

KAPITI PHO

NEWSLETTER

MAY/JUNE 2009

GREETINGS ALL!

Well summer has finally bid us all a farewell, and autumn seems to have drifted by without doing too much damage, except for a bit of a drop in the temperature. This year is really rushing by. So now it's winter and with it comes all those winter ailments, like coughs, colds and flu, etc.

We all need to be making sure we are staying healthy and safe. This means keeping warm and dry and keeping up those healthy lifestyles - plenty of exercise, good food, etc. And don't forget those flu vaccinations. Very important if you are on the front line and dealing with people who could share their bugs with you. As we have all heard before, 'An ounce of prevention is better than a pound of cure', (or should that now be grams and kilos?).

Just to let everyone know you will be seeing a little less of Catherine Fuller, our Access Nurse, in the practices for a while. Catherine has fractured a couple of vertebrae in her lower back so is a little less mobile than usual and will be working only limited hours until she's able to move more freely. Catherine will still be contactable on her mobile and will spend some time in the office each week.

Martin Sloman, our new Mental Health Co-ordinator, and his family have made a safe landing on our shores and Martin is now getting to grips with his new role. Martin, and the rest of the Mental Health team are hoping to visit all of the Kapiti practices soon to talk about how the service can best support you with your patients.

The PHO have just completed a Tikanga booklet, for Kapiti. The aim of the booklet is to provide some guidelines for working with Maori in primary care. It is expected that if the ideas in the booklet are implemented in GP practices they will contribute to better health outcomes for Maori.

The 12th May is **International Nurses Day**. I'm not sure if this newsletter will get to you before then, but I would just like to say a big 'THANK YOU' from the PHO for the great work you all do in your practices. We really appreciate your hard work and support with the many programmes and initiatives that could not happen without you, e.g. FluVacs, the MeNZB campaign, the HPV programme, CarePlus, and the many others.

John Watkeys, Manager

MARTY'S PROFILE

I am the Primary mental Health Coordinator for Kapiti PHO, newly on board and still smoking from the baptism of fire!

In this role I aim to provide help in a variety of ways: Providing information and delivery of services – including the Primary Solutions, Wellness 4 Work and Mental Health Liaison Programmes; Provide clinical short-term therapeutic interventions; and work closely with community partners, general practice, other Primary Care providers in order to build effective working relationships that will provide maximum benefit for the people who want our help.

In the UK I have had many years experience as a Primary Care Therapist working in GP surgeries offering brief therapy support. Additionally, I have some experience teaching initial and counselling skills to adults on accredited courses. I hope to utilise this experience in my new role. I have also spent 20 years working for Dorset County Council in the UK as an IT professional. I am married with a daughter (aged 4) and we are all very excited about being in New Zealand!



YOUNG PEOPLE ASK PARENTS: SPEND MORE TIME WITH US

Contrary to the widespread myth that teenagers hate their parents—young people want more time with their caregivers! The country's biggest survey of young people Youth 2007 included 10,000 secondary school students. About 45% of those interviewed reported that they didn't get enough time with their parents. "This is big stuff. Much bigger than it sounds," says principal researcher Dr Simon Denny. "Having a close relationship with a parent is one of the most important predictors of good health and wellbeing for young people. We know that the relationship with a primary caregiver is a massive resilience factor - meaning that it helps inhibit or prevent lots of the negative stuff that can happen for young people." A quality relationship with primary caregivers can help to reduce suicidality, mental health problems, drug and alcohol abuse, and criminal activity, he says. "These are complex problems, so they aren't solely caused or prevented by the parental bond. But it certainly helps," he adds.

More positively 90% of the students thought that their parent(s) cared about them a lot. The reason that young people gave for not getting enough time were that their parents were busy with work. Mothers were also busy with housework or caring for other children, whilst fathers were with simply 'out' or not living with them. The study illustrated the diversity of family structures that young people living with grandparents, step-parents, relatives and other adults. There was a diverse range of adults identified as caregivers.

New Zealand Aotearoa Adolescent Health and Development (NZAAHD) president Trissel Mayor said she hoped young people's voice would be heard. "This study is the voice of young people in New Zealand today. And those young people are saying to adults: give us more time. We hope the public will listen to this plea and talk with their older children about how they can spend more time together," Ms Mayor says.



PRACTICE SUPPORT AVAILABLE FROM KAPITI PHO PRIMARY MENTAL HEALTH TEAM

The Primary Mental Health Coordinators for Kapiti PHO are available to provide assistance and information with mental health issues such as stress, relationship difficulties and anxiety that are having a negative impact on peoples' wellbeing. They can provide a short series of therapy themselves or refer people on to local counsellors and therapists.

The Coordinators and Clinical Leader work closely with Jenny Jones, the Regional Public Health Suicide Postvention Coordinator. Through this relationship the Coordinators are advised of any suicides that have recently occurred and assist with any of the postvention activities including advising and supporting practice staff who may have been involved with the deceased person or their family. This year there have been 13 deaths by suicide in our region (and 2 that occurred just outside our area but had a profound effect on the community). Some common themes emerging around these events are: The majority of the deceased have been middle aged men; most of them have had either mental health diagnoses or involvement with mental health services in the past; Financial and economic concerns such as redundancy or debt have been implicated; and recent relationship breakup or difficulties.

This is to keep you informed and provide a reminder about a vulnerable patient group that can be supported with mental and physical health wellness. When this group are being seen in Practice for CVR assessment or other consultations remember to screen for mental wellness.

The Coordinators can work with GP's and Practice Nurses to advise on possible strategies and also help link with community organisations, NGO's and other PHO clinical staff to provide mental health support and expertise from a primary care perspective. Contact Martin Sloman, Kapiti PHO, 04 298 8565.

GIVE QUITTING A GO! - WSF DAY 31 MAY 2009

It's widely known that tobacco is the leading cause of death in NZ, contributing to an estimated 5,000 deaths every year. About half of all people who smoke will die, on average, 15 years early. National and international evidence on best practice in smoking cessation shows that initiating more quit attempts that are supported by treatment, more often, is crucial to increasing the number of smokers who quit long term. Health workers have a key role in helping smokers to quit – both by prompting people to try quitting, and giving that attempt every chance to be successful, by making evidence based treatment available.

The updated New Zealand Smoking Cessation Guidelines provide support for all health care workers who have contact with people who smoke. The guidelines are structured around a new approach – 'ABC'

Ask all people about their smoking status and document this.

Provide **Brief** advice to stop smoking to all people who smoke, regardless of their desire or motivation to quit.

Make an offer of, and refer to or provide, evidence based **Cessation** treatment.

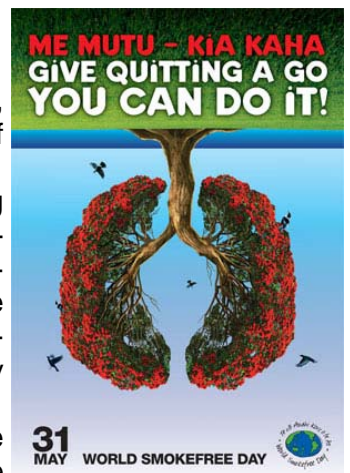
This approach does not replace specialist smoking cessation treatment. Smoking cessation specialists, such as Quitline staff, Aukati Kai Paipa kaimahi, Doctors and Practice Nurses in your own practices and other health care workers who have been trained as smoking cessation providers, are a key part of the strategy.



The 'Elephant in the room' concept is an obvious truth that is being ignored or unaddressed. In this case the elephant in the room is smoking, something that is too big to ignore, but also something that we are not all comfortable with asking about. To help address this, an online e-learning tool has been developed to provide practical information so that health workers can incorporate ABC into their everyday practice. The tool is endorsed by the RNZCGP, awarding CME points on completion, as well as Professional Development for other registered health workers. Registered health care workers can also register as Quit Card providers upon completion of the e-learning tool. Please continue to access your Quit Cards through Compass Health, and remember you can participate in the ongoing Nicotine Replacement Therapy (NRT) evaluation we are running.

To complete the on-line e-learning tool go to: www.smokingcessationabc.org.nz. To view the ABC Implementation Framework go to the MoH website: <http://www.moh.govt.nz/moh.nsf/indexmh/abc-smoking-cessation-framework-feb09>.

If you would like any information or assistance please contact Barbara Scott at Compass Health, direct dial 04 978 4381, or by cell phone 0274 801 292.



DIABETES MULTIDISCIPLINARY CLINICAL FORUM

Open to all health professionals working with people with diabetes.

When: Wednesday May 20th 2009, 6pm – 8pm, Refreshments from 5.45pm

Venue: Education Centre Kenepuru Hospital

Enter through Main entrance, turn right and go past main outpatients

6.00pm	Chairperson Diane Stevens, Nurse Practitioner	Welcome
6.10pm	Dr Simon Snook, GP with additional qualifications in sexual and psycho-sexual medicine	Current management of Erectile Dysfunction
6.50pm	Refreshment break	
7.00pm	Mark Pugin, Team Leader Medical Reviews, NZTransport Authority	Medical aspects of fitness to drive
7.40pm	Discussion and Diabetes news.....	
8.00pm	Finish	

RSVP: Sharyne Gordon, Admin Support, Planning and Funding,
sharyne.gordon@ccdhb.org.nz, Ph 806 1143 ext 4143 or Fax 803 1101.

TEENAGERS... WHAT SHOULD PARENTS EXPECT?



Human beings develop as they age. They learn and un-learn skills and concepts. Young children learn how to chew their food, go through a phase of asking 'why?', and gradually become more self-sufficient. When we get older we learn about consequences and responsibility. Older children are also in a developmental phase, which means there are many things they are still learning to do. Dr Sue Bagshaw is a general practitioner who works with young people, as well as being a successful mother and grandmother. She says that many parents who struggle with their teenage children could benefit from knowing what to expect from their children as they get older. "All young people are different - there is not one correct way of being. But it can be helpful to understand some of the things your child might still be learning to do so that you don't expect too much," The brain is developing at the same fast rate during the 3-5 years around puberty just as during the first 3-5 years after birth she says.

Dr Bagshaw says parents might expect of any healthy, normal teenagers:

- To be still learning about long-term consequences. They are more likely to be concerned with immediate issues. What is happening right now is all that is real as their brains are still developing the ability to think as far ahead as ten years.
- Peers are increasingly important to them as they separate from their parents in preparation for being adult
- Learning how to do adult activities and therefore probably making a few mistakes along the way. This includes everything from having intimate relationships to having their own bank accounts.
- Still learning how to have adult conversations and developing an awareness of other people's needs.
- They are questioning the world and might try and do things differently, which can be an asset when we are open to their new ideas.
- They might be likely to need more sleep, particularly in the mornings.
- They are developing an awareness of and interest in sexuality and intimacy.

Dr Bagshaw says "Remember everyone develops at different rates just like children aren't all able to walk at one, so there will be some teenagers who aren't ready for sex at 16 and some who are ready at 14." "You should still encourage your children to try and learn about everything. The period of 12-24 years is a time of rapid learning and development. It is our job as parents to get our children ready for independence. You should take it as a compliment to your parenting skills if your child is doing things for themselves, spending time with their peers, or even thinking of leaving home." "It is every parent's dream that they successfully get their children ready to make their own life decisions, and to be ready for work, life and having their own family." Spend time together, talk together and it will happen.

COMING UP...

May

9 th	Balloon Day (asthma & respiratory)
12 th	International Nurses Day
15 th	International Day of Families
23 rd —30 th	Youth Week
27 th	Supermarket Tour—Pak'N'Save
31 st	World Smokefree Day

June

9 th —15 th	Men's Health Week
14 th —20 th	Volunteer Awareness Week



Kapiti PHO

Te huiā kaitanawa whakapiki tangata
Better health from the heart of the people

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