

General Practice Newsletter

Counties Manukau Primary Care

General Practice Newsletter from Counties Manukau DHB and Middlemore Hospital.

As another year draws to a close I wish to acknowledge the hard work and good outcomes that those working in the primary health sector deliver and thank you for this effort.

Geraint Martin our new Chief Executive will join us from Wales in early December. I extend a warm welcome to Geraint and his family. Geraint will tell us more about himself and his aspirations for Counties Manukau DHB in the next edition of this newsletter in the New Year.

This is a busy time for the DHB in planning and prioritising the activities for the District Annual Plan, which sets out the work programme for the 2007-08 year. We have embarked on a process to develop a three year Primary Health Care Plan and hope that you will engage in this either directly or through your primary health organisations. For further information please contact Tina McCafferty, Primary Care Development Programme Manager on ph: 262 9521, or e-mail: tmccafferty@cmdhb.org.nz

On 31st October we held a planning day for Primary Care and this identified the following priorities: workforce development (skills & capacity), change management up-skilling, working with the community, integration and coordination of care, better access particularly for the poor, performance/evaluation of the primary sector to ensure value for money and that it delivers on the population health goals set nationally. These areas will form the basis for the three year plan and also prioritisation of the immediate work programme, which among other things is likely to include: additional support for Chronic Care Management (a price increase has already been approved); focus on preventing diabetes and cardiovascular disease by CVD risk assessments for the population, including diabetes screening; updating of our Workforce Development Action Plan; continuing the work on an innovative model of primary care to be trialled initially in Mangere.

As you will often hear at CMDHB the success of the DHB is dependent on the success of the PHC sector in delivering on the goals of the PHC Strategy. I wish to acknowledge the role that each of you play in delivering on improved health outcomes for our community.

In closing I wish you all a very Merry Xmas and a safe festive season.

Dr Allan Moffitt, Director Primary Care Development

Eligibility of patients for funded healthcare when referred to Middlemore Hospital or elective services

When referring patients for further care at secondary services, acute or non-acute, including the Country of Birth in the referral letter will greatly speed up the process of establishing eligibility for free healthcare.

If the GP states country of birth is New Zealand*, and there is nothing in the DHB records to the contrary, then the patient will automatically be given an appointment and eligibility will need to be established when seen.

If there is no statement re Country of Birth or the Country of Birth is other than New Zealand and eligibility is not recorded in the DHB records, then proof of eligibility will be required and the patient will be contacted for passport and visa details.

The referring GP will only be informed when either the patient is:

- Not eligible
- Does not respond to requests of proof of eligibility.
- You can help by faxing or posting copies of passport details with the referral if these are available.

NB. From 1 January 2006 babies born in NZ after this time will need to prove NZ Citizenship as they will only be eligible for New Zealand citizenship if one of their parents is a NZ citizen or permanent resident.

Tom Bracken, GP Liaison, Acute Care, Medicine & Clinical Support

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Elective Services

GP Help Desk:

Ph 270 4723

Fax 277 1600

Antenatal HIV screening in the CMDHB region

Since 2000, nine children born in NZ to women with undiagnosed HIV infection have developed HIV infection via vertical transmission; three of these children were born in the CMDHB region.

With no intervention approximately 25% of children born to HIV infected women develop HIV infection via vertical transmission. This can be reduced to 1% with appropriate treatment and avoidance of breastfeeding.

In an effort to considerably reduce vertical transmission of HIV infection, the Ministry of Health is introducing a programme of universal offering of HIV testing to pregnant women nationwide. This programme was introduced in the Waikato earlier this year. CMDHB will be joining with Auckland and Waitemata District Health Boards to introduce this screening programme across the Auckland region in the future.

Until this programme is introduced in Auckland, all lead maternity carers in the CMDHB region should consider significantly increasing their rate of antenatal HIV screening. GPs performing the first antenatal screen or pre-conception assessments should also consider including an HIV test.

A Clinical Microbiologist or Virologist will automatically discuss any reactive screening tests with you and if HIV infection is confirmed you and your patient will be referred on to specialist HIV services.

Simon Briggs, Andrew Burns, David Holland, Selwyn Lang and Susan Taylor., Infectious Diseases and Microbiology Services. Middlemore Hospital.

Eligibility and referral to non-urgent elective service clinics

Only those patients who are eligible for subsidised medical care will be seen in non urgent Elective Services Clinics.

If a non-eligible patient is referred they will be returned to the referring doctor without being given an appointment.

If a referrer knows that a patient is not eligible for subsidised care then it is quicker to refer directly to a private facility.

Acute cases will still be seen at Middlemore Hospital but please warn non-eligible patients that there will be a charge for their hospital care.

Advance Notice

The 60th Anniversary of Middlemore Hospital is being held in the first week of May, 2007. Events will include lectures, debates, Sciencefest 2007, tours of the hospital, cocktail party, lunch and church services. Please put this in your diary and pass on to any ex Middlemore staff and friends of Middlemore who may wish to come. More information will be available on the CMDHB website in the new year. Any questions please contact Janine Rouse 09 276 0000 extension 8491 or Christine Lockhart on extension 8287.

Better access to hip and knee joint surgery

The CMDHB Orthopaedic department is now able to offer improved access to patients requiring hip and knee joint replacements.

If you have a patient you think would benefit from hip or knee joint surgery please refer them now to the Orthopaedic Department at CMDHB.

On referral please advise your patients:

- Referral time to First Specialist Assessment (FSA) appointment is currently 2-3 months.
- First Specialist Assessment to date of surgery is a further 2-3 months

The majority of patients are now having their joint replacement surgery well within 6 months from the time of referral.

We have also improved access to other orthopaedic subspecialties and are committed to providing treatment within a 6 month period.

If you have any queries in regard to referrals for Orthopaedic conditions please contact Michelle McCallum-Jones, Orthopaedic Service Manager. 021 784 191

Regards, CMDHB Orthopaedic Department

Ophthalmology Referrals Reminder

All non-acute eye referrals should be directed to CMDHB, Manukau Superclinic - fax 2771637.

Acute referrals should go to ADHB - on-call registrar phone 3074949

ACC, DVT and Ultrasound

Where the cause of a possible DVT is ACC related the ultrasound should be arranged through ACC in the community. This helps to reduce the load on the hospital and helps prevent unnecessary Emergency Care attendances.

Kidz First Outpatient Care

Referrals with paediatric disability, developmental and behavioural problems

Kidz First Outpatient Care provides Paediatric Disability / Developmental clinics at Module 3, Manukau Superclinic on a weekly basis. The Disability Team consists of three Paediatricians (Dr Warwick Smith, Dr Louise Porteous and Dr Adrian Trenholme), a Registrar in training and an Ambulatory Fellow (senior registrar).

New referrals should be faxed or posted to Manukau Superclinic Referrals and Appointments Centre. Please ensure that the families and whanau of all children and young people referred are aware of this process and the multidisciplinary and/or multi agency involvement. All new referrals to Kidz First Outpatient Care are processed by a Paediatrician. Appropriate referrals are forwarded to the weekly Disability Intake Meeting. This meeting provides the point of triage for all referrals to Kidz First Outpatient Care with disability, developmental and behavioural problems.

The Disability Intake Meeting is a multidisciplinary / multi agency meeting attended by two paediatricians and fellow, a paediatrician from Whirinaki (Child & Adolescent Mental Health Service), and representatives from GSE School Focus team (for children > 5 years) and GSE Early Intervention team (< 5 years), CCS, Ohomairangi Early Intervention Trust, and Kidz First Child Development team.

Each referral is discussed, and a decision made as to the most appropriate place for the child or young person to be seen, including any assessments e.g. Audiology, speech language therapy that would be helpful.

A recommended timeframe for the child to be seen in the Paediatric Disability clinic and referrals on for other appropriate assessments/therapists (e.g. Speech Language Therapy and EI Group Special Education, Kidz First Child Development team, Audiology, and Ophthalmology) are made as a result of this meeting.

Referrals for query ADHD over 5 years of age and Autistic Spectrum Disorders > 5 years are usually referred onto Whirinaki (Child and Adolescent Mental Health).

Referrals for query Autistic Spectrum Disorder under 5 years will be seen by the SAPAT team in a multidisciplinary assessment consisting of paediatrician (Dr Warwick Smith), and GSE psychologist and speech language therapist.

A Multidisciplinary Clinic is run on a monthly basis and provides a multidisciplinary assessment on some young children < 2-3 years who see a paediatrician (Dr Adrian Trenholme), physiotherapist and Visiting Neurodevelopmental therapist from the Kidz First Child Development team.

The Disability Clinic can provide only a limited service to children and young people over the age of 6-7 years presenting with learning difficulties at school. Such referrals need to be accompanied by good quality information from the class teacher, Special Education Needs Co-ordinator (SENCO), Resource Teacher for Learning and Behaviour (RTLb) or Group Special Education (GSE). The information should describe in detail the concerns and question to be addressed, academic achievement in each subject relative to peers, a profile of the child's learning and behaviour including attention, memory, language skills (receptive and expressive), visual spatial ability, gross and fine motor function, and social behaviour. If appropriate a cognitive assessment should be obtained prior to referral to the clinic. The clinic does not have access to an educational psychologist. Referrals to Kidz First Outpatient Care, C/- Manukau Superclinic, Fax: 09 277 1600, Private Bag 98743, SAMC.

Counties Manukau DHB Boundaries

There has been confusion about the boundaries especially the southern boundary.

In this issue of the newsletter there is a map of the area the CMDHB is responsible for. The land marks which may make it easier to understand are:

The northern boundary is down the estuary, across the northern edge of the golf course over to the railway line and then extends up the railway to the west coast.

The Southern boundary extends down to Miranda on the East and down to below Glen Murray and Mercer and then across to the west coast.

You can view the map of our area at <http://www.moh.govt.nz/dhbmaps>

Innovative Models of Primary Health Care Project Planning for the Future

CMDHB is currently developing its long term Health Services Plan (HSP) to identify the services and facilities required to meet the needs of its population in 2026. The Counties Manukau population is projected to grow by 50% (to 589,000) over this period with a 172% increase in the over-65 age group.

Hospital bed modelling indicates an additional 675 inpatient beds will be required by 2026 unless significant changes are made in the way service are delivered, across primary and secondary care, to reduce the rates of hospital admission.

The Innovative Models of Care project will consider the decentralisation of specialist services that are not facility dependent and the enhancement of primary health care services including aggregation and integration of general practice with DHB and other community services.

Primary & Community Health Centres (PCHC) are being proposed as a vehicle for this reconfiguration to facilitate new models of care through teamwork, service co-location, service integration and supporting self-care. They will provide an opportunity to influence change in the way that primary health care is currently delivered, with a greater focus on population health, preventative care and wellness and multi-disciplinary teamwork.

It is proposed to plan for the first PCHC in Mangere. Expressions of interest will be invited from Mangere providers in early 2007, to work in partnership with CMDHB to develop new models of care for the future and develop a business case to establish a PCHC over the next 3 years. If you would like more information about this project, contact Alan Greenslade, 09 263 1356, Project Manager Innovative Models of Care, at CMDHB.

Primary Mental Health Scholarships

There are scholarships available for primary care practitioners (e.g. GPs, nurses and community health workers) who work in Counties Manukau and wish to undertake study in the area of mental health.

In order to be eligible for these scholarships you must:

- Be working in a primary care setting in Counties Manukau
- Be undertaking a programme study of which a minimum of 50% of the course content is in the area of mental health.
- Be a permanent New Zealand resident
- Not be receiving any other scholarship/funding for this course of study
- Have your proposed study programme approved by the scholarship approval committee

The course of study may, but not necessarily, be part of a recognised postgraduate qualification. The scholarships cover both course fees and, if self employed, locum cover. Funding for bureau nursing cover is also available. If the applicant is planning a formal postgraduate qualification the scholarship may cover all course and locum costs provided that the content of the agreed course is at least 50% mental health.

For more information on these scholarships and a copy of the application form go to the South Auckland Health Foundation (SAHF) website www.sahf.org.nz or contact the SAHF by email sahfoundation@middlemore.co.nz or tel 09 270 8808.

Applications close 19 January 2007. No late applications will be accepted.

It is worth noting that in 2006 the Department of General Practice at the University of Auckland developed two new courses in mental health aimed at general practitioners and primary care nurses. The feedback on the courses has been uniformly very positive. These courses will be offered again in 2007.

The courses are Primary Mental Health 1 and Primary Mental Health 2. They have a clinical and practical focus on common mental illnesses and presentations found in everyday general practice including:

- screening, assessing, and treating depression, anxiety and pain disorders
- detection, self management and relapse prevention in alcohol and drug disorders
- mental health issues in young people and the elderly
- the relationship between mental and physical illness

The courses are offered in a flexible learning format (distance learning plus full day teaching blocks) at the School of Population Health at Tamaki Campus.

To discuss these 2 courses in more detail, including how they may contribute to a recognised post graduate qualification, contact the Primary Mental Health co-ordinator Dr Fiona Moir Ph 09 373 7599 ext 84473 f.moir@auckland.ac.nz

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Certificate in Community Health Work

Counties Manukau District Health Board (CMDHB) and Primary Health Organisations (PHOs) in Counties Manukau have worked closely with Manukau Institute of Technology (MIT) to develop a level 4 Certificate in Community Health Work.

This certificate is designed to provide the practical skills and knowledge in a qualification that equips participants to work as a community health worker alongside other professionals in health and social service fields, for the benefit of the health and well-being of families, individuals and communities.

The certificate is made up of four courses: Primary Health Care Relationships, Promoting Health and Wellness, Health Systems and Services and a Practicum.

The first certificate will commence March 2007 and will run part-time throughout the year. For more information on this certificate call MIT on 0800 62 62 52 or visit www.manukau.ac.nz.

CMDHB is offering to subsidise up to 20 places (for the first course in March 2007 only). To ensure consideration of funding, applications should be submitted by 15 December 2006. To find out how to apply for funding contact Bronwyn Anderson: email bronwyn.anderson@cmdhb.org.nz or tel 09-262 9566.