



# Kawerau Medical Centre

Te Heke Mai o Te Hauora  
The Future of Health Care



# SURF'S UP SOUP'S

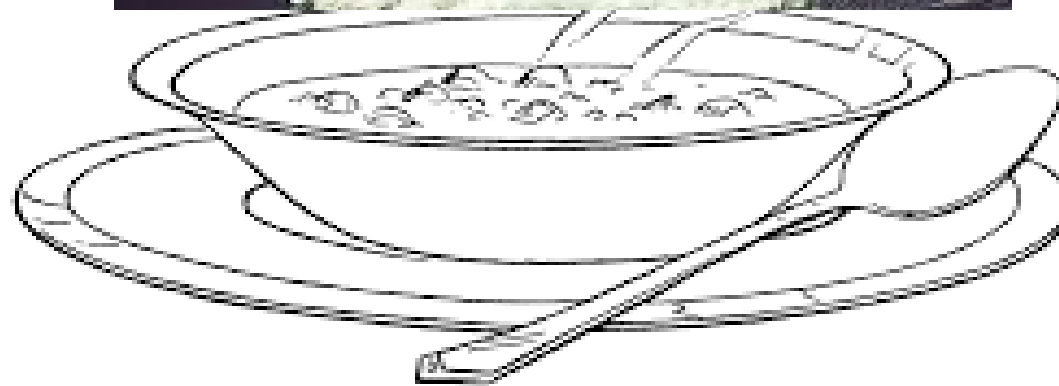


## UP

Jill Jansen, RN, MN

Sharing and caring.

Primary Care Nurse



# Local CONTEXT for Maori

- ASH rates EBOP increased by 42% compared to WBBOP 26%
- Maori make up 43% of Type 2 diabetes patients.
- 2012 24% of Maori Type 2 diabetes were SMOKERS.
- BOP Smoking rates for Maori double non-Maori
- Deprivation levels raised to 54%
- Approx 370 Maori missing from projected Type 2 prevalence.
- Unmet Health Need for Maori women 10% all 4%.
- IHD for BOP Maori twice the rest of NZ



EBPHO Health Needs Assessment. 2012  
PHOcus

# What is Alphabet Soup?

## ABC of chronic disease self-management

A = Attitude

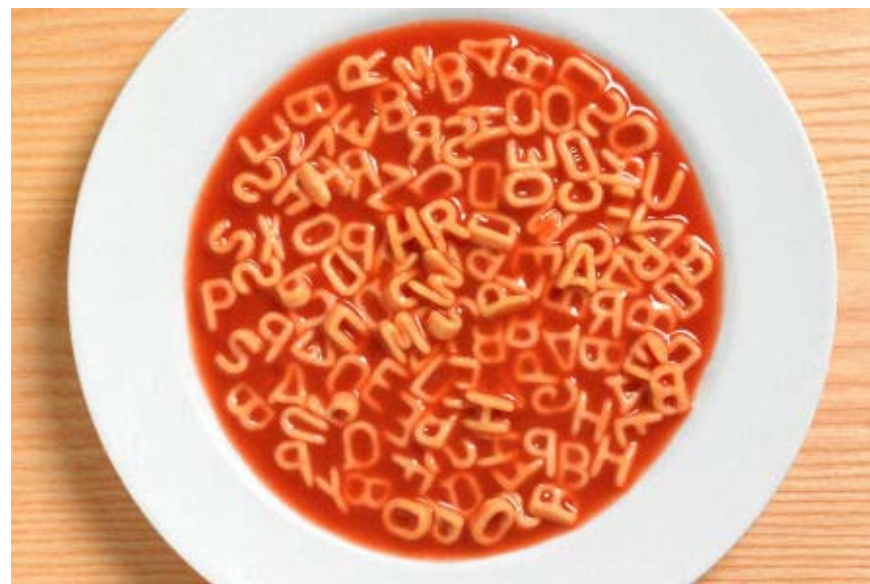
B =  
Behaviour

C = Care Plan



# ABC + DEFGHIJ + add any other ingredients

- D diagnosis, duration;
- E: education, exercise;
- F: family, food;
- G: glucose testing;
- H: HbA1c; hypos
- I: insulin, income;
- J: jam:





# Why don't we get it right?

## Because we don't use local ingredients.





2010  
NZNOPHC0

1

Environmental Resource Management in NZ  
1.5  
Workforce NZ NPs

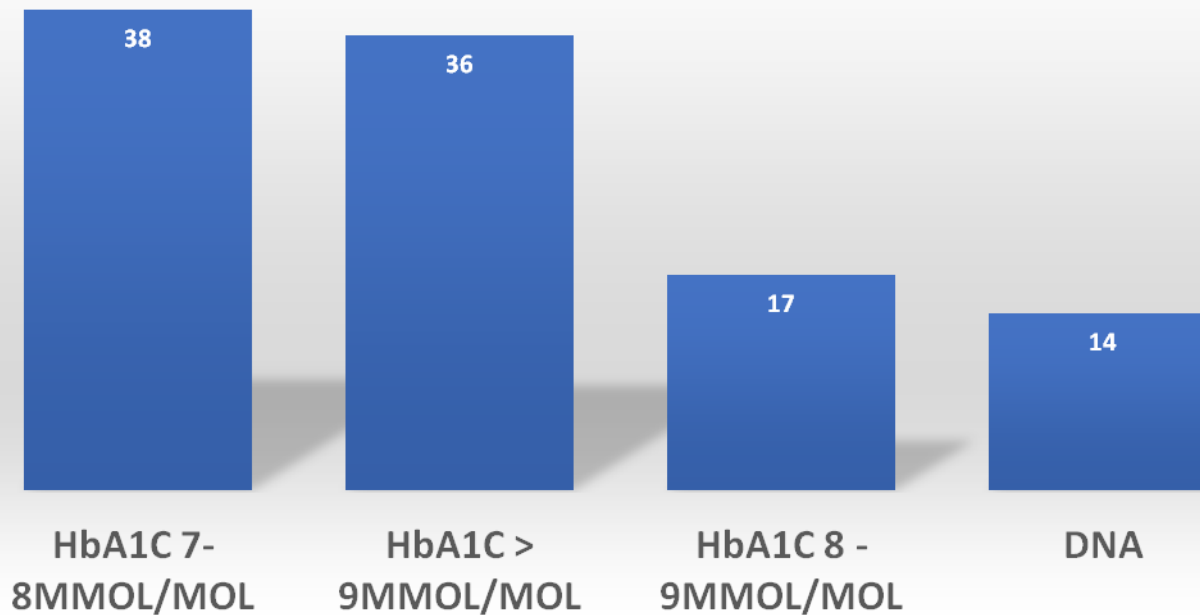
199  
RHA s  
IPA

2000  
PHOs



# REALITY IN KAWERAU

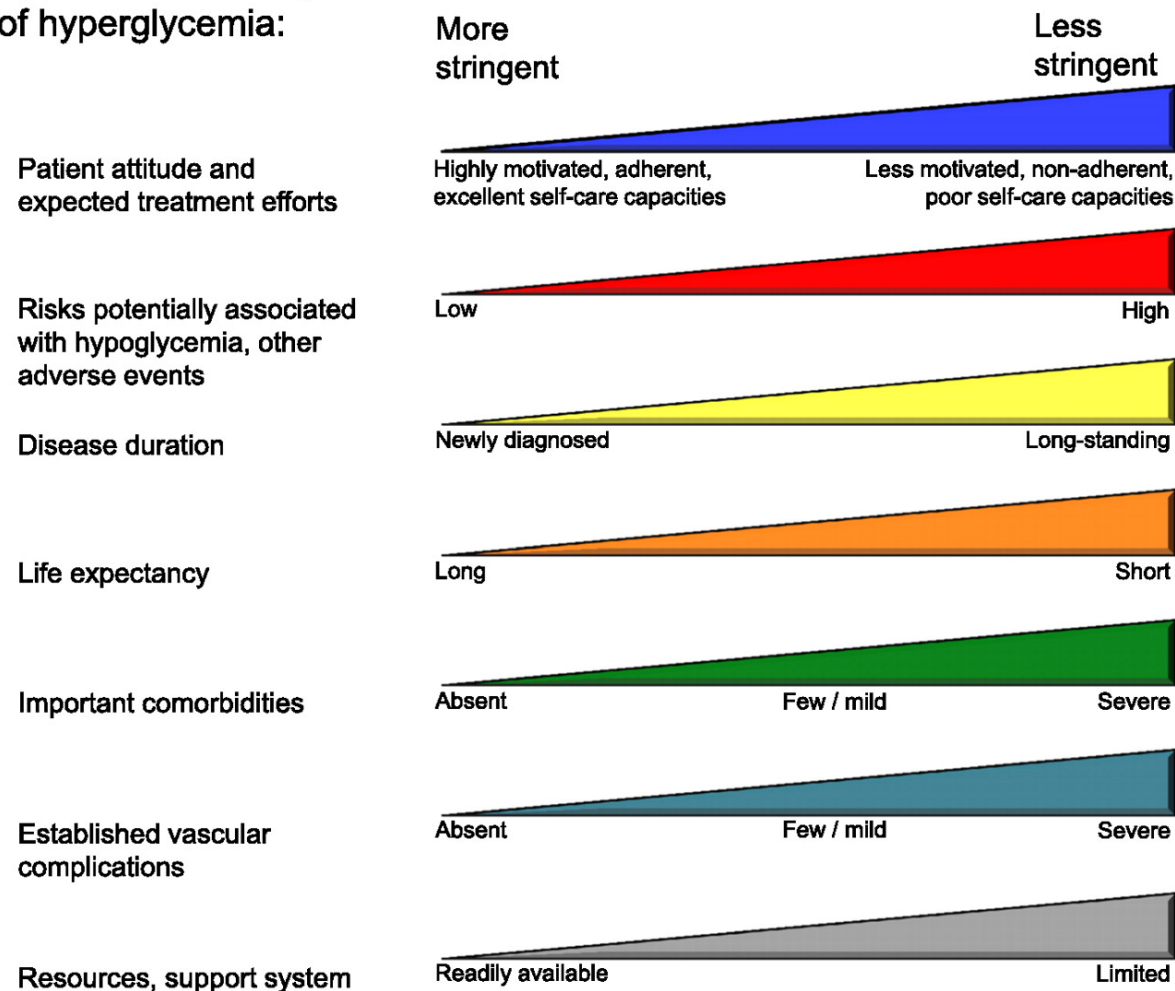
## GLYCEMIC CONTROL





## Depiction of the elements of decision making used to determine appropriate efforts to achieve glycemic targets.

Approach to management of hyperglycemia:



Silvio E. Inzucchi et al. Dia Care 2012;35:1364-1379



# “No decision about me without me”

*Coulter & Collins, 2011*



# Why did we create this?

## *Because we could!*



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- Healthy clinic culture. Clinic model uses a NZ model of care.
- Workforce allocation. Maximum use of health care assistants.
- Encouragement and financial incentives to become nurse-practitioners.
- Regular team meetings.
- Horizontal teams.
- Valuing the patients and recognising achievements in local newspaper.

# How does ABC sit with Workforce capacity?



- It sits well within the Health-Care Assistant role.
- It encourages questions
- Patients feel valued and listened to.
- Low levels of health literacy require frequent repetition with the same messages.
- It can be delivered in individual or group settings.

DOES IT WORK?..... NEARLY, SOMETIMES, ONE DAY, EVERY DAY, Mondays, never on a Sunday!

- It works because it is flexible to the day to day loads of the whole health team.
- It fits any chronic condition management.
- It can be as long or short as you can manage.
- It can be adapted by both patient and Health provider.



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# Case Study 1: 65year old woman with Type 2 diabetes

HbA1c- 91mmol/ml reduced to 53mmol/ml; Wt.; 102kg reduced to 89kgs.

Treatment: = A,B,C,D,E,F,G,H,I.

Case study 2 , 59 year old Maori man, all family with type 2.

HbA1c 69-53!

Tx = A,B,C,D,E,F,G,H,I,J



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# Questions?

