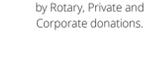


Welcome to the New Zealand Rural General Practice Network e-zine for 19 July 2019



In this issue: Give your overseas doctors a great start! • Rural communities could be cut off from health services if their airports close • New ambulances designed for rural areas have arrived and much more...



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The Network's health promotion partner.

Give your overseas doctors a great start!



Pictured from left to right: Dr David Irvine (USA), Dr Martijn Mantingh (The Netherlands), Dr Mark Lees (Canada), Dr Nicole Yuen (Singapore), and Dr Mary Beth van Siclen (USA).

NZLocums Orientation is tailor-made for internationally trained GPs and Practice Nurses, which prepares them for their new posts in New Zealand. Contact Ayumi today for more information, email: ayumi@nzlocums.com or visit www.nzlocums.com

NZLocums welcomed five doctors and their families from countries including USA, Canada, The Netherlands and Singapore this month. They attended NZLocums Orientation for overseas trained GPs held in Wellington from 8 – 10 July before travelling to their respective placements: Dr David Irvine will be working in Masterton, Dr Nicole Yuen in Lower Hutt, Dr Mark Lees in Tairāwhiti, Dr Mary Beth van Siclen in Darfield and Dr Martijn Mantingh in Hawke's Bay.

The three-day Orientation course introduced them to New Zealand's health system and important aspects of living and working in New Zealand including Māori culture. It was also an opportunity for them to meet others in a similar situation.

Rural communities could be cut off from health services if their airports close

Rural medicine specialists are warning some isolated communities could be cut off from vital medical services if their local airports are forced to close through a lack of investment. (Stuff)

Patients in rural communities are reliant on smaller air ambulances using regional airports to connect them with main centres, where most healthcare was carried out.

[Read more.](#)

New ambulances designed for rural areas have arrived

Ambulances specifically designed for rural New Zealand conditions have arrived in northern Wairarapa and southern Hawke's Bay. (Stuff)

Pongaroa and Porangahau have received the new first response unit St John ambulances, which are smaller and nimbler than their city counterparts.

[Read more.](#)

GP registrars chose city training as under-doctored regions flounder

Trainee health professionals not willing to train in rural New Zealand should be seen as "uncommitted" and dropped from their medical training scheme, a Blenheim GP says.

Omaika Medical GP Dr Guy Gardiner said there are "vast swathes" of New Zealand where GPs were actually competing for patients, such as Auckland, Wellington and Christchurch, while Marlborough practices weren't open to new enrolments.

[Read more.](#)

Collaborative effort to after-hours care in Kaitaia

From 1 July Kaitaia Hospital Accident and Medical Department is providing the on-call overnight roster (10 pm until 8 am) to which general practice used to contribute. (Scoop)

"With fewer GPs working in the Kaitaia area than usual, and practices finding the recruitment of GPs and locums difficult, we have taken over responsibility for the overnight care to help reduce some of the pressure," noted Dr Nick Chamberlain, Chief Executive.

[Read more.](#)

College of Midwives elects first Māori president

The New Zealand College of Midwives has elected its first Māori president, Nicole Pihema.

Ms Pihema has been a registered midwife since 2009, and is the Lead Maternity Carer midwife in the Bay of Islands. (RNZ)

But her admiration and passion for midwifery began many years earlier, when she became a mother.

[Read more.](#)

Tararua health expo planning well underway

A working party set up to organise a health expo forum for Tararua's growing elderly population held its first meeting on July 8 and has hit the ground running. (NZ Herald)

The meeting of a small sub-group of interested people who all work with the elderly in Tararua was convened by Tararua District Council representative Alison Franklin, a member of the Tararua Health and Wellbeing Group governance group.

[Read more.](#)

Have your say on new rules for medicinal cannabis

More widespread access to medicinal cannabis products is a step closer with the release of proposals for regulations, says Minister of Health Dr David Clark.

The Ministry of Health has published the proposed regulations and standards for medicinal cannabis, covering everything from cultivation to quality standards. Public consultation is open for four weeks.

The consultation runs until Wednesday, August 7. More information can be found on the [Ministry of Health website](#).

[Read more.](#)

ALSO read (RNZ) [Medicinal cannabis 'false hope' for chronic pain sufferers - pain doctors](#).

Significant achievement with Cxbladder added to guidelines

Cancer diagnostics company, Pacific Edge (NZX: PEB), advises that Cxbladder has been included in the latest version of the National Comprehensive Cancer Network (NCCN) Guidelines for Bladder Cancer in the USA. (Scoop)

[Read more.](#)

Staff shortages force temporary closure of Central Otago primary birthing unit

Pregnant mothers in a Central Otago town were left without a primary birthing unit twice in just four days due to staff shortages. (Stuff)

Alexandra's Charlotte Jean Maternity Hospital was forced to close for 36 hours from 8pm on July 6 and again on July 9 because there were not enough staff to cover the roster.

[Read more.](#)

Invercargill nurse who was told tumour was 'in her head' collapses in Australia before emergency surgery

An Invercargill nurse who says she was told her back injury was "all in her head" by doctors at Southland Hospital had surgery in Australia to remove a tumour from her spine, after collapsing on a family holiday. (Stuff)

[Read more.](#)

\$1.5m study hub at Southland Hospital officially launching next month

Student interns working at Southland Hospital will be given a boost from next month with a \$1.5 million study hub officially opening. (Stuff)

Students and teaching staff at the hospital will be able to use the 443sqm facility for 24/7 student study, seminars, video conferencing and research.

[Read more.](#)

That's Interesting

National portrait: Hepatitis C treatment pioneer Ed Gane

Those first patients stick with him. They were malnourished and yellow, yet swollen with fluid. Confused, because the toxins usually cleared by their livers travelled instead to the brain. Out of hope, on the edge of death. (Stuff)

[Read more.](#)

The Checkup's Dr Samantha Bailey on the pros and cons of online consultations

Christchurch doctor Samantha Bailey was working at an after-hours clinic one long weekend when she had a lightbulb moment. (Stuff)

"I saw a lady who had been waiting three hours to see a doctor," recalls Bailey.

"She had a really simple problem and I apologised to her for the wait because it was Waitangi weekend and she said, 'Don't worry. This is the status quo'."

[Read more.](#)

University of Otago Rural Generalist CME Workshop 2019

This is the eighth annual rural CME workshop held by the Rural Postgraduate team. This year at Taranaki, Taranaki Base and Hawera clinical teams will facilitate case-based discussions reviewing latest evidence applied to the rural context.

Topics include acute paediatric, renal, rural obstetric cases, alcohol withdrawal, mana enhancing practice, rural experience with tracheostomy and more. It is suitable to both GPs and rural hospital doctors. Numbers limited to 25 participants. Early bird finishes August 3, 2019.

[Visit the website](#)

Or contact Yan Wong 027 577 2740 yan.wong@otago.ac.nz

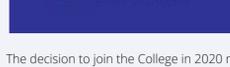
2020-21 Harkness Fellowships in Health Care Policy and Practice call for applications

The Commonwealth Fund is pleased to announce the co-sponsorship of the New Zealand Ministry of Health in the Harkness Fellowships in Health Care Policy and Practice, bringing to the programme an invaluable policy perspective and commitment to a high performing health care system that will further enrich the experience of Fellows and their impact upon returning home. October 7, 2019 is the deadline for receipt of applications from New Zealand. For further information visit: www.harknessfellowships.org

The Rural Youth & Adult Literacy Trust

This trust provides free reading and writing lessons to rural/isolated teenagers and adults. This service is available nationwide. Over 1 in 10 New Zealanders leave school without the literacy skills they need to participate fully in society. Word of mouth is really important when reaching out to those who are preliteracy. If you know anyone who might benefit from literacy support please ask them to call the Trust on 0800 891 339. The lessons are free and are over the phone or by Skype, so it's private and there are no classes to attend. For more information visit www.adultliteracy.ac.nz or find them on Facebook [Rural Youth & Adult Literacy Trust](#)

Conference 2020 Auckland – NZRGPN gets behind WONCA Asia Pacific



In 2020 the Network will join the Royal New Zealand College of GPs to host the WONCA Asia Pacific Regional Conference in Auckland. The dates are April 23-26 and the venue is the Aotea Centre.

The decision to join the College in 2020 means the Network's and the College's annual conferences will be held under the WONCA (World Organisation of Family Doctors) banner and under the same roof next year. The conference will have a rural stream as part of the programme, says Network Chief Executive Dalton Kelly.

"Rural health professionals: doctors, nurses, midwives, pharmacists and other allied health professionals are invited to register for and attend the WONCA Conference in Auckland.

"There will be a huge range of topics and speakers to choose from. Delegates are expected to come from all parts of New Zealand, Australia and the Asia Pacific Region, so this prestigious event will feature a diverse range of people, professions and learning.

The Network will hold its Committee meeting and Annual General Meeting at the 2020 conference.

Mr Kelly said the Network's regular National Rural Health Conference will resume in 2021 with a planned return to Christchurch as host city.

Family medicine theme

The theme of the 2020 conference will be "Family Medicine leading the way towards an advanced world of equity, quality and compassion". The essence of this theme is captured in the Māori whakatauki (proverb): Ko te pae tawhiti whāia kia tata, ko te pae tata whakamaua kia tina, which translates to "Seek distant horizons in pursuit of excellence".

Key themes of the scientific programme are:

- Patient-centred care
- Rural Health
- Equity
- Mental health
- E-health: health technology
- Multi-disciplinary primary health teams.

Abstracts submissions are now open. To visit the official Asia Pacific WONCA website visit this [LINK](#).

Suicide rate among Māori men rises to highest in decade

The suicide rate among Māori men rose to almost 32 per 100,000 in 2016 - more than double the non-Māori male rate. (RNZ)

Ministry of Health figures showed that among Māori males the suicide rate was 31.7 per 100,000 in 2016, up from 25.6 per 100,000 the preceding year. The figure is the highest rate in the previous decade and more than twice that of the non-Māori male rate of 14.3 per 100,000.

[Read more.](#)

Dr Lester Levy appointed in new role as strategic advisor

Southern Cross Health Society has selected a new role to help it meet the future needs of members, appointing health sector leader Dr Lester Levy into the position.

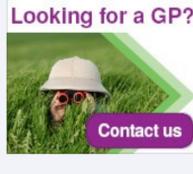
Dr Levy will act as Strategic Advisor - Future of Healthcare in a part-time capacity, advising and helping to shape the Society's overall strategy. In particular evolving the future operating model and plans for digital health and value-based contracting to achieve optimum health outcomes.

[Read more.](#)

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 has been instrumental in allowing me to fulfill my dream of relocating to New Zealand and working as a GP here. They offered me guidance from the earliest stages till the Orientation before starting work. I had a specific contact in NZLocums who helped at every stage and was very responsive to any queries I had. The Orientation material and programme were invaluable in getting me familiar with the workings of the NZ health system. I cannot thank them enough."

Dr Nicole Yuen, Singapore

NZ Doctor Stories (login required)

DHB shoulders overnight on-call duty to relieve tired Kaitaia GPs

Northland DHB has taken responsibility for on-call overnight services off the shoulders of over-pressed GPs in Kaitaia.

Since 1 July, Kaitaia Hospital's accident and medical department has been providing the on-call overnight roster from 10pm until 8am.

[Read more.](#)

New programme authorises registered nurses to prescribe common medications

Registered nurses working in the Counties Manukau area and in all Family Planning's clinics can now obtain authority to issue prescriptions for a limited list of medications.

Associate health minister Jenny Salesa on Friday announced a "managed roll-out" of nurse prescribing for contraceptives and short-term antibiotics for common conditions.

[Read more.](#)

College continues rebuild ahead of Judkins stepping up at GP19

New appointments have been made to round out the RNZCGP board, which gets its new elected representative Greg Judkins at the annual meeting this month.

The board has appointed governance and marketing communications specialist Susan Huria (Ngāi Tahu, Ngāi Tuahuriri) as an independent director, and GP Jason Tuhoē (Hauraki, Ngā Puhū) as the board apprentice.

[Read more.](#)

Dusty Northland roads a health hazard say environmental researchers

Dust from unsealed Northland roads could have a small effect on premature mortality and be costing the health system millions of dollars, according to a new study.

Residents in Northland have been complaining for years about the effects of road dust, which has been exacerbated by a big increase in movements of logging trucks.

[Read more.](#)

Links

Ministry of Health online bulletins, [click here.](#)

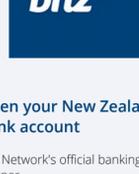
Learning on Fence Posts, Otago University rural research blog, [click here.](#)

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.](#)



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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.