



## NZNO College of Primary Health Care Nurses

### Quarterly news bulletin

Friday 5 November 2018

### College news

Topics for upcoming LOGIC include topics include: party health, safe sex/sexual health, wellbeing and prevention, needle exchange, plunket; sun protection - melanoma.

Anybody working or with an interest in any of the above – get scribbling and submit articles to Yvonne Little on [logiceditorcphcn@gmail.com](mailto:logiceditorcphcn@gmail.com) , or email her to register your interest and obtain more information, writing guidelines and article submission dates..

Great for portfolios!

### Consultation

NZNO is consulting on a number of items, many of which are closing soon.

Further information can be found at: [http://www.nzno.org.nz/get\\_involved/consultation](http://www.nzno.org.nz/get_involved/consultation)

#### **Equal Pay Amendment Bill**

NZNO seeks your feedback on the proposed amendment to the Equal Pay Act which aims to improve the process for pursuing equal pay claims in Aotearoa New Zealand. It aims to address sex-based discrimination in remuneration and employment terms and conditions across female-dominated industries, such as nursing.

The Bill will allow workers to make a pay equity claim within New Zealand's existing bargaining framework.

Additionally, the Bill will:

- remove previously proposed hurdles that made it very difficult for women to take equal pay cases (making court action a last resort) and
- allow for a collaborative process whereby employers, workers and unions will negotiate in good faith, with access to mediation and resolution services if they are unable to agree.

Please find [copies of the bill here](#)

**Please send feedback to [marilyn.head@nzno.org.nz](mailto:marilyn.head@nzno.org.nz) by 21 November 2018.**

#### **Towards New Data and Statistics Legislation: Public Discussion Document**

Member feedback is sought on a proposed update to the Statistics Act 1975. The new legislation aims to find the right balance between delivering increased value to New Zealanders through data availability and research, while ensuring data such as health information is shared and used in a way that keeps people safe and is acceptable to society.

The [discussion document can be found here](#)

Individuals may also [make submissions directly here](#)

**Please send feedback to** [jinny.willis@nzno.org.nz](mailto:jinny.willis@nzno.org.nz)

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### **Child and Youth Wellbeing Strategy**

Member feedback is sought developing a child and youth wellbeing strategy, a requirement of the Child Poverty Reduction legislation.

An [overview, including relevant Cabinet papers, can be found here](#)

NZNO's [submission on the CPR bill can be found here](#) and you may find submissions on The UN Periodic Review of Children's Rights in New Zealand and on [Strengthening Oversight of Orange Tamariki](#) useful.

You may want to consider how nursing contributes to child and youth wellbeing (examples are useful) and what enhances or impedes that contribution.

Please note that there is also an opportunity to feed directly into the accompanying survey <https://www.surveymonkey.com/r/tellthepm>

**Please send feedback to** [marilyn.head@nzno.org.nz](mailto:marilyn.head@nzno.org.nz) by **21st November 2018**

### **[New Zealand news \(general\)](#)**

#### **Maria Berrett: one-stop GP and psychologist shop a model for the future**

A new scheme offering immediate access to a psychologist for patients at a GP clinic could be a game-changer for mental health care. The pilot scheme bases psychologists at Kauri Integrated Family Health Centre in Palmerston North and allows patients to see psychologists on site immediately - and for free. Dr Maria Berrett is a clinical psychologist and acting clinic director of Massey Psychology Clinic.

[Read more here](#)

#### **The \$10m primary healthcare kitty and where it goes**

The primary healthcare sector in Marlborough got \$10 million in funding last year. So where did it go?

[Read more here](#)

#### **Health care homes early evidence in Wellington - Productivity Commission**

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Early evidence suggests that a team-based primary health care practice model can reduce emergency department admissions to hospitals.

New research conducted by Auckland University of Technology (AUT), for the Productivity Commission, looks at the implementation in Wellington of a multi-disciplinary team-based model known as "Health Care Homes". That research, entitled Health Care Homes: Early Evidence in Wellington was published today by the Productivity Commission.

[Read more here](#)

#### **Patients' experience of primary health care in New Zealand revealed**

Most patients feel their GP or practice nurse treats them with kindness, understanding and respect, results of a survey by the Health Quality & Safety Commission and Ministry of Health show.

[Read more here](#)

### **Federation membership growth continues**

The Federation of Primary Health Aotearoa New Zealand (the Federation), whose purpose includes being the voice of primary health care for the health, well-being and benefit of all New Zealanders, has announced a further tranche of new member organisations.

[Read more here](#)

### **Kaupapa Māori PHOs set up to fail**

The managing director of a Bay of Plenty Māori health provider says Māori PHOs were set up to fail.

Janice Kuka of Ngā Mataapuna Oranga told a Waitangi Tribunal health inquiry that they are under-resourced compared with their mainstream counterparts.

[Read more here](#)

### **Free plasters = fewer skin infections**

Too many children turning up in hospital with serious skin infections prompted a public health response in Bay of Plenty to make a difference. FIONA CASSIE reports

[Read more here](#)

## **International news (general)**

### **New global commitment to primary health care for all at Astana conference**

On 25 October 2018, United Nations Member States unanimously agreed to the Declaration of Astana, vowing to strengthen their primary health care systems as an essential step toward achieving universal health coverage. The Declaration of Astana reaffirms the historic 1978 Declaration of Alma-Ata, the first time world leaders committed to primary health care.

Whether you are a health care provider, an academic, a policy maker, a health care manager, a representative of an organization, or an interested individual, you can also [make a commitment](#) to advance primary health care. We want to hear from you!

[Declaration of Astana can be read here](#)

[Full news release can be read here](#)

## **Aged care and aging population (incl dementia)**

### **OLDER DRIVERS Project Symposium 2018: Registration Open**

**Friday 16 November 2018**

**9.30am to 11.30am**

**Ministry of Social Development Aurora Centre, Room 2.1; 56 The Terrace Wellington**

*Older drivers, families and GPs: Navigating the path between mobility and safety*

(Project funded by the Health Research Council of NZ: 2015-2018)

**Pre-event Registration required (numbers limited) by Nov 8<sup>th</sup> 2018**

**Registration is free.** To register email [olderdriver@otago.ac.nz](mailto:olderdriver@otago.ac.nz)

## **Clinical techniques**

### **Blood Pressure: 6 Common Errors in Measuring It**

We recently discussed the [revised official guidelines for blood pressure](#), which lowered the cutoff for hypertension from 140/90 to 130/80—as well as the [debate](#) that ensued about this change. Often lost in this discussion is that those numbers are based on the assumption that

blood pressure readings are done properly and are accurate, which is often not the case outside of research settings.

[Read more here](#)

## Community nursing

### **Majority of nurses fear patients being vulnerable to scams**

Community nurses are concerned about people in their care being vulnerable to financial scammers and want to be better prepared to deal with problems.

[Read more here](#)

## Diabetes

### **Diabetes NZ Survey lifts lid on diabetes stigma in NZ**

These are just some of the kinds of comments highlighting that stigma for those living with diabetes is alive and well in New Zealand.

A quarter of a million New Zealanders have been diagnosed with diabetes.<sup>1</sup> Now, a ground-breaking survey uncovers the prejudice and stigma that many experience every day.

[Read more here](#)

### **Developing a co-designed diabetes model of care**

The Linwood Medical Centre & Canterbury District Health Board (DHB) diabetes integrated specialist clinic in Christchurch is one of the six successful initiatives supported by the Health Quality & Safety Commission's Whakakotahi 2018 primary care quality improvement challenge.

[Read more here](#)

*These articles are not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

### **Update on renal disease in diabetic patients in primary care**

David Morris

Independent Nurse, Vol. 2018, No. 9: 32-36.

[Read more here](#)

Daly, B. M., Arroll, B. and Scragg, R. K. (2018), **Trends in diabetes knowledge held by primary health care and specialist nurses in a major urban area.** J Clin Nurs.

Accepted Author Manuscript. . doi:[10.1111/jocn.14684](https://doi.org/10.1111/jocn.14684)

Aim and objectives

To examine trends since a previous 2006-8 survey in diabetes knowledge held by primary health care nurses and their use of national diabetes guidelines, perceived ability to advise diabetes patients and preferences for further diabetes education.

## General practice

### **People taking HIV-prevention pill may get more primary care**

(Reuters Health) - When people take daily pills to minimize their chances of getting HIV, they are also more likely to get routine care like flu shots and recommended screenings for common health problems, a U.S. study suggests.

[Read more here](#)

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

### **Education and training: A general practice nurse team review**

Lyeanda Berry and Polly Smith  
Practice Nursing, Vol. 29, No. 9: 442-445.

[Read more here](#)

### **Group consultations: Benefits and implementation strategies**

Fraser Birrell, Louise Brady, and Tania Jones  
Practice Nursing, Vol. 29, No. 10: 484-488.

Group consultations are becoming more and more common as the patient benefits are increasingly recognised. This article clarifies what a group consultation entails and the best ways of implementing them in practice

Group consultations are becoming increasingly common in practice. Recent reviews in high impact medical journals have suggested they are an important innovation, helping to address the escalating demand for health services. This article outlines the evidence, clarifies the confusion around labels, explores the best conditions to start group consultations with and considers how to implement them into practice.

## **Health technologies (incl e-health)**

### **Whangārei medical centre offers patients video consultations**

A Whangārei medical practice is believed to be the only one in the district to introduce video consultation for registered patients with minor illnesses.

[Read more here](#)

### **Improving healthcare through digital connection? Findings from a qualitative study about patient portals in New Zealand**

Phoebe Elers A B and Frances Nelson A

+ Author Affiliations

Australian Journal of Primary Health 24(5) 404-408

Research has shown that patient portals can improve patient–provider communication and patient satisfaction. Yet few studies have examined patient portals in New Zealand. In this study, GPs from nine primary care practices were interviewed using a semi-structured interview technique to ascertain how they thought patient portals influence the delivery of primary healthcare. The interviews were transcribed and thematically analysed. The three themes detected were: patient portal usage, health information seeking and the changing consultation. Although most of the participants indicated that patient portals are not being effectively utilised, they were optimistic about the role of information technology in primary healthcare for providing accurate information and to connect with patients in modern terms. Participants reported that some patients have become more informed and compliant with medical treatments and interventions after using patient portals. It seems that patient portals have the potential to enhance patient–provider relationships and help patients manage more aspects of their health care.

[Read more here](#)

### **E-Visit Adoption Increases Office Visits, Healthcare Use in Primary Care**

Contrary to expectations, electronic medical visits (e-visits) trigger additional clinic visits, rather than serving as an office visit substitute, affecting a physician's ability to take on new patients. Study results were published in Management Science.

[Read more here](#)

## Medication/pharmacy

### **Impact of a nurse-based intervention on medication outcomes in vulnerable older adults**

Michael A. Steinman ... et al

BMC Geriatrics 2018;18:207

Medication-related problems are common in older adults with multiple chronic conditions. We evaluated the impact of a nurse-based primary care intervention, based on the Guided Care model of care, on patient-centered aspects of medication use.

[Read more here](#)

## Mental health

### **Primary care is an untapped resource for depression screening**

Hazardous alcohol use and depression often go hand-in-hand. Yet when a patient is screened by their doctor for hazardous alcohol use, rarely are they also screened for depression.

[Read more here](#)

## Nurse-led initiatives and services

### **Eketahuna's nurse-led healthcare rouses interest**

Eketahuna set up one of the country's first nurse-led health clinics 30 years ago and is still going strong, reports the Hawke's Bay Herald.

[Read more here](#)

## Primary health care (general)

### **Task Shifting in Primary Care – Are Nurses Ready for a More Autonomous Role?**

A recent Cochrane review suggested that nurses delivering primary care obtain not only the same or better health outcomes as doctors, but also achieve higher levels of patient satisfaction.

Could this mean that nurse practitioners are poised to take over the role of doctors in primary care?

[Read more here](#)

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Carter M, Moore P, Sublette N. **A nursing solution to primary care delivery**

**shortfall.** Nurs Inq. 2018;25:e12245. <https://doi.org/10.1111/nin.12245>

Many countries project that they will have difficulty to meet their demand for primary care based on an inadequate supply of primary care doctors. There are many reasons for this, and they tend to vary by country. The policy options available to these countries are to increase the number of local primary care doctors, recruit doctors from other countries, ration primary care, shift more primary care to specialists, or authorize other disciplines to provide primary care. This article examines lessons learned in the United States over the past 50 years and proposes that expanding the use of nurse practitioners is the best solution when measured by feasibility, costs, ethics, and scope of the care delivered. Using nurse

practitioners trained in country meets the World Health Organization global code of practice regarding the international recruitment of health personnel.

## **Public health**

### **Border closure an option in New Zealand pandemic**

Closing the border may make sense for New Zealand in some extreme pandemic situations, according to a newly published study.

[Read more here](#)

### **Syphilis epidemic to be tracked with new system**

A beefed-up notification system is being rolled out to track a syphilis epidemic that has claimed the lives of babies.

[Read more here](#)

### **Insight: Foetal Alcohol - Damaging Baby Brains**

Conservatively, it's thought 600 children are born in New Zealand every year with some form of brain damage caused by their mother drinking alcohol, often before they even knew they were pregnant. But many experts think the real number of babies affected every year may number in the thousands. For [Insight](#), Philippa Tolley asks what is being done to identify those affected.

[Read more here](#)

## **Sexual health**

### **Sexual Health Survey Reinforces Importance of Condom Use**

Results from New Zealand's first comprehensive sexual health survey reinforce the need for greater condom use.

Initial results from the survey, which was conducted three years ago in 2015 and included over 10,000 New Zealanders aged 15 years and over, show that half of all New Zealanders have had sex by the time they are 17 years old - in line with similar survey results from the UK.

[Read more here](#)

## **Social health (incl. housing and poverty issues and violence/abuse)**

### **Homeless health care: meeting the challenges of providing primary care**

Andrew Davies and Lisa J Wood

*Med J Aust* 2018; 209 (5): 230-234.

People experiencing homelessness have multiple complex health conditions yet are typically disengaged from primary health care services and place a significant burden on the acute health system.

Barriers preventing people who are homeless from accessing primary care can be both personal and practical and include competing needs and priorities, illness and poor health, physical access to health services, difficulty in contacting services, medication security, and the affordability of health care. Differences in social status and perceptions of being judged can lead to relationship barriers to accessing primary care.

Key solutions include prioritising access to stable housing, continuity of health care, specialised homeless general practice, hospital inreach, discharge planning and coordinated care, general practice outreach, and medical recovery centres.

[Read more here](#)

## [Sound and vision](#)

### **Primary care providers could play major role in promoting vision care for older adults**

A new poll suggests that primary care providers could play an important role in promoting vision care for adults age 50 and older, especially for those most in need of eye exams, and those most sensitive to the cost.

[Read more here](#)

## [Vaccination](#)

### **Active Choice Intervention Effective in Increasing Influenza Vaccination Rates at Primary Care Practices**

Influenza vaccination rates decline as the clinic day progresses, according to quality improvement data published in *JAMA Network Open*. Additionally, an active intervention that prompted medical assistants to ask patients about vaccination status was associated with a significant increase in vaccine uptake.

[Read more here](#)

Giles, M. L., Hickman, J. , Lingam, V. and Buttery, J. (2018), **Results from a mobile outreach influenza vaccination program for vulnerable and high-risk populations in a high-income setting: lessons learned.** *Australian and New Zealand Journal of Public Health*. . doi:[10.1111/1753-6405.12810](https://doi.org/10.1111/1753-6405.12810)

**Objective:** The aim of this pilot project was to assess the feasibility of an outreach mobile influenza vaccination program led by a large hospital network targeting high-risk and vulnerable populations in a high-income setting.

[Read more here](#)

## [Violence](#)

### **Evidence supports screening for intimate partner violence: task force**

(Reuters Health) - Women of reproductive age should be screened for intimate partner violence by their doctors, and physicians should help those who screen positive to get ongoing support services, according to updated recommendations from the U.S. Preventive Services Task Force (USPSTF).

[Read more here](#)

## [Professional development](#)

### **EARLYBIRD REGISTRATIONS are now open for the 2019 Annual Goodfellow Symposium.**

Date: 22-24<sup>th</sup> March 2019.

With more than 80 speakers and presenters, this symposium is an immersive experience that will engage you as a health professional. Book early to join in pre conference training days, and then sit back and look forward to the networking, upskilling and re-energising that



comes from all the short talks, panel discussions and skill stations that occur during this awesome event.

For further details, information on preconference days and conference topics, [read more here](#)

### **Courses offered at the Public Health Summer School (Wellington)**

The 2019 Public Health Summer School will offer 30 short courses (1-4 days long) by an international faculty of public health academics and practitioners. There are 16 new courses as well as 14 of our most popular core courses. Courses vary from small group computer lab classes to interactive workshops and multi-speaker symposiums.

You are invited to enrol in a single course or create a programme based on your interests.

[Read more about each course here](#)

### **50th International Conference on Nursing and Primary Health Care**

March 27-28, 2019 Hong Kong

Theme: Current advancements in Nursing for better wellbeing

[Read more here](#)

### **Communication Skills for Nurses**

For a nurse, the ability to communicate is a very important skill and a vital part of the job. Nurses speak to people of varying educational, cultural and social backgrounds and must do so in an effective, caring and professional manner – especially when communicating with patients and their family.

This article will address several aspects of communication to help you navigate and master each interaction you have in your day-to-day practice.

[Read more here](#)

## **Journals**

### **Journal of Primary Health Care**

Volume 10 Number 2 2018

[Read more here](#)

### **Australian Journal of Primary Health**

Volume 24 Number 4 2018

Contains a mix of free to view and pay to view articles.

[Access here](#)

### **Australian and New Zealand journal of public health**

October 2018

Full text, open access

[Available here](#)

### **GP Research Review**

#### **Issue 138**

Welcome to **Issue 138 of GP Research Review**. In this month's natural health section, adults with uncomplicated hypertension treated with Combretum micranthum (kinkeliba

leaves) or Hibiscus sabdariffa (bissap calyx) had significant reductions in blood pressure after 4 weeks.

**Other highlights include:**

- No mortality benefit from PSA screening for prostate cancer.
- Are statins effective for CVD prevention in the very elderly?
- Presenting symptoms and time to diagnosis of brain tumours.

[Read more here](#)

## [Articles and reports](#)

### **Health Care Homes: Early Evidence in Wellington**

This paper presents a case study analysis of innovation in one part of the New Zealand (NZ) healthcare system. We focus on the NZ Health Care Home (HCH) initiative and investigate the impact of its implementation (in a large primary health organisation in NZ - Compass Health) on a wide array of health events. HCH in NZ is adapted from a health care innovation model developed by a Seattle (USA)- based non-profit healthcare organisation, Group Health Cooperative (GHC). In 2007, GHC implemented a pilot “medical home” model of primary health care services. Their approach was multidisciplinary in nature, patient-centred, and used electronic health information and data to apply a proactive philosophy to primary healthcare delivery (McCarthy, Mueller, & Tillman, 2009; Reid et al. 2010). Pinnacle Midlands Health Network<sup>1</sup> was the first health care organisation in NZ to learn from GHC’s innovations in this space. They established the first HCH practices in NZ in 2011 (Pinnacle Midlands Health Network, n.d.; Middleton, Dunn, O’Loughlin, & Cumming, 2018). Since then, the HCH model has been rolled out across 128 health practices in the country (Health Care Home Collaborative, 2017). In addition, 12 NZ health practices from four primary health organisations (Northland District Health Board, Pinnacle, Compass Health, and ProCare) were officially certified as HCH for the first time in early 2018 .

[Read more here](#)

### INDEPENDENT LIVING

Conder, J. & Mirfin-Veitch, B. (2018). **“From presence to belonging”**: Experiences and outcomes of living independently for adults with intellectual disability. Dunedin: The Donald Beasley Institute.

[\[ DOWNLOAD PDF \]](#)

## [Online resources](#)

### **Young Adults MMR Immunisation Campaign Poster**

*Campaign poster in English for health promoters to help encourage young adults aged 18-29 to check that they’re up-to-date with their MMR immunisations to protect against measles, mumps and rubella*

[Read more here](#)

### **Immunisation for older people - Traditional Chinese version**

*Pamphlet for older people giving information about free vaccines to protect against influenza, shingles, tetanus and diphtheria.*

**Also available in:**

[Chinese Simplified](#), [Cook Islands Māori](#), [English](#), [Hindi](#), [Māori](#), [Sāmoan](#)

[Read more here](#)

The above bulletin is compiled by Linda Stopforth, SNIPS on behalf of NZNO College of Primary Health Care. It is for college members only and must not be reproduced without their permission.

It will be provided on the first Friday of **November, Feb, May and Aug** and will contain an overview of news items, articles and research papers of interest to the College members. All links are current at the time of being compiled and distributed.

For feedback please contact your section administrator: [collegeprimaryhealthcare@gmail.com](mailto:collegeprimaryhealthcare@gmail.com)

To learn more about resources available through the College  
[https://www.nzno.org.nz/groups/colleges\\_sections/colleges/college\\_of\\_primary\\_health\\_care\\_nurses](https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_primary_health_care_nurses)

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