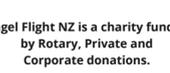




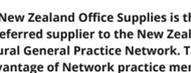
National Rural Health Conference 2019, April 4-7, Blenheim. Register [HERE](#).



In this issue: Early Bird Conference 2019 registration now open! - NZRGN Rural General Practice Team of the Year Award 2019 - A happy New Year welcome for international GPs and much more...



Angel Flight NZ is a charity funded by Rotary, Private and Corporate donations.



New Zealand Office Supplies is the preferred supplier to the New Zealand Rural General Practice Network. Take advantage of Network practice member benefits with New Zealand Office Supplies.



The Network's health promotion partner.

## Early Bird Conference 2019 registration now open!

### Be an Early Bird and catch a great registration rate to this year's National Rural Health Conference at the Marlborough Convention Centre and ASB Theatre, Blenheim from April 4 - 7.

The Early Bird offer ends on Thursday, February 14. The conference will feature workshops, research presentations, concurrent sessions and eight keynote speakers across three days concluding with a Members' political and breakfast forum. A Gala Dinner and Awards Night, Welcome Function and several other dinners will again be features of the conference. To view the programme and register follow this [LINK](#).

A comprehensive trade and exhibition space will give delegates the opportunity to engage with industry representatives during the breaks.

#### Keynotes

Amongst the keynote speakers headlining the conference are Dr of Psychiatry Hinemoa Elder (Fellow of the Royal Australia and New Zealand College of Psychiatrists) who will speak on "Isolation and connection in rural and remote mental health. An emergency for men", Dame Tariana Turia (former Maori Party founder/co-leader) who will speak on Maori health and wellbeing in rural NZ, Emeritus Professor Dr Paul Worley (Australia's first National Rural Health Commissioner), American remote medicine specialist Michelle Boltz, who will share her experience as Chief of Village Services for the North West Arctic Alaska, working together with the Alaska State Community Health Aide programme providing full spectrum primary care in remote villages across the state.

Other keynote sessions will be on future student leaders in rural health, presented by NZRGN student sub-committee Chair Jibi Kunnettedan and deputy chair Ben Alsop-ten Hove. Minister of Health Dr David Clark will give a political keynote speech to open the conference. The MC will be Adrian Te Patu.

There will be 40 concurrent session covering five streams - medical/nursing, research, student, management and community. Topics include diabetes, prostate cancer, medicines adherence, cvd risk assessment, creating sustainable rural health models, Health Care Homes, depression and anxiety, navigating the immigration pathway, urban versus rural health disparities, Maori use of the health service, and technological innovations for mental health, to name a few.

There will be a day of pre-conference workshops on Thursday, April 4 with topics including nursing, alcohol, infant resuscitation, insulin management, rural hospital medicines update and research presentations. To view the programme click [HERE](#).

WHAT: NZRGN National Rural Health Conference  
WHERE: Marlborough Convention Centre/ASB Theatre  
WHEN: April 4 - 7, 2019

### NZRGN Rural General Practice Team of the Year Award 2019

The search is on again for New Zealand's best Rural General Practice Team of the Year as judged by the community.

The award, now in its fifth year, will be announced at the New Zealand Rural General Practice Network's National Rural Health Conference in Blenheim, April 4-7, 2019.

The inaugural award was won by Raglan's West Coast Health Clinic in 2015, followed by Martinborough Medical Centre in 2016, Ngunguru Medical Centre in 2017 and Aotea Health (Great Barrier Island) in 2018. "This is a great award that gives rural people the opportunity to tell their stories about how their rural general practice team goes 'above and beyond' the call of duty in providing health services in their communities," says Network Chief Executive Dalton Kelly.

"We want to encourage as many people as possible to tell their stories and nominate their favourite rural practice for the award.

"We are delighted once again to be offering this award recognising exemplary rural general practice teams in the rural setting."

Entries are open until 4pm on Friday, March 1, 2019. The winning practice and winning nominator will be announced as part of the formal awards ceremony at the Network's annual conference in Blenheim on Saturday evening, April 6. The winning practice and the winning nominator will each receive a prize.

Postcards will this month be mailed to Network member practices. Patients can complete their postcard and mail direct to: "Rural General Practice of the Year Award", PO Box 547, Wellington, 6140 or hand it to the practice receptionist who can then forward the entries in bulk.

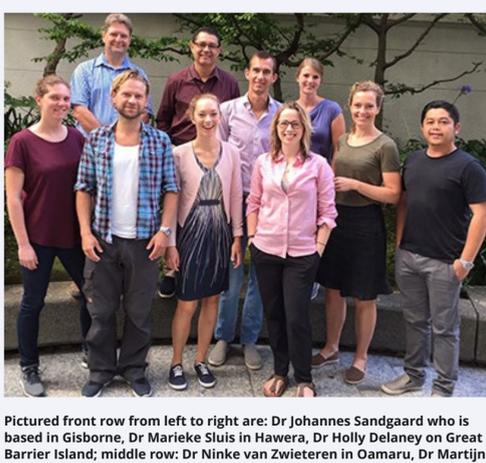
For more information please contact Rob Olsen, NZRGN Communications Manager, 021 472 556 or Marie Daly, 027 203 1080.



### A happy New Year welcome for international GPs

Ten overseas doctors began 2019 in Wellington, attending NZLocums' Orientation course from 7 - 9 January, before heading off to various practice placements around New Zealand.

Five of them travelled from The Netherlands and others are from Denmark, USA, Canada, South Africa and Malaysia. The three-day Orientation course introduced them to New Zealand's health system including ACC, Work and Income, Medical Protection Society, Pharm and practical Medtech training.



Pictured front row from left to right are: Dr Johannes Sandgaard who is based in Gisborne, Dr Marieke Sluis in Hawera, Dr Holly Delaney on Great Barrier Island; middle row: Dr Ninke van Zwieteren in Oamaru, Dr Martijn van Dijk in Hawera, Dr Hanneke Molthof in Silverdale, Dr Hakim Nordin in Putaruru; back row: Dr Francois Terblanche in Stratford, Dr Carlos Fuentes in Queenstown, and Dr Iris Theunis in Paeroa.

NZLocums' Orientation course introduces newly arrived overseas GPs and Practice Nurses to numerous important aspects of living and working in New Zealand and also includes a cultural induction.

Contact Ayumi today for more information, email: [ayumi@nzlocums.com](mailto:ayumi@nzlocums.com) or visit [www.nzlocums.com](http://www.nzlocums.com)

### Swanson-Dobbs named new CEO for Wellsouth

Wellsouth Primary Health Network has a new chief executive officer. (ODT)

Andrew Swanson-Dobbs works for the Midland Health Network as a general manager, and has previously been chief executive of Nelson Bays Primary Health.

[Read more](#)

### Prioritising our health workforce

Health Minister Dr David Clark has announced changes at Health Workforce New Zealand (HWNZ), saying strengthening the health workforce is an ongoing priority. (Beehive)

ØNew Zealand is lucky to have highly skilled and dedicated doctors, nurses, midwives and allied health workers. They are the heart of our health service and routinely go the extra mile to look after their patients.

[Read more](#).

### PHARMAC funding decision gives Kiwis with hepatitis C access to a potential cure

Life changing treatment for New Zealanders living with hepatitis C will be available from 1 February 2019, after PHARMAC funds a new treatment.

The medicine known as Maviret (glecaprevir and pibrentasvir) can be prescribed to people with hepatitis C regardless of the type of hepatitis C virus they have.

Director of Operations, Lisa Williams, says that funding Maviret means that most people with hepatitis C will now have the opportunity to access a funded treatment that has the potential to cure hepatitis C.

[Read more](#). [ALSO read Hep C drug to help thousands, but the disease is still stigmatised, advocates say \(RNZ\)](#).

### Have your say on new rules for medicines and medical devices

Health Minister Dr David Clark wants the public, professionals, businesses and other interested parties to have their say on a new regime that aims to ensure the safety, quality and efficacy/performance of therapeutic products accessed by New Zealanders.

The Ministry of Health has released an exposure draft of the Therapeutic Products Bill and an associated Consultation Document for public consultation.

[Read more](#).

### Researchers to study human impact of Mycoplasma bovis

The emotional, social and psychological impacts of Mycoplasma bovis on farmers and farming communities will be studied by the University of Otago. (RNZ)

The disease, which can cause lameness, mastitis and abortions in cows spreads through cattle herds and last year the government introduced a programme to attempt to eradicate the disease by culling infected cattle.

[Read more](#).

### Rotorua group working to reinstate rescue helicopter as Ministry of Health defends new model

The Lakes District Health Board, Ministry of Health and local Labour MPs say even though a rescue helicopter is no longer based in Rotorua, response times are estimated to be the same or faster than under the previous model. (NZ Herald)

This comes as a group of Rotorua residents last week worked with Rotorua MP Todd McClay to file the necessary legal documents to form a trust with hopes to reinstate a Rotorua-based helicopter.

[Read more](#).

### Resources

#### 3DN e-Learning module

A new module "Supporting People with Intellectual Disability at Risk of Self-Harm and Suicide" is now available.

This module will cover:

- Understanding what is meant by self-harm and how it may differ from self-injurious behaviour
- Why self-harm may occur and its impact on people with ID
- Supporting people with ID who self-harm
- Risk factors for suicide in people with ID
- Recognising and responding to signs and symptoms of suicide in people with ID
- Supporting people with ID who feel suicidal
- Supporting people with ID who are affected by suicide
- Self-care when supporting people with ID who are at risk of self-harm and suicide.

You can access this module at [www.idhealtheducation.edu.au](http://www.idhealtheducation.edu.au).

#### Certificate of Fundamental Dermatoscopy course

Date: March 2, 2019  
Time: 08.15 - 17.00 pm  
Venue: Whenua Pupuke Clinical Skills Centre, North Shore Hospital, Auckland  
From: Skin Cancer Symposiums ([www.skincancersymposiums.com](http://www.skincancersymposiums.com))

The Certificate of Fundamental Dermatoscopy course is aimed at beginners in the field of skin cancer. Each registration includes a free MoleScope II Dermatoscope to help get you started. The main speaker is Professor Cliff Rosendahl from the University of Queensland and the co-author of "Chaos and Clues". This algorithm will provide you with a safe way to decide which lesions can be left and which require excising (this is achieved without needing to diagnose exactly what the lesion is). The algorithm is presented in a simple and easy to follow way with plenty of examples and repetition. Professor Rosendahl is ably joined by Dr Andrew MacGill (GPSI) and Dr Chris Boberg (FRNZCGP, Deputy Chair General, Chair NZ Skin Cancer Doctors). The content will be relevant to General Practice.

On the completion of this symposium, you will have the knowledge to safely identify and manage all forms of skin cancers. Most importantly, it will teach you skills to identify and to not miss a melanoma diagnosis.

The course will be highly interactive and is well reviewed. In 2018, it taught over 300 GPs in NZ and over 140 in the UK, and the course average rating was 4.7/5. For a "sneak peak" at Professor Rosendahl's teaching, click here: [www.dermoscopy.nz](http://www.dermoscopy.nz).

Fee: Early bird \$995 + GST which includes a MoleScope II Dermatoscope (worth \$445 + GST). GPEP 1 registrars can claim \$500 + GST for reimbursement with the college as an approved conference.

Also available is an upcoming advanced dermatoscopy two day course at the University of Auckland in July. Details are available at [www.skincancersymposiums.com](http://www.skincancersymposiums.com).

You can register here: [www.skincancersymposiums.com/](http://www.skincancersymposiums.com/). Early bird pricing applies and finishes February 2, 2019.

#### Rare Disease Day 2019 - NZORD

It's not rare to have a rare disorder. Up to 377,076 people in New Zealand have a rare condition. Collectively, rare disorders affect more Kiwis than diabetes.

Get involved in Rare Disease Day on February 28 and help raise awareness and funds for support groups throughout the country.

[Read more](#).

### LINKS

Ministry of Health online Postlets, click [here](#).  
Leaning on Fence Posts, Otago University research blog, click [here](#).  
Health Workforce New Zealand stakeholder bulletin, click [here](#).  
Mobile Health news, click [here](#).  
Medline (USA rural health) click [here](#).  
Death Documents Project (Ministry of Health), click [here](#).

### Not a member? Join the Network!

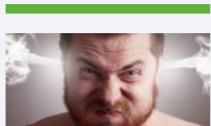
The Network is the only nationwide membership-based organisation in New Zealand representing the interests of rural general practice.

Visit our [website](#) for additional information and an online application form or contact Rob Olsen on 021 472 556.

### Testimonial

"NZLocums have been helpful and supportive from beginning to end. I would not have been confident about starting a locum post in New Zealand without their support."

Tony Pearson, GP, UK.



Need a GP?  
NZLOCUMS  
Follow this link!

### Managing hospital's biggest asset

Oamaru Hospital is a huge part of this district, and the people who work there have important roles to play in challenging times. The Oamaru Mail continues its regular series of profiling staff. Reporter Tyson Young catches up with the new human resources officer, Andrea Cairns.

[Read more](#).

### Medical students excited about their year in Northland

For the twelfth year running a select group of year five students from the University of Auckland, School of Medicine were welcomed into the esteemed Pūkākawaka programme at a pōwhiri in Whangarei on Monday (January 21). (Scoop)

The programme was set up by the University of Auckland's Faculty of Medicine and Health Sciences and the Northland District Health Board in 2007 to offer year five medical students the opportunity to gain experience in regional and rural health.

[Read more](#).

### NZ Doctor stories (log-in required)

### Couch to 250km - doctor takes on Namibian desert

Think you couldn't run 250km through the desert carrying all your own food and clothes for seven days?

Ruth Upsdell, trainee rural hospital and urgent care doctor at Central Otago's Dunstan Hospital, argues you could.

[Read more](#).

### GP's called on to help with Northland meningococcal W vaccination

Northland DHB has called on general practice for help with its huge meningococcal W vaccination programme as it enters its second phase.

The urgent vaccination campaign started last month in Northland where three people have died from the virulent strain of meningococcal disease.

Initially, the DHB was providing the free vaccines at schools and other designated sites for children aged from nine months to under five years and teenagers aged 13 to under 20.

[Read more](#).

### Heart attack survivor gives back to Heart Foundation

Feilding's Wendy Laurence had no idea her back pain could suggest she was having a heart attack.

She didn't even have high cholesterol. (Manawatu Standard)

But on getting worse, she got up feeling just terrible, constricted and really unwell, and it dawned on her she could be having a heart attack.

[Read more](#).

### Minor complaints such as earache clogging emergency phone line

A person who called 111 at 3am because they could not sleep is one of a growing number of minor complaints ambulance staff say are clogging the phone line. (Marlborough Express)

Earache and sprained ankles are among emergency calls made to ambulance 111 staff

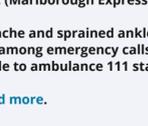
[Read more](#).

### Recognition from the 'off island' crowd for Hauraki Gulf practice

The directors of Great Barrier Island's Aotea Health can stick another award on the mantelpiece this year, this time bestowed by the Rotary Club.

Retired GP Ivan Howie, and rural nurse specialists Leonie Howie and Adele Robertson received one of New Zealand Rotary's highest awards on New Year's Day in recognition of their 30-plus years of service to their rural island community.

[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.