

Dr Jeremy Krebs and his team from Capital and Coast DHB

Practical management of Karen Hoard eczema

Dr Diana Purvis, Dr Karen Hoard & Jessica Tiplady

Managing your patient who has dementia

Dr Ian Hosford, Dr Nathan Joseph, Lesley Maskery & Lisa Cooke

Pain management

Dr Paul Hardy and his team from Capital and Coast DHB

Complex antenatal conditions and update on maternal mental health

Dr Sara Weeks & Dr Jay Marlow

The recent Rheumatology and Dermatoscopy Updates will also be available online shortly.

Pharmac is interested in your feedback on this online learning, and are continuing to film seminars to build up our library. Feedback to rob@rgpn.org.nz

Conference 2016

Thanks to all those who have completed our short survey and for the positive feedback. From 50 responses to date – 45 percent of who attended this year's conference and 55 percent who did not, 95 percent indicated attendance in Dunedin 2016. We'd still like to know if others intend to come to next year's national rural health conference at the **Dunedin Centre** and will leave the survey open until the end of June. Complete it and go into the draw to win a free registration to conference 2016.

Click on the following link to access a short survey:
<https://www.surveymonkey.com/s/WPKTFNN>

The recently refurbished Dunedin Centre and town hall on the Octagon is the venue for national rural health conference 2016 to be held over four days from March 31 to April 3.

The location gives delegates and exhibitors easy access to and from hotels and parking, as well as to the CBD and surrounding cafes and restaurants. Keep watching this newsletter for updates.

Conference 2015 sessions, photos and stories: Follow this **LINK**.

Publications and resources:

- Latest Network News, click **here**.
- RHAANZ newsletter, click **here**.
- Division of Rural Hospital Medicine e-newsletter, click **here**.
- Rural Women New Zealand, Bulletin Aotearoa, click **here**.
- Health Workforce New Zealand stakeholder bulletin, click **here**.
- IT Health Board newsletter, click **here**.
- ALAC newsletter Ease Up, click **here**.
- Mobile Health news, click **here**.
- Medline (USA rural health) click **here**.
- To access the PRIME St John website, click **here**.
- PRIME Committee, click **here**.
- PRIME responders, click **here**.

We continually receive positive feedback from attendees and practices. Attendees comment that they couldn't comprehend starting work without it!



The Network's health promotion partner



Need a GP?

NZLocums is the recruitment division of the NZRGPN.

Rural practices can take advantage of our free recruitment service!

So let us find the right solution for you.

Contact us today.

Not a member? Join the Network!

The Network is the only nationwide membership-based organisation in New Zealand representing the interests of rural general practice.

Visit our **website** for additional information and an online application form or contact Rob Olsen on 021 472 556.

Network on Social Media

You can follow the Network and associated rural health sector news, views and events now on Facebook and Twitter or sign up and give us your news and views - just click on one of the icons below or visit our website www.rgpn.org.nz



Around the sector

HPA alcohol campaign goes live

The first phase of a Health Promotion Agency (HPA) campaign to reduce alcohol use in pregnancy goes live on 14 June. In the mainly online campaign, young women are reminded that alcohol can harm developing babies and, if they 'don't know' whether they're pregnant then 'don't drink.' Health professionals will be encouraged to support this message in their conversations with young women. The HPA's alcohol and pregnancy work has strong clinical leadership through a Sector Leaders' Group.

Consultation on fee increase proposal

The Medical Council of New Zealand (the Council) is consulting with interested people and groups on a proposal to increase the practising certificate fee by \$40 (exclusive of GST). The Council intends that the proposed increase would take effect from 1 September 2015.

Read more.

MIMS Integrated subscription

The subscription period for the supply of MIMS Integrated at a discounted rate to New Zealand Rural General Practice Network member practices is due for renewal at the end of June. The Network pricing is 17 cents (excluding GST) per enrolled patient in the current quarter (Q2 2015). The subscription period is July 1, 2015 to June 30, 2016.

Click **HERE** to access the MIMS form. Please complete and return to the Network by Tuesday, June 16 (return details on the form) or practices can deal directly with MIMS, email: support@mims.co.nz or call 0508 464 676.

Minister of Health's speech to the primary care symposium, Wellington: **Read more.**

RN prescribing discussed

On June 3, 2015 a telephone conference was facilitated by the Network to discuss the Nursing Council's proposal for registered nurse prescribing, with Network members. Pam Doole from the New Zealand Nursing Council gave an oversight to the proposed expansion of the registered role and the history which has necessitated the change.

Read more.

Work Capacity medical certificates

From June 10, 2015, doctors will be able to electronically send Work Capacity medical certificates to Work and Income. Doctors will be able to tell their patient if they've sent their medical certificate to Work and Income electronically. A copy can be printed by the doctor if requested by the patient.

This change only applies to Work Capacity medical certificates. Work and Income clients will still need to take all other types of Work and Income medical certificate (e.g. Disability Allowance) to their local service centre. Once Work and Income has received a Work Capacity medical certificate it will be processed. If they need to talk to the person they will contact them.

The information in the medical certificate is encrypted and sent from the doctor to Work and Income through a secure system. It isn't emailed and none of the information can be seen by or sent to anyone else. The electronic system is already used by doctors for things like test results and hospital referrals.

For any questions please contact the health and disability team at your nearest Work and Income regional office or call Work and Income on 0800 559 009.

Blenheim GPs not taking new patients

Newcomers to Blenheim are struggling to find a doctor as general practices reach capacity in the region.

Marlborough Primary Health Organisation chief executive Beth Tester said all but one GP clinic in Blenheim had closed their books to new patients.

Springlands Health was taking only new patients within a set zone, Tester said.

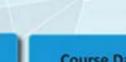
People who lived in Picton were able to enrol at the Picton Medical Centre, while Springlands Health Havelock was also accepting new patients.

Read more.

Open your New Zealand bank account



The Network's official banking partner.



Tell us your story

We are looking for health sector-related stories from around rural New Zealand. People, places, achievements and challenges. If you have a good yarn to tell contact Network communications manager Rob Olsen, email rob@rgpn.org.nz or 021 472 556.

Orientation for Overseas Trained GPs & Practice Nurses

Do you have an overseas trained GP or Nurse joining your team soon?

Give them the best start and send them on our CME endorsed course in Wellington.

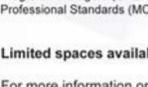
Our orientation ensures that all GPs and Practice Nurses are provided with a comprehensive foundation. This allows them to hit the ground running when they start working for you.

Some of the topics included are:

- Training from a local Practitioner
- ACC
- Pharmacist
- Work & Income
- St John resuscitation workshop
- Medtech32 practical training

We continually receive positive feedback from attendees and practices. Attendees comment that they couldn't comprehend starting work without it!

Click for:



The "Orientation for Overseas Trained General Practitioners" has been endorsed by The Royal New Zealand College of General Practitioners (RNZCGP) and has been approved for up to **14.0 credits CME** for General Practice Educational Programme Stage 2 (GPEP2) and Maintenance of Professional Standards (MOPS) purposes.

Limited spaces available - book now!

For more information or to reserve a place please contact Louise Pert, Course Co-ordinator:
louise@nzlocums.com | +64 4 495 5877

