



Round the Bays promotes healthier lifestyle



Programme to better coordinate diabetes services



New Ora Toa Medical Clinic opens

Primary Importance

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A newsletter from Capital & Coast DHB for providers and community organisations involved in primary care.

Pilot scheme aims to reduce sharps danger

A pilot programme has been set up to reduce the danger of injury or infection through contact with contaminated sharp objects, such as needles.

Funded by C&C DHB, the Community Sharps Waste Collection and Disposal Pilot Project was initiated by the C&C DHB Infection Control Committee.

This was as a result of concerns raised by the C&C DHB Occupational Health Department, Wellington Diabetic Service and Wellington City Council regarding the inconsistent method for disposing of sharps.

The project involves providing these patients with a free special personal waste container for their used needles and other sharps, to avoid placing them in kerbside waste bags.

Many health care specialists were involved in implementing the service, including pharmacists, diabetes nurse specialists, PHO managers, primary care health workers and sharps users themselves.

The service will be based within pharmacies and the waste containers



Katie Brown uses the free sharps containers.

made available at nine participating outlets.

Katie Brown, Programme Manager for C&C DHB, says the project aims to reduce potential hazards.

“The special container means sharps can be safely disposed of. The containers can then be taken back to the pharmacist once full and a new, empty sharps waste container provided.

“This improves the safety of not only the patient and other members of their household, but also rubbish

collectors who might accidentally injure themselves,” Katie says.

The Needle Exchange is providing the personal sharps containers and a pick-up service of the filled containers from each pharmacy. The containers will be tracked by pharmacists to make sure they are returned.

The service will be evaluated on the number of containers received back from patients, as well as feedback from both pharmacists and patients.

The 18-month pilot service is due to begin late in May and will be reviewed after six months.

It is hoped that a substantial number of people in the Tawa and Porirua areas who self-inject medications will be able to access the sharps disposal containers shortly.

Currently there are more than 300 people in the area who self-inject insulin.

Patients in the trial area can ask about the free service at their pharmacy, their GP, Practice Nurse, or contact Diabetes Nurse Educator Dinah Porteous at Tumai Mo Te Iwi PHO, or staff at Porirua Health Plus.

Healthy Eating Healthy Action (HEHA) up and running

The Healthy Eating Healthy Action: Oranga Kai Oranga Pumau Strategy has now been launched.

A national HEHA Workshop was held earlier this year and HEHA Project Managers have been appointed in all DHBs.

The governance structure of HEHA is now being put in place and consultation is underway with key stakeholders.

A strategy is currently being drawn up for how HEHA will be coordinated across all sectors and within the DHB, with consultation and planning likely to continue through to next year.

A priority of the project will be to reduce inequalities in specific communities, with initial key areas of focus on children and youth, schools and early childhood settings, breastfeeding, and workforce development.

Important aspects of the work programme for 2007 will be the implementation of the food and nutrition guidelines in schools and early childhood centres. Applications will be received for funding for innovative initiatives in schools as part of the Nutrition Fund.

Over the next year the relationship

between nutrition funding, Health Promoting Schools and Fruit in Schools, and providers who undertake nutrition and physical activity work in schools and early childhood centres, will be further developed.

This will include Public Health Nurses, PHOs and organisations such as the National Heart Foundation and Sport Wellington Region.

C&C DHB's project manager for HEHA is Robyn Blue, who can be contacted at the Planning & Funding Directorate.

New evidence sets course for approach to healthy eating

Reports released by the Health Sponsorship Council (HSC) have highlighted how to promote nutrition practices and healthier environments as a way to help maintain healthy weights and prevent obesity.

The reports summarise current evidence and expert advice about using social marketing to improve eating habits.

The HSC commissioned research to establish the direction for the new healthy eating social marketing programme.

The report: 'Rapid Evidence Review of Nutrition Social Marketing Interventions to Prevent Obesity', prepared by Quigley and Watts Ltd, focuses on effective social marketing for factors - identified in a World Health Organisation (WHO) report, as causing obesity.

These include high intake of energy-dense, nutrient-poor foods and sugar-sweetened drinks, and home and school environments that support healthy food choices for children.

A high level of television watching was also a factor included in the review, following findings from the ANA Scientific Committee and WHO, that watching television contributes to increased body weight and obesity in children.

The new report says interventions aimed at improving nutrition are relatively new and the evidence-base is still emerging.

It identifies a number of important factors for effective nutrition-related social marketing, such as a coordinated national approach supporting local programmes, and targeted, culturally appropriate campaigns.



One way C&C DHB promotes better eating is through healthier food in vending machines on its sites

It also found that effective nutrition-related education campaigns can be used for nearly any target group in nearly any setting. But the key to success is a quality process for developing and implementing such programmes.

"The report offers a useful overview for the public health nutrition community about what is happening internationally, and where there is evidence for success," says Jim Mann, Chairman of HSC's Public Health Reference Group for Improving Nutrition.

"While there has been a lot happening in schools to influence nutrition, as we are seeing now in New Zealand, it is interesting to see how little has been happening from a social marketing approach in homes and communities. It gives us an interesting challenge for this programme."

The review's findings are complemented by another report summarising the views of key people from the nutrition sector, the food industry and related organisations.

Representatives from various industries and organisations provided a cross-section of views.

There was overall support for a social marketing approach and agreement that healthy eating and preventing obesity was a complex, multi-faceted issue. It was one that required significant effort and commitment to contribute to long-term behavioural change.

There would be a focus on improving nutrition for children through communicating with parents and caregivers. There should also be a focus on the needs of Maori, Pacific people, and families from low socioeconomic communities.

On the run, then on yer bike!

A huge turnout greeted organisers of this year's Wellington Round The Bays Fun Run, helping to educate and create awareness of obesity and improving health and fitness in the community.

Keeping within a healthy weight range and doing regular exercise can reduce the risk of developing illnesses such as diabetes, high blood pressure and heart disease, some cancers, osteoporosis, and stroke.

The Capital City turned on a fabulous day for the 7km event and it attracted the biggest field in its nine year history with about 10,100 participants – beating last year's 9,700 people.

This year saw the introduction of transponders so that every participant had their own individual and accurate time as they ran or walked around the bays.

C&C DHB always supports events that encourage people to take up more exercise and live healthier lifestyle.

Shortly after the fun run, the city held the Wellington Bike The Bays cycle ride, which coincided with national Bike Week. Participants, who included Mayor Kerry Prendergast and

C&C DHB Chief Executive Margot Mains, chose which one of the 5km, 13km or 32km course routes to take.



Support network for range of services to diabetes patients

With diabetes one of the highest health priorities in our community, a new project has been launched that will ensure all services for patients are well supported.

There is a significant challenge to ensure services relate effectively to patients, that communication between services is good, and that they are meeting the needs of the diverse population of people with diabetes.

The Diabetes Coordination Project aims to find out how to coordinate and lead diabetes prevention and services across the district, as part of the programme to support chronic disease prevention and management.

Diabetes is a complex chronic disease that can lead to a range of serious complications, including cardiovascular, eye, foot and renal disease, and premature death if it is not well managed.

Evidence suggests there will be rapid growth in the number of people with diabetes – particularly in Māori and Pacific populations.

C&C DHB Project Coordinator June Johnson, says a significant investment has been made within diabetes and many initiatives are now in place, one of which is the Diabetes Coordination Project.

“To achieve the best outcomes for people with diabetes, there needs to be a well organised, personalised and multi-disciplinary approach that supports the person and their families to do what is needed,” June says.

“Diabetes prevention is an important part of the DHB role – both at a community level and working with the families of people with diabetes who

may be at higher risk.”

A survey of key stakeholders was carried out earlier this year to find out the views of a wide range of consumer groups, medical professionals and others with an interest in diabetes they were asked what coordination and leadership was required for the next three – five years.

The survey shows there is a need for diabetes services to be working together in partnership and for more formal coordination between them.

June says this will improve understanding of roles and service responsibilities.

“The survey found people thought a dedicated person whose responsibility it is to coordinate services, would improve service delivery between primary and secondary care services, reducing confusion and making more effective and efficient use of the services we have,” she says.

There is also a call for mentorship and clinical supervision, improved education of the workforce, better support for multidisciplinary involvement in the overall service, with more workforce needed in the area of allied health – such as dietetics and psychology. Diabetes prevention is considered a priority.

June says population-based programmes, coordinated by the Ministry of Health, the DHB and PHOs, are helpful joint strategies and intervening at all levels with protected resource, as well as involving communities, is a useful way forward.

She says there is also a need to see diabetes in the big picture of chronic disease in the community. It needs a

multidisciplinary focus with sufficient planning and strong coordination across boundaries that will improve the outcome and reduce disparity.

C&C DHB will also continue to monitor the results of the Get Checked programme annually.



The project hopes to achieve better coordination between community and hospital-based diabetes programmes, using the expertise of staff such as Specialist Diabetes Nurse Dianne Thomson, left. She is working with patient Ken Howell while orthopaedic nurse Margaret Hogg looks on.

Partnership boosts diabetes education

A joint programme between three Wellington organisations has been established for diabetes education and workforce development training.

Last year C&C DHB awarded a new contract to the Wellington Regional Diabetes Trust (WRDT), in partnership with Wellington Independent Practice Association (WIPA) and Whitireia Polytechnic to work together on the programme.

It builds on a programme delivered previously

by strengthening the quality of education through assistance from Whitireia. Programme modules for nursing have now been incorporated into Whitireia's Certificate in Health Professional Practice Development.

The new programme follows on from plans for workforce development put forward some time ago by the WRDT. This targeted nurses in primary and secondary care including practice nurses, Maori disease state management nurses, Pacific nurses, diabetes nurse educators and general practitioners.

Research on best diet for diabetes patients

A group of Wellington area diabetes patients are taking part in a large study to see what sort of diet is more effective at reducing the symptoms of type 2 diabetes in overweight patients.

About 200 C&C DHB patients, who are considered to be overweight and who have type 2 diabetes, are taking part in the three-year study, called the Diabetes Excess Weight Loss trial. They are part of a group of 450 patients from Wellington, Christchurch and Auckland who are participating.

Funding of \$1.4 million for the trial is being provided by the Health Research Council of New Zealand.

The trial is a randomised study comparing a low fat diet with a high protein, reduced carbohydrate diet. The low fat diet is the current recommended diet to reduce weight for these patients, but the study compares how effective this diet is against other methods.

It is thought patients on the new diet will find the high protein content helps them feel full, while at the same time keeping carbohydrate intake low may

create a smoother blood glucose profile.

It is hoped the trial will show which specific diet is more effective at creating sustained weight loss in people with type 2 diabetes and improving their overall health status – in particular their blood glucose control, blood pressure, cholesterol and cardiovascular disease risk.

The trial includes only patients with type 2 diabetes who have a Body Mass Index of over 27.



New Porirua medical centre up and running

A brand new medical facility has been opened in Cannon's Creek, Porirua, and vastly improves the assessment and treatment environment for both patients and staff.

Ora Toa Medical Centre can now operate more effectively, including better mobile, outreach, and dental services. Ora Toa can help patients maintain and feel comfortable in managing their own health.

Staff can provide information and support to patients on conditions such as diabetes, heart disease/heart failure, lung disease (asthma), nutrition, ideal weight and smoking.

Ora Toa provides general practice services. For further information about the services offered, contact Diane Stevens at Ora Toa (Ph: 04 237 5152).



Staff at the new Ora Toa Medical Centre in Porirua

Volunteers wanted for research

In one of a number of studies currently being undertaken into diabetes prevention and management, family members of diabetes sufferers can check their risk of getting the disease.

C&C DHB is involved in 'Trialnet', which is looking to identify people at risk of type 1 diabetes. To do this, family members of people with the disease are being invited to be assessed. Those who are found to be at risk may be invited to take part in diabetes prevention programmes.

Another important study is looking at the treatment of high lipids (cholesterol levels) in people who are already taking lipex and have had a heart attack.

Meanwhile, several studies are looking at exciting new medications to help control type 2 diabetes.

A team of researchers will also be working closely with the mental health team on a study to try to deal with the side effects of new antipsychotic drugs.

Researchers are always looking for people who are willing to take part.

If you would like to find out more about current research, you can contact Linda Kent or Pip Cresswell by calling (04) 918 6631, or email linda.kent@ccdhb.org.nz

If you have any comments or suggestions, or if there are topics you would like us to cover in future newsletters, please contact Raylene Bateman on (04) 385 5480 or email Raylene.Bateman@ccdhb.org.nz

To receive our DHB newsletter, email Michael.Tull@ccdhb.org.nz

If you have any questions, call our information hotline: 0800 999 442.