

Welcome to the New Zealand Rural General Practice Network e-zine for 26 June 2015.

In this issue • Fears for farmers' mental health as financial pressures hit • Network at Conference for General Practice 2015 and much more...

## Fears for farmers' mental health as financial pressures hit

Warnings of an incoming tsunami of mental health issues among farmers, as drought, floods and financial pressures hit. (RNZ)

David Hunt, Hawkes Bay Federated Farmers Dairy chairperson speaks out about the depressive illness he suffered. He's concerned the coming months will see a tsunami of farmers becoming unwell, and questions whether the rural health network is up to it.

**Listen to Nine to Noon. Or hear Dalton Kelly, Chief Executive of the Rural General Practice Network comment on this issue.**

See also [Rural Women NZ](#).

## See you at the Conference for General Practice 2015

Several Network staff and Board members will attend the Conference for General Practice from July 31 - August 2 at Claudelands Event Centre, Hamilton, so if you're planning to be there please pop along and see them at stand number 7 in the exhibition area.

They'll be more than happy to talk to you about rural primary health care, Alliancing, membership and next year's national rural health conference in Dunedin. While you're there you can enter their exhibition stand prize draw. They'll also be able to talk to you about the Network's locum recruitment division, NZLocums, or give you relevant information.

## NZRGPN Conference 2016

Many thanks to those who have completed our short survey on attending next year's national rural health conference at the **Dunedin Centre**. The survey will remain open until June 30. Complete it and go into the draw to win a free registration to conference 2016. Just click on the following link to access the short survey: <https://www.surveymonkey.com/s/WPKTFNN>

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

Conference 2015 sessions, photos and stories: Follow this [LINK](#)

## News from rural NZ

### CO Health agreed to 2% cut

Short-term savings and sacrifices made by staff enabled the company which runs Dunstan Hospital at Clyde to agree to a 2% or (\$200,000) cut in the hospital's budget for the coming year, the company said. (ODT)

[Read more.](#)

### South Westland challenged to get active

South Westland locals are putting their hands up for a 100 day challenge to get more active, starting on Wednesday, 1 July. (Scoop)

When she started in South Westland earlier this year, GP Jenny James noticed many patients asking for help to lose weight and change lifestyle choices. Few resources or organisations were available locally in South Westland, so Jenny has devised a 100 day competition to encourage people to get active, created a website ([www.southwestlandchallenge.com](http://www.southwestlandchallenge.com)), and enlisted the help of local nurses in support.

[Read more.](#)

### Rural pop-up clinics reveal serious, undiagnosed health problems

Farmers too busy or too isolated to visit their GPs are arriving at pop-up health clinics with some serious, undiagnosed health issues, Tom Mulholland, who runs the clinics, says. (NZ Doctor)

The Auckland emergency department doctor is driving his retro ambulance around New Zealand doing free checks in isolated communities. At the National Agricultural Fielddays recently at Mystery Creek 70 farmers volunteered for the 15-minute health checks in a collaboration with rural wellbeing programme Farmstrong.

[Read more.](#)

### Mountainview practice relieves patient overload at Hawera ED

A south Taranaki practice pulling its weight in a redirection scheme can take some of the credit for a 10 per cent drop in patient presentations at Hawera Hospital emergency department. (NZ Doctor)

Hawera general practice Mountainview Medical Centre was, last May, at capacity with thousands of patients and too few GPs, but has recently hired two new GPs and is treating patients sent back from an overflowing Hawera Hospital emergency department (ED), practice co-owner Marlene Bezuidenhout says.

[Read more.](#)

### Minister sacks Southern District Health Board

The Health Minister has dismissed all members of the Southern District Health Board and replaced them with a commissioner. (NZ Herald)

Jonathan Coleman wrote to the DHB saying he had no confidence in the Board's ability to suitably handle longstanding financial problems. [Read more.](#) ALSO see NZ Doctor [STORY](#).

### Funding cut deal accepted

Clutha Health First has accepted funding cuts by the Southern District Health Board but says the deal will not affect services or staffing levels. (ODT)

The funding would be cut by 3.6%, or about \$198,000, Clutha Community Health Company chairman Brian Dodds said.

[Read more.](#)

Meanwhile, Air New Zealand has vowed to slash its airfares in order to remain competitive with Jetstar. (RNZ)

[Read more.](#)

## Resources:

### 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](mailto: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 childhood eczema

Dr Diana Purvis, Dr Karen Hoare & 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 Dermatology Updates will also be available online shortly.

Pharmac is interested in your feedback about this online learning, and are continuing to film seminars to build up our library. Feedback to [rob@rgpn.org.nz](mailto:rob@rgpn.org.nz)

## Publications:

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 contacts, click [here](#).

PRIME responders, click [here](#).

Medical Council News click [here](#).

GP Research Review Issue 95 click [here](#).

**FARMSTRONG** is a new initiative to promote wellbeing for all farmers and growers across New Zealand.



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](http://www.rgpn.org.nz)



## Around the sector

### Medications may not be as effective for Māori

New research shows many medications and treatments may not work as effectively for Māori and Pasifika as they do for people of European descent. (RNZ)

Geoff Chambers, a molecular geneticist at Victoria University, says genes linked to the immune systems of Māori and Pasifika are very different to those of Europeans.

[Read more.](#)

### No apology from Auditor-General over Whānau Ora

The Auditor-General says she will not be apologising for criticism she has made about Whānau Ora (RNZ)

In a report tabled in Parliament on May 5, Lyn Provost said Whānau Ora's administration was cumbersome and unusual.

The report found nearly \$42.3 million of the programme's \$137 million funding had gone to administration.

[Read more.](#)

### HPA alcohol campaign goes live

The Health Promotion Agency's (HPA) alcohol and pregnancy Don't know? Don't Drink campaign began on June 14 and will run until the end of August. Don't know?

Don't drink is a campaign encouraging women to stop drinking alcohol if there is any chance they could be pregnant. There is no known safe amount and no known safe time to drink alcohol during pregnancy. Alcohol can affect a developing baby throughout pregnancy, including before a woman knows she is pregnant.

The campaign will be seen primarily in targeted online environments. Campaign posters will also be placed in bars around the country and further options to expand into other channels are being explored. View the 30 second video [here](#).



### Māori digital trailblazer Richard Orzecki dies

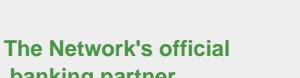
The people of Ngāti Raukawa in Horowhenua, and the Māori digital community, are mourning the death of Richard Orzecki. (RNZ)

Mr Orzecki, 59, died earlier this month.

He was a member of Ngā Pū Wāea (the Māori Broadband Working Group) and pushed for marae across the country, including his own, Ngāti Wehiwehi Marae in Manakau, to get connected to the internet.

[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](mailto: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.

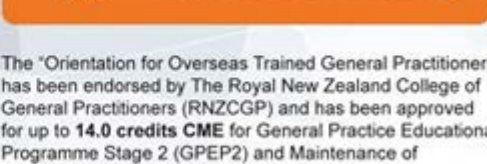
- Some of the topics included are:
- Presentation from a local practitioner
  - ACC
  - Pharmac
  - Work & Income
  - St John resuscitation workshop
  - Medtech32 practical training

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

**Click for:**

Brochure & Cost

Course Dates



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:  
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