

C&C DHB Partner Update

October 2010

Capital & Coast DHB will regularly be providing information packs to stay in touch with our colleagues in primary health and to keep everyone up to date with what's going on.

Please help us by distributing this to other Primary Health Care Providers who you think might find this information useful.

This edition and previous editions are available to view on healthpoint.co.nz under the Medical Professional section – News.

Headlines in this edition:

- ***C&C DHB develops guidelines for CT Colonography*** – new guidelines attached
- ***Capital and Coast Rehab Concussion Service*** – new ACC-referred service available
- ***Electronic Health Record 2 - Electronic Healthlink documents***
- ***PATHS service*** - for patients on Sickness or Invalids Benefits
- ***Infection Prevention and Control*** – October update
- ***New ABC Facilitator for Capital & Coast DHB***
- ***Primary Mental Health website***
- ***New nursing graduates***
- ***HRANZ /DHB agreed guidelines for competency referral project***
- ***Mental Health and Addiction –Primary Care Forums*** – 11 Oct and 3 Nov
- ***PHARMAC Seminar Series - “Prescribing in Rest Homes”***
- ***Health Navigator – Long Term Conditions Resource***
- ***C&C DHB Integrated Model for Anticoagulation Management***
- ***Vodafone Foundation launches youth health fellowship***
- ***New Guideline for Diagnosis and Management of Functional Gut Disorder (Irritable Bowel Syndrome) education session for Kapiti*** – 3 November

Attachments to this newsletter are marked as **bold and underlined**

C&C DHB develops guidelines for CT Colonography

The C&C DHB Gastroenterology Group identified a gap in the guidance for GPs and other clinical staff in the appropriate use of CT colonography. Because of this, a guideline has been developed to support the use of this relatively new imaging technology. This guideline has been developed by local GPs in association with the Gastroenterology Department of Wellington Hospital.

This guideline has been endorsed by the Compass Health Community Referred Radiology Scheme and should provide guidance for GPs as to when CT colonography is indicated in preference to standard optical colonoscopy. The guidelines will also be on our Healthpoint site under "Clinical Pathways Collaborative" Gastroenterology.

Please see the attached guidelines.

Capital Coast Rehab Concussion Service

Capital Coast Rehab is one of two care providers for the ACC concussion service contract. The C&C DHB Service is based in Wellington and works with clients across the entire Capital and Coast District. The service aims to have clinicians see patients at the base closest to their home, and, in some instances, at the patient's home.

The recently revised referral criteria are determined by ACC. Applicable patients will have:

- Mild to moderate traumatic brain injury
- Post-concussion syndrome
- Been injured in the last 12 months
- Have ongoing signs and symptoms such as:
 - mood changes
 - difficulty concentrating
 - visual disturbances
 - memory problems
 - balance issues
 - nausea
 - fatigue
 - headaches
 - muscular aches

To make a referral you need to:

- Complete an **ACC45** to register the claim
- Complete an **ACC883** (concussion service referral form)

Both of these forms are available electronically on the ACC website:

<http://www.acc.co.nz/publications/index.htm?ssBrowseSubCategory=Concussion%20Service>

- Designate your provider (either C&C DHB or CAVIT)

- Fax the **ACC883** referral to

ACC Wellington Fax no: (04) 494 5020

ACC Porirua (which includes the Kapiti area) Fax no: (04) 238 6001

ACC have two days to review the referral. If ACC declines the referral they will notify you. If it is approved by ACC they will forward it onto a provider. You have the option of indicating a preference for providers but ACC ultimately makes that decision.

If ACC designates C&C DHB as the provider we will make phone contact with the patient to arrange appointments and send out reminders as appropriate. There is no waiting list for patients to be seen at the C&C DHB Concussion Service for their initial assessment but due to the nature of traumatic brain injuries, the assessments may take a number of sessions to complete.

The primary clinicians involved in delivering this contract for C&C DHB are Tracy Higham and Dr Andrea Laborde. Tracy is an occupational therapist who has significant experience in working with people with mild to extensive traumatic brain injury. Andrea is a rehabilitation physician who has treated survivors of brain injury for over 19 years. They are supported by our Capital Coast Rehab team which includes physiotherapists who have expertise in treating vertigo and neuropsychologists who can document cognitive deficits and differentiate the contribution of psychological issues (such as anxiety, depression and/or PTSD).

For further information about the Capital Coast Rehab Concussion Service please contact:

Chantalle Corbett, Team Leader

(04) 918 6341 or 027 4444216

Chantalle.Corbett@ccdhb.org.nz

Electronic Health Record 2 - Electronic Healthlink documents

On 14 November 2010 C&C DHB will start sending a number of documents that are currently faxed and/or mailed, electronically via the Healthlink mailbox – the same mechanism as the Discharge Summary. These documents are:

Document	Team/Service providing
AT&R MDT Inpatient Discharge Summary	Allied Health and Nurses on ATR Wards 6 and 7 - Kenepuru Hospital
AT&R Team Discharge Summary	AT&R Team – Capital Coast Rehab
Outpatient Letter TIA Clinic	Stroke Service
Cardiac Rehab Letter	Cardiac Rehab Nurses
EVP Spinal Monitoring Report	Neurology

EEG Test Report	Neurology
Occupational Therapy Discharge Letter	Occupational Therapy
Videofluoroscopic Swallow Study	Speech Language Therapy
Community Nursing Discharge Letter	Community Nursing
Women's Acute Assessment Clinic Letter	Women's Health

C&C DHB is also implementing a new document management system for dictated documents. This will support improved dictation turn-around times and will also result in consistent formatting of dictated documents. These will not be sent electronically.

***Do you have patients on the Sickness or Invalids Benefit who want to work?
PATHS might be the right service***

What is PATHS?

PATHS (Providing Access to Health Solutions) provides intensive case management to Sickness or Invalid Beneficiaries who want to work but have health and/or social barriers to employment.

Who are we?

PATHS is a partnership programme between Capital & Coast DHB, Hutt Valley DHB, Work & Income and Q-nique. We are a team consisting of Work & Income personnel, nurses, social workers, mental health coordinators and GP liaisons who will work with your patients to help overcome and manage their barriers to employment.

How do we work?

PATHS can provide support to navigate health and welfare systems and your patient may be eligible for extra support for health interventions. These interventions can be funded by the PATHS programme if not available through Vote Health, ACC or if your patient is on a public waitlist for 6 months or longer. We will work with you and your patient to recommend a Health to Employment Plan with the aim of reducing barriers to employment.

PATHS utilises the services of Supported Employment Agencies alongside health to assist people to update their CVs, provide job coaching, help people look for work and support them during the transition into sustainable employment.

"I've got a part-time job thanks to PATHS and the Supported Employment Agency. My boss deserves real praise for taking a risky chance in employing me – they

couldn't have done it without PATHS support... and neither could I!" – PATHS client

For more information and referral forms please contact: Tabitha Handley, PATHS Administrator 04 380 2415 or tabitha.handley@ccdhb.org.nz

Phew, End of Flu! - Infection Prevention and Control Update

During April and May this year, C&C DHB distributed a source control poster telling patients who had flu like symptoms to "put on a mask". Similar posters and advice were displayed at C&C DHB entrances and were consistent with the CDC's recommendations on influenza control. Now that the influenza season appears to have peaked and be returning to baseline, CDC recommends these posters be removed.

The Infection Prevention and Control team at C&C DHB would like to make this poster campaign an annual initiative and would like to hear how you think this poster could be improved for next year. Please contact Carolyn Clissold if you have any ideas or feedback on these posters.

C&C DHB also provided a cough etiquette poster "Catch it, bin it, kill it" – that was also based on CDC's recommendations for the source control of cross infection. While the use of masks for patients can be scaled back and masks used in a case by case basis, we recommend promoting the use of alcohol hand sanitiser by staff and patients. Alcohol hand sanitiser has been repeatedly shown to be more effective than plain or antimicrobial soap against bacteria, fungi and viruses. Alcohol hand sanitiser can be used in all situations where hand washing may be used, except when proteinaceous substances need to be washed off hands or when dealing with suspected Norovirus or *Clostridium difficile* cases (see <http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf> for more information).

If you would like an A4 poster to promote the use of hand sanitiser by patients entering and leaving your practice (**see attached posters**) or other infection control information please email your details along with how many you would like to Carolyn or **fax back the attached flier**. Remember alcohol hand sanitiser should be kept out of reach of children.

Contact: Carolyn Clissold
C&C DHB Clinical Nurse Specialist, Infection Control Community
Phone: 3855 999 ext 6515. carolyn.clissold@ccdhb.org.nz

New ABC Facilitator for Capital & Coast DHB

Judy Hutton is the new ABC Facilitator for C&C DHB and is based in the Ora Toa Health Unit. Her role includes working with health professionals and the wider

primary care community within our district. Judy has an extensive background in smoking cessation and training health professionals in smoking cessation.

The aim of the ABC facilitator is to provide training, education and to act as an ABC champion, focused on a workforce development service for health professionals throughout primary care. Judy will be helping develop skills in the ABC approach to smoking cessation in primary care practices and ensuring that evidence based smokefree advice is available to the community. There is an internet based ABC smoking cessation training tool for health professionals:

www.smokingcessationabc.org.nz.

Establishing this role now fits with the health target for smoking; 'Better help for smokers to quit'. This target encourages practices and PHO systems to have an up to date smoking status of their enrolled patients, and to have 80% of all smokers given brief advice and offered cessation treatment.

Contact details:

Judy Hutton
ABC Facilitator
Te Runanga O Toa Rangatira Inc
Ora Toa Health Unit
Ph: 021 711732
DDI: 04 237 9251
Email: judy.hutton@oratoa.co.nz

Primary Mental Health Site

Workers in the primary mental health sector who are looking for a one stop source of information should check out the new version of the Ministry of Health's primary mental health website (www.primarymentalhealth.org.nz).

The new look website, which was launched at the beginning of September, is intended to be a repository of information and tools that will encourage sector innovation.

For more information see the attached flier

New Nursing Graduates

I have recently had a number of enquiries from Massey University regarding students about to finish their under graduate programmes at the end of this year who are very keen to find permanent positions in general practice and other primary health care services and also wanting to join C&C DHBs new grad (NETP) programme.

I am keen to understand if there is a way of connecting the students (and potential new graduates for 2011), with practices or services that may:

- a) have vacancies
- b) be interested in taking on a new graduate
- c) are willing to support that new graduate onto C&C DHBs NETP programme

Any suggestions that you may have would be gratefully received.

Please contact Vicky.noble@ccdhb.org.nz if you have a potential vacancy or would like to discuss this further.

HRANZ /DHB agreed guidelines for competency referral project

There are now new guidelines available to assist the District Health Boards and the Health Regulatory Authorities of New Zealand to understand the processes around competency referral.

The attached document seeks to help assess a competency concern. The project team hope that the guidelines make a measurable contribution to the understanding and clarification of the responsibilities for competency referral for all organisations.

Mental Health and Addiction – Primary Care Forum

The primary care forums are part of a series of strategic development forums run by the mental health and addiction team in Planning & Funding, C&C DHB. We anticipate the forums will inform our planning for mental health and addiction services.

Our objective as a DHB, for both service development and for service provision, is to ensure we have:

- the right range of services,
- that those services are delivered as a single system.

For mental health services this means:

- looking at how mental health services in the hospital and community work alongside other services such as primary care,
- understanding how people access these services, and the framework for the referral and discharge process, including the mental health liaison service.

The forums will be held on:

Monday 11 October 2010, 4 - 8pm

Te Piki Room, Nga Wahi Akonga, Porirua Campus

At this forum we will seek your input on:

- patient pathway through primary mental health services
- priorities and issues for current & future patients with mental illness
- emerging issues

Wednesday 3 November 2010, 4 – 6 pm

Te Papa Room, Nga Wahi Akonga, Porirua Campus

The follow- up forum will

- confirm what we have heard and
- seek your input on outcomes for patients, services and the wider sector.

Important - the forums are NOT repeats - you should aim to attend both forums to provide continuity for the follow-up.

Please see the attached flier for more information

PHARMAC Seminar Series - “Prescribing in Rest Homes”

Rest home prescribing is a challenging area. Not only are the patients more often than not clinically challenging with multiple co-morbidities, there are additional practical complications. How do you ensure that what you prescribe is delivered to the patient in an accurate and timely manner?

The seminar on 9 November will cover these questions and more, **please see the attached flier for more information**

Health Navigator – Long Term Conditions Resource

The Health Navigator NZ website is a collaborative project developed by a range of non-profit health organisations and identifies a range of health information and self-help resources. The website aims to share accurate and reliable health information, tools and resources that support, equip and enable individuals and their families to manage their health and any long-term health conditions more effectively in partnership with their healthcare providers.

To access the website please go to: www.healthnavigator.org.nz

C&C DHB Integrated Model for Anticoagulation Management

The C&C DHB Primary / Secondary Clinical Governance Group has endorsed a C&C DHB Integrated Model for Anticoagulation Management. The model will help to ensure that there are systems, guidelines and processes in place to enable primary

care and secondary care to provide standardised and linked anticoagulation management for patients.

The implementation of the model project is underway and a number of components are progressing. Medtech have begun their development of the template that will be used for warfarin monitoring and management and should be available for testing in mid October. Also education sessions that will provide further information about the integrated anticoagulation model are being planned. Further information about the sessions will be available soon and we hope to see many of you there.

We look forward to coming and meeting with you about the programme soon.

If you have any questions regarding this project please contact either:
Astuti Balram, Service Development Manager ph: 04 806 2422 or email
astuti.balram@ccdhb.org.nz.

Natalie Lindsay, Project Officer ph: 027 562 3905 or email
natalie.lindsay@ccdhb.org.nz

Society of Youth Health Professionals Aotearoa New Zealand Satellite Clinical Skills Day

The satellite day – being held on 20 November 2010 - will provide an opportunity for health and allied professionals who work with young people to enhance their clinical skills and promote young people's positive health and development.

If you are interested in attending **please see the attached flier.**

Vodafone Foundation launches youth health fellowship

The Vodafone Foundation, in association with SYHPANZ (Society of Youth Health Professionals Aotearoa New Zealand) is proud to offer the inaugural Vodafone New Zealand Foundation Youth Health Fellowship and is calling for applicants.

“The vision of this Fellowship is to see the advancement of youth health and wellbeing policy, practice and leadership in New Zealand,” says Vodafone Foundation Chair, Michael Stanley.

For more information on how to apply please see <http://www.nurse.org.nz/daily-news,listing,33,youth-health-fellowship.html>

New Guideline for Diagnosis and Management of Functional Gut Disorder (Irritable Bowel Syndrome) education session for Kapiti

The C&C DHB Gastroenterology Clinical Pathways Collaborative Group launched new guidelines for Primary Care on the diagnosis and management of Functional Gut Disorder or Irritable Bowel Syndrome on 1 September, 2010.

This was overwhelming well received by Primary care and due to the level of interest, a further education session will be provided on Wednesday 3rd November at the Kapiti Community Centre. Further details on this session will be included in next months newsletter.

There are 3 key resources which are:

- 1. Simple guide to identifying and investigating IBS symptoms** by Rees Cameron, Specialist Gastroenterologist, C&C DHB
- 2. Dietary Management of Irritable Bowel Syndrome** by Sarah Elliott, Specialist Dietitian
- 3. Cereal Fibre Free Foodplan** by Gastroenterology and Dietetic Services, Capital and Coast DHB

Copies of these resources and presentations by presented by Dr Rees Cameron and Sarah Elliot providing more detail for those interested will be available on the C&C DHB Healthpoint website under Clinical Pathways Collaborative, Gastroenterology.

If you have any feedback, suggestions or questions regarding these communications please do not hesitate to contact us.

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Or

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Or

Adrian Gilliland
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Capital & Coast District Health Board
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For C&C DHB information for the general public about Primary Care, visit:
http://www.ccdhb.org.nz/planning/Primary_Care/Primary_Care.htm

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