

# info matters



A newsletter to Medical Specialists and GPs throughout the Auckland, Hamilton and Northland regions

November 2015

## HEALTHPOINT NEWS



### **Nexxt™ is the patient personalised, dynamic clinical pathway software platform you may have heard about.**

Auckland and Northland have been the first regions to implement Nexxt™ and have just completed the 'pilot' phase in 92 general practices across the region. The 92 practices have used the software with their patients and have provided feedback which will lead to further development and refinement of the software and future integration requirements.

The inspiration for the development of Nexxt™ was the GPS and how this technology changed the ease of using maps for car drivers. Nexxt™ uses patients' information, clinical best practice (the map) and suggests the next best recommended action for the doctor or nurse. Decisions are interpreted from a regionally agreed clinical pathway or algorithm (map). This means Nexxt™ is quick and easy for a clinician to use within their workflow and the software collects data which can be used at the next appointment by other providers.

Nexxt™ is an innovative way of presenting personalised clinical pathways for an individual which;

- takes into account the patient's current phase of care
- their history, examination and investigations
- previous treatment and outcomes
- care provided by other providers
- enabling concurrent actions
- allows the sharing of pathways with colleagues and patients
- supports long term chronic care management and a team approach
- supports other technologies, for example eReferrals, hospital systems

Nexxt™ is built on a platform which can be extensively scaled to manage 100s of pathways for many health providers.

#### **Accolades for Nexxt™**

It was recently announced that Nexxt™ has been selected as a finalist in the New Zealand Innovators Awards, in the Health and Science category for 2015.

This is a huge accolade for the product, its current implementation and future potential. Nexxt™ is a product from Pathway Navigator Ltd. Pathway Navigator is a partnership between health IT developers Healthpoint and Next Generation Software.

NZ Innovation Council chief executive officer Louise Webster says, in a media release, "this year's entrants give a real sense Kiwi innovation is moving into the mainstream, demonstrating world leading approaches to innovation with many businesses going global from day one."

**FINALIST**  
NEW ZEALAND  
**INNOVATORS**  
AWARDS® 2015

To view go to: [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

[www.healthpoint.co.nz](http://www.healthpoint.co.nz)





### Dr Paul Salmon – Dermatologist at the Skin Centre

The most exciting thing to happen in melanoma treatment in the last two weeks has been the registration of Pembrolizumab (Keytruda) by Medsafe.

This new treatment belongs to a small and new class of drugs called "checkpoint inhibitors" that prevent melanoma from downregulating the body's immune response to melanoma. At \$40,000 for a course of eight, three weekly treatments this medication is very expensive but is a fraction of its full price in the U.S. and of other targeted treatments currently available. Recent stage three studies show it quadruples survival at two years over standard chemotherapy (60% vs 15%).

For referrals:

Ascot Office Park, Ellerslie

Ph: (0508) 232 884 or (07) 578 5788, Fax: (07) 578 5781

Email: [info@skincentre.com](mailto:info@skincentre.com)

[www.skincentre.com](http://www.skincentre.com)

EDI: skinspec



Oral Surgery  
Associates

### Oral Surgery Associates Drs Neil Luyk and Ian Cathro – Oral and Maxillofacial Surgeons

Neil and Ian at Oral Surgery Associates have been providing high-quality oral and maxillofacial surgical services for over 20 years in the Auckland area.

We provide a full range of services under local anaesthetic with intravenous sedation and under general anaesthetic but do have a special interest in TMJ disorders as well as oral medicine problems.

We offer a wide variety of appointment times and consult from a satellite clinic at Eastcare Specialist Centre.

For referrals Ph: (09) 529 5910, Fax: (09) 529 5930

Email: [info@oralsurgery.co.nz](mailto:info@oralsurgery.co.nz)

[www.oralsurgery.co.nz](http://www.oralsurgery.co.nz)

### Dr Walter van der Merwe – Hypertension Specialist and Nephrologist

From 1 December 2015 Walter has a *new location on the North Shore and a new contact number and fax number for all referrals.*

He has moved from 1 Shea Terrace, Takapuna to the Apollo Medical Centre (in association with Cardiology Institute). *The Ascot and Queen Street locations are unchanged.*

He is happy to be contacted about urgent referrals, or for advice on his mobile (021) 453 033, or by email [waltervandermerwe7@gmail.com](mailto:waltervandermerwe7@gmail.com)

Dr Walter van der Merwe FRACP, Hypertension Specialist and Nephrologist

- Suite 109, Level 1, 119 Apollo Drive, Albany (inside Cardiology Institute)
- Level 2/ 187 Queen Street, Auckland Central
- Ascot Office Park, Level 3, Building B, 93-95 Ascot Avenue, Greenlane East

Appointments (all locations - new) Ph: (09) 638 5255, Fax: (09) 638 6022



### Dr Patrick Kay – Cardiologist

Expert handling of angina and coronary artery disease. Patrick is one of Auckland's busiest and most experienced general and interventional cardiologists. Patrick trained in cardiology in New Zealand before working in the Netherlands where he obtained a PhD in interventional cardiology.

Since 2005 he has worked at all major public teaching hospitals in Auckland and he continues to supply public angioplasty services across the whole Auckland region.

Patrick consults broadly on all areas of cardiology with a particular interest in preventative cardiology, hypertension and cholesterol. He offers the following investigations and treatment:

Cardiac CT, invasive angiography and coronary angioplasty.

Echocardiography, treadmill exercise testing, and blood pressure and holter monitoring.

Clinics are held all over Auckland including Albany (Apollo), Silverdale, Ponsonby, MercyAscot, West Auckland, Botany (Eastcare) and Pukekohe. Urgent patients are welcome and evening appointments are available.

He is also an affiliated provider to Southern Cross and Sovereign.

Patrick offers you a friendly responsive service and looks forward to your call. All Clinics Ph: (0800) 997 650, Fax: (09) 623 2026  
Email: [ipatkay@hotmail.com](mailto:ipatkay@hotmail.com)



### Dr Jane Casey – Psychiatrist and Psychogeriatrician

Jane is a consultant psychiatrist with expertise in the assessment and management of presentations across the spectrum of adult mental health. Her areas of interest include depression, anxiety, bipolar disorder, psychotic disorders, personality and alcohol-related issues.

Psychiatry of old age is her sub-specialty and she is the current chair of this faculty in the RANZCP. Jane has expertise in memory, cognitive, functional and capacity assessments and an appreciation of the complexity of issues facing the older person.

Jane has acquired much knowledge and experience in pharmacological management and also relates with her patients in an eclectic psychotherapeutic style. Consultation and engagement with family and significant others is another strength. Home assessments and visits to residential care are also possible.

Consultations with Dr Jane Casey are now available at 25 Vermont Street Ponsonby.

For appointments:

Ph: (09) 360 0360, Fax: (09) 360 0365

Email: [admin@vermontstreetspecialists.co.nz](mailto:admin@vermontstreetspecialists.co.nz)



### Dr Rinki Murphy – Diabetes and Specialist Physician

Rinki is a consultant medical physician at ADHB, CMH and consults at Mercy Specialist Centre. Rinki specialises in the management of diabetes (including insulin pump therapy, continuous glucose monitoring) and obesity. She provides medical supervision for a multi-disciplinary weight loss program using a very low calorie diet and medical management of those undergoing bariatric surgery. She has particular interest in monogenic forms of diabetes (see monogenic guidelines on [www.nzssd.org.nz](http://www.nzssd.org.nz)) and severe insulin resistance.

For appointments and enquiries at Mercy Specialist Centre:

Ph: (09) 623 1170, Fax: (09) 623 1172, Email: [R.Murphy@auckland.ac.nz](mailto:R.Murphy@auckland.ac.nz)



## NZ Respiratory and Sleep Institute

### Dr Jacob Twiss – Paediatric Respiratory and Sleep Specialist

A graduate from Auckland Medical School, Jacob trained in paediatric respiratory and sleep medicine at Starship Children's Hospital and the Melbourne Children's Sleep Unit before returning to a specialist position at Starship. He gained a PhD in paediatric bronchiectasis and has considerable experience working with children and young people with a wide variety of respiratory health issues including:

- persistent cough
- recurrent chest infections
- asthma
- obstructive sleep apnoea / sleep disordered breathing
- congenital lung disease
- neuromuscular problems that affect breathing.

Dr Twiss is consulting at NZRSI one day per week by prior appointment. Referrals can come through GPs or paediatricians.

#### For appointments and enquires:

Ascot Office Park, Level 3, Building B, 93-95 Ascot Avenue, Greenlane, Auckland

PO Box 109 409, Newmarket, Auckland

Phone: (09) 638 5255, Fax: (09) 638 6022

Email: [referrals@nzrsi.health.nz](mailto:referrals@nzrsi.health.nz)

[www.nzrsi.health.nz](http://www.nzrsi.health.nz)



AGG is a group of gynaecologists and fertility specialists who have a range of special interests.

Our team of experts have a large amount of experience working with patients who have problems ranging from infertility to menopause. We guarantee a high level of patient care at all times. Here at AGG we work hard to ensure that all patients feel completely comfortable throughout the consultation process.

We provide outstanding healthcare to all gynaecology and infertility patients while maintaining open and timely communications.

We offer an exceptional breadth of services and options including the following:

- infertility
- cervical screening
- pelvic pain
- endometriosis
- early pregnancy problems such as miscarriage
- fibroids
- menstrual disorders
- vulval disease
- post pregnancy problems
- pelvic organ prolapse
- menopause
- adolescent gynaecology
- colposcopy and treatment of cervical abnormalities.



Dr Martin Sowter, Dr Guy Gudex, Prof Neil Johnson, Prof Cindy Farquhar, Dr Marian Carter, Dr Karen Buckingham



We are also delighted to introduce our new Specialist Dr Tin Lok Chiu who is now consulting privately at AGG.

AGG appointments are available at Remuera, St Heliers, New Lynn & Whangarei.

#### For further information and appointments:

Ph: (09) 524 1222, Fax: (09) 524 1221

Email: [info@agg.co.nz](mailto:info@agg.co.nz)

[www.agg.co.nz](http://www.agg.co.nz)

EDI: aklgynae



## Claris Group

Claris group is a newly formed medical specialist service on the North Shore of Auckland that offers patients one place to go for skin cancer/melanoma medicine and surgery, colorectal surgery, plastic and reconstructive surgery and cosmetic appearance medicine.

Dr Maria Reeves has treated many skin cancer patients and brings her experience together with passion and commitment to offer the patient the best care possible.

Claris group also includes two top Auckland surgeons:

- Mr Matthew Clark, general and colorectal surgeon and
- Mr Jonathan Heather, Plastic and reconstructive surgeon.

#### Our clinic details are:

Claris Group

Level 1, Park 1

61 Constellation Drive  
Rosedale, 0630

PO BOX 301818

Albany, Auckland

#### For all appointments contact:

Ph: (09) 320 4416, Fax: (09) 320 4417

Email: [info@claris.co.nz](mailto:info@claris.co.nz)

[www.claris.co.nz](http://www.claris.co.nz)



AUCKLAND  
ORTHOPAEDIC SURGEONS LTD

## Mr John Mutu-Grigg – Orthopaedic Surgeon

John is an orthopaedic surgeon at North Shore Hospital, and Auckland Orthopaedic Surgeons Ltd. He has sub specialist fellowship experience in arthroplasty, hand and wrist surgery. He has regular Auckland wide clinics at Ormiston, Ponsonby, Henderson and Albany. His special interests are:

- hip and knee replacement
- dupuytren's disease
- wrist arthroscopy
- carpal and cubital tunnel
- base of thumb arthritis
- hand and wrist trauma
- undiagnosed hand and wrist pain.

#### For further information and appointments

Ph: (09) 480 3344, Fax: (09) 480 3345, Healthlink EDI: johnmutu

Email: [john@aklorthopaedics.co.nz](mailto:john@aklorthopaedics.co.nz)

[www.johnmutugrigg.co.nz](http://www.johnmutugrigg.co.nz), [www.aklorthopaedics.co.nz](http://www.aklorthopaedics.co.nz)



[www.healthpoint.co.nz](http://www.healthpoint.co.nz)







## Cardiology Institute

Your comprehensive cardiac care on the North Shore.

The Cardiology Institute provides comprehensive private cardiology services on the North Shore, Auckland. Our highly trained team of North Shore Hospital-based cardiologists cover all aspects of general and preventive cardiology, multi-modality imaging, electrophysiology and cardiovascular intervention.

We operate out of our purpose-fitted facilities at 119 Apollo Drive with easy access and ample car parking.

Drs Seif El-Jack, Ali Khan and Andrew To are committed to prompt service to you and your patients including same day urgent reviews.

For referrals at

Suite 109, Level 1

119 Apollo Drive, Albany, Auckland

Ph: (022) 672 8255. Fax: (09) 929 3248

Email: [consult@cardiologist.co.nz](mailto:consult@cardiologist.co.nz)

[www.cardiologyinstitute.co.nz](http://www.cardiologyinstitute.co.nz)

HealthLink EDI: cardinst

MedTech SR Portal: Cardiology Institute



## AUCKLAND | WEIGHT LOSS | SURGERY

### Auckland Weight Loss Surgery

Surgeons Grant Beban and Richard Babor have moved into new premises conveniently located on the Ascot Hospital site. We have also welcomed surgeon Jon Morrow to the practice to further enhance cover for our patients.

Working under the dual banners of Auckland Laparoscopic Surgery and Auckland Weight Loss Surgery, Grant, Richard, Jon and their team specialise in:

**Oesophagogastric surgery:** open and laparoscopic surgery for reflux disease, hiatus hernia, achalasia, GIST and oesophago-gastric cancer.

**Weight loss (Bariatric) surgery:** laparoscopic gastric bypass, gastric sleeve and complex or revision cases.

**General surgery:** open and laparoscopic surgery for gallbladder and biliary disease and hernias.

We offer a multidisciplinary approach to surgical services, with a clinical nurse specialist, dietician and psychologist providing patient care and support leading up to and following surgery.

Grant, Richard and Jon all work in public and private practice. Grant also works at Auckland Hospital where he has introduced an obesity surgery programme. He also served on the steering committee for a nationwide strategy on management of morbid obesity in New Zealand. Richard also works at Middlemore Hospital and about half of his time is spent on obesity surgery. Jon has been involved in the obesity surgery programme at Middlemore Hospital for the past four years. He is the current New Zealand representative on the Obesity Surgery Society of Australia and New Zealand.

Grant, Richard and Jon are all active in research, education training and governance.

Appointments at Lvl 1, Ascot Central, 7 Ellerslie Racecourse Drive.

Ph: (09) 522 4103, Fax: (09) 630 8589

Email: [info@awls.co.nz](mailto:info@awls.co.nz)

[www.awls.co.nz](http://www.awls.co.nz)

Healthlink EDI: aklwloss



### Mr Andrew Bowker – Laparoscopic General Surgeon

Andrew has 23 years' experience in private surgical practice in Auckland, during which he has carried out over 10,000 laparoscopic procedures. He has what is probably the world's largest experience of laparoscopic inguinal hernia repair (over 7,300 repairs).

His conversion-to-open rate for laparoscopic cholecystectomy (4 of 2,700 cholecystectomies and no major bile duct injuries) is extremely low. He helped establish Laparoscopy Auckland as a centre of excellence for laparoscopic general surgical procedures.

- laparoscopic and open hernia repair
- laparoscopic cholecystectomy
- laparoscopic fundoplication.

He is a Southern Cross Affiliated Provider for the above procedures.

For referrals:

Laparoscopy Auckland, 148 Gillies Ave, Epsom, Auckland 1023

Ph: (09) 630 0223, Fax: (09) 630 0220

Email: [andrewbowker@laparoscopyauckland.co.nz](mailto:andrewbowker@laparoscopyauckland.co.nz)

[www.laparoscopysurgeon.co.nz](http://www.laparoscopysurgeon.co.nz)

EDI: acbowker



A partnership between MercyAscot and Southern Cross Hospitals

### Dr Ramesh Arunachalam – Radiation Oncologist

ARO welcomes Ramesh to Auckland Radiation Oncology (ARO).

A radiation oncologist consultant at Auckland City Hospital, he completed his postgraduate radiation oncology training in Auckland.

Dr Arunachalam is an enthusiastic, passionate and caring radiation oncologist.

Specialties include:

- lung
- skin
- sarcoma
- radiotherapy
- conditions
- palliative cases.

His patient philosophy and AROs international reputation for individualised patient treatment planning aligns perfectly to deliver quality treatment.

For referrals and more information:

[ramesh.arunachalam@aro.co.nz](mailto:ramesh.arunachalam@aro.co.nz)

Ph: (09) 623 6046

Email: [info@aro.co.nz](mailto:info@aro.co.nz)

[www.aro.co.nz](http://www.aro.co.nz)



If you are interested in profiling yourself and your services please email: [info@healthpoint.co.nz](mailto:info@healthpoint.co.nz) or phone (09) 630 0828

## Axis Sports Medicine Specialists



The sports physicians at Axis Sports Medicine Specialists are experts in the prevention, diagnosis, treatment and rehabilitation of sports injuries and illnesses. We provide a thorough and reputable service to manage all sport and exercise-related medical concerns for a wide range of active individuals including professional and recreational athletes, sports people and dancers.

Our practice provides a coordinated approach to the treatment of sport and exercise-related injuries as we work within a multidisciplinary unit of health professionals.

### Our clinic details are:

**St John's Clinic**  
71 Merton Road  
St Johns  
Auckland 1072

**North Shore, Wairau Valley Clinic**  
212 Wairau Road  
Wairau Valley  
Auckland 0627

For all appointments contact  
Ph: (09) 521 9811, Fax: (09) 521 9812  
Email: [info@axisissportsmedicine.co.nz](mailto:info@axisissportsmedicine.co.nz)  
[www.axisissportsmedicine.co.nz](http://www.axisissportsmedicine.co.nz)  
Healthlink EDI: usportak



## Wellness Support Service

Support Stream offers holistic and practical support for people who are managing their mental health or dealing with a difficult time in their life. Support Stream is a self-funded mobile service, our wellness coaches can meet with people in their own home or in the community.

### Focus is on positive outcomes for people experiencing:

- anxiety
- depression
- stress and burn out
- loss and grief
- pre and post-natal concerns
- other distressing emotions

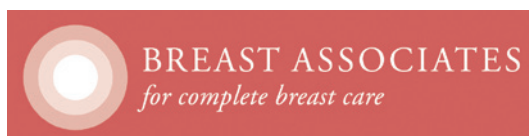
Support Stream works with youth (13 and over), adults and their families. The support options include:

- creating your own wellness plan
- understanding your mental health
- dealing with distressing emotions
- wellness strategies including relaxation, sensory and mindfulness techniques
- managing your daily tasks and activities
- healthy living: nutrition, exercise, sleep and smoking cessation
- employment/education support
- support for carers and family.

Wellness coaches work in collaboration with people to achieve their personal goals.

To make an enquiry or a referral please contact Shelley Southgate on: (027) 200 6355, or Freephone: (0800) 196 970,  
Email: [shelley.southgate@supportstream.co.nz](mailto:shelley.southgate@supportstream.co.nz)

Or send a referral and enquiry via the website:  
[www.supportstream.co.nz](http://www.supportstream.co.nz)



## Breast Associates

The breast specialists at Breast Associates are a team of experts who are able to provide the highest standards in complete breast care. Between them, they have cared for more than 20,000 women over 16 years.

Our Auckland breast clinic provides a caring and supportive environment, where trust and confidence are an integral part of the patient experience.

All consultations, breast imaging and diagnostic tests are available on site. A counselling service is also available.

### Our team specialises in:

- diagnosing and treating breast cancer
- diagnosing breast lumps
- breast reconstruction
- diagnosing and treating breast infection
- diagnosing and treating breast pain
- advice on family history
- any breast concerns.

### Our breast care team

The Breast Associates team focuses on providing holistic and integrated care to manage breast problems. Each breast doctor specialises either as a surgeon or a breast physician:

- Mr. Alexander Ng – breast, melanoma and general surgeon
- Mr. Wayne Jones – breast, general and endocrine surgeon
- Dr Eletha Taylor – breast, melanoma and general surgeon
- Dr Marli Gregory – breast physician
- Dr Sonja Freese – breast physician
- Dr Caroline Gray – breast physician
- Dr Beverley Sweeten-Smith - breast physician.

We work with Ascot Radiology to bring patients the latest digital mammography, breast ultrasound and MRI imaging, ensuring the most accurate scans in the shortest possible time frame.

**Appointments at Ascot Central**  
Ph: (09) 522 1346 Fax: (09) 522 1343  
Email: [info@breastassociates.co.nz](mailto:info@breastassociates.co.nz)  
Web: [www.breastassociates.co.nz](http://www.breastassociates.co.nz)  
Healthlink EDI: breastmk



**birthcare®**  
...for the very best start in life



## Choosing where to labour and birth is one of the most important decisions a pregnant woman makes.

Research proves that women who give birth in a primary maternity unit have less incidence of medical interventions such as episiotomies, caesarean sections and the use of forceps or ventouse during labour. The evidence also proves that women have better outcomes if they start labour in a primary maternity unit rather than starting labour in a hospital.

Registration is done antenatally. Registration forms are available through your Lead Maternity Care provider. Alternatively you can contact Birthcare by Ph: (09) 374 0800, Fax: (09) 374 0844, Email: [parnell@birthcare.co.nz](mailto:parnell@birthcare.co.nz) or go to our website – [www.birthcare.co.nz](http://www.birthcare.co.nz) or via Healthpoint.

## Auckland DHB

### To all GPs,

CF carrier testing can be arranged by you. Therefore, Genetic Health Service - NZ is now declining referrals.

#### To arrange testing we would recommend:

1. You should send an EDTA blood sample to Canterbury Health Laboratories for CF panel testing, this is generally only offered to individuals with a family history of CF. This test identifies almost 90% of carriers in the caucasian population.
2. If your patient is confirmed as a CF carrier then their partner should also have CF carrier testing, which can be arranged through their own GP.
3. If either partner is not from a caucasian background further testing (sequencing) may be appropriate. The lab can advise you further about this if necessary.
4. If there is a known family mutation you need to provide the lab with details of this mutation (and/or the name & date of birth of the affected/ carrier family member so the lab can ensure they are testing for the correct mutation).

#### Outcome advice:

1. If both partners are found to be CF carriers then there is a risk of them having an affected child and they should be referred to us for a discussion about this and their options in a future pregnancy.
2. If one partner is not a carrier of one of the mutations tested for on the panel their residual risk of being a carrier for a rare mutation is approximately 1 in 200 and the chance of them having a child with CF would then be very low.

You can contact the on call Genetic Counsellor if you have any questions.

#### Websites:

For more information about referring patient to the Genetics Services NZ - Northern Hub please visit us on our healthpoint website:

[www.healthpoint.co.nz/public/genetics/genetic-health-service-nz-northern-hub](http://www.healthpoint.co.nz/public/genetics/genetic-health-service-nz-northern-hub)

Our national website:

[www.genetichealthservice.org.nz/for\\_health\\_professionals](http://www.genetichealthservice.org.nz/for_health_professionals)

### Gynaecology - Faster Cancer Treatment Pathways

The Ministry Of Health has introduced faster cancer treatment targets for patients presenting to the District Health Board with nationally defined 'red flags' for patients with high suspicion of cancer (HSC).

Within the gynaecology service there are 7 definitions; Post-Menopausal Bleeding (PMB) and a palpable, rapidly growing or incidentally found pelvic mass being the most common presentations.

Once these patients are assigned an HSC flag, they are tracked through their pathway and must comply with the Ministry of Health 62 day target from referral date, to the date of first treatment, if they are subsequently diagnosed with cancer as part of that pathway.

The Ministry of Health has given clear guidance that women presenting with:

- Post-menopausal bleeding can be excluded from HSC flag if they have a normal physical examination, smear and vaginal ultrasound.
- A palpable or incidentally-found pelvic mass have a high suspicion of cancer. High suspicion of cancer can be excluded if investigations (USS and tumour markers) suggest benign disease.

To ensure compliance with the Ministry of Health targets and to ensure our patients/population receive the right care at the right time, **referrers are being requested to ensure physical examination, smear and vaginal ultrasound (USS) are carried out prior to referral.** The results from these are pertinent information required for appropriate triaging and to avoid delays with further requests for this information.

If there is no evidence of a physical examination or smear being carried out on the referral, the referral will be declined and sent back to the referrer with the recommendation to perform a PV exam and smear. **The referrer is also being strongly encouraged to get an ultrasound done prior to referral where:**



- The patient has funds for an USS to be done within the private sector OR
- The referrer uses his/her practice's Access to Diagnostics (ATD) funds to purchase an USS in the private sector OR
  - If the above two are not options or USS cannot be obtained within 2 weeks
- Make an e-referral (or other referral) to ADHB radiology and select the 'timeframe' option 'within 1-2 weeks' on the e-referral form. Relevant clinical information must be included to support urgent referral.

#### Radiology acceptance criteria for USS referral into the DHB (or ATD) are as follows:

Post-menopausal bleeding - defined as bleeding after 1 year of amenorrhoea.

Pelvic mass on examination.

## Northland DHB



### Oxygen Therapy Service:

The rationale and referral process for home oxygen therapy is now available on the respiratory service Healthpoint site. The major change of note is that requests should now be submitted via the respiratory service eReferral. Please review the information on the site to guide your referrals to ensure they contain the necessary information to allow them to be actioned.

The contact details for the clinical nurse manager of this service has been added to the service contact details list in case you have any questions about the service.

### Child Eczema Service:

The access criteria for this specialist nurse lead service has changed from simply any child under 2 yrs. with eczema to any child under 16 yrs. with problematic eczema that has not responded to maximal topical therapy. This is a specialist clinic that aims to see children where standard management has not lead to adequate control. The key management aspects of education and addressing compliance should be undertaken within Primary Care.

To ensure appropriate use of the very limited specialist nurse resource, required referral information has been defined and added to the Child Health Clinic's Healthpoint site. There is a downloadable referral checklist available to assist with your referrals. The referral must include the information outlined on the checklist as well as a photos of the skin to give a clear indication of extent and severity. This does open up the ability for virtual management advice to be provided from the nurse specialist, avoid both wait and travel for the patient and their family.

Referrals should be via the Child Health Clinic eReferral and NOT via the dermatology eReferral.

### GP access to CT scans

The scope of GP requested CT scans has been extended to include CT heads for the investigation of cognitive impairment where the patient is being managed on the cognitive impairment clinical pathway.

We have added a CT request to the eReferral system. Full details of the CT referral process, criteria and required referral information has been added to the radiology Healthpoint site.

**Di Davis, GP liaison Northland DHB**

**Cell phone: 021 830 938**

## Regional news:

### Free Membership in Coeliac NZ

Many GPs have already emailed **Coeliac NZ** with a request to take up the free membership offer. Some of these emails have unfortunately been lost by Office 365. To be sure your membership application was processed correctly, visit the website, [www.coeliac.org.nz](http://www.coeliac.org.nz) and fill out the membership application on-line. If you have not taken up this offer yet: [www.coeliac.org.nz](http://www.coeliac.org.nz)



## Counties Manukau Health

### Point of Care Measurements for Safety

Lesa Freeman, Clinical Quality and Risk Manager | Kidz First and Women's Health Divisions covers two topics this month - Point of Care and Safety.

In October 2014, Counties Manukau Health commenced the Point of Care Measurements for Safety Project to develop and implement a comprehensive system of safety and quality measures to drive improvement activity with the overarching aim of reducing harm associated with healthcare. The measurement system will complement the current safety measures derived from the global trigger tool, administrative data and incident reporting. The preference for the Point of Care Measurements for safety is for the use of small scale frequent sampling that would not disrupt the clinical areas workflow and would be performed at the patient's bedside and engage patients and whānau.

In January 2015, a provisional list of 13 Point of Care Measurements for Safety (including: falls, pressure injuries, health associated infection, medication chart, venous thromboembolism, patient identification, documentation, recognising and responding to clinical deterioration, pain, blood and blood products, nutrition, violence intervention programme and safe sleep) were presented to each division. Each division was then requested to rank their top five Point of Care Measurements for Safety and determine the frequency at which they would be performed on five inpatients.

Botany, Papakura and Pukekohe birthing units, Maternity North and South, and community midwifery identified five Point of Care Measurements for Safety to be reported on a weekly basis. These included:

- clinical documentation
- medication charts
- violence intervention programme
- recognising and responding to clinical deterioration
- safe sleep.

Women's Health further reviewed these five measurements against the United Kingdom's Maternity Safety Thermometer, as well as the Northern Regional Safe Sleep Audit tool and in April/May 2015 piloted the tools.

The Point of Care Measurements for Safety (recently named Care Compass) was rolled out in July 2015 with Ward 34N (Surgical) as the test ward.

The data will be held centrally on a database and reported at a ward, service, division and hospital level on a monthly basis. It is proposed that the Care Compass data will form the basis of the patient safety boards on each ward/unit and these boards will be a focus of the leadership safety walk rounds.

### CM Health launches new values and strategic plan

CM Health launched its refreshed values and strategic plan on Thursday 10 September, signalling a new and exciting era for our organisation. This work has been months in the planning with over 2000 people sharing their ideas as to how we can consistently be at our best for our patients, whānau and families, and each other, and the choices we need to make to progress our goal to work together to achieve health equity.

While the conversations around our 'Healthy Together' strategy will continue, our new values: Kind, Valuing everyone, Together and Excellent, tell a story of how we can provide great care and a great experience at work.

**Lena Crawford**

**Web Content Manager | Communications Team**



## Waitemata DHB



**Living Smokefree... it starts with YOU**

### New Smoke free Programme for Pregnant Women

Auckland and Waitemata DHBs have recently launched a new stop smoking programme, 'Living Smoke free – it starts with you'. This programme is an incentives-based smoking cessation in pregnancy pilot programme for pregnant women who smoke. Pregnant women will receive professional support to stop smoking with the additional incentives of vouchers to help stop smoking in pregnancy.



#### Why are we doing this?

While a reduction in smoking is a key priority in a number of health strategies, the goal of this new programme is to provide better help for pregnant mothers that smoke to quit, and to further protect the unborn child from the harmful effects of maternal smoking in pregnancy.

It is estimated that in excess of 1,000 pregnant women smoke per year within Waitemata DHB and Auckland DHB combined, with more than 65% of these women being Māori or Pacific.

#### What are we going to do?

This pilot programme will use an incentives-based approach to encourage women to stop smoking in pregnancy, and in particular specifically target Māori and Pacific women.

The voucher incentives scheme supports and supplements existing contracts with our Stop Smoking Service providers to provide Pregnancy smoking cessation in a culturally appropriate manner.

Pregnant women successfully completing the programme can receive up to \$310 in vouchers, how much they receive depends upon when they register and their successful completion of the programme.

#### Who can participate?

The programme is available for pregnant women who smoke, and live in the Auckland District Health Board or Waitemata District Health Board areas. Pregnant women can enrol in the programme up until 38 weeks of pregnancy.

#### How do GPs refer patients to the service?

Primary care providers can enrol women by making a referral to a local face-to-face service via CareConnect.

#### Specialist Stop-Smoking Support Providers

The following specialist smoking cessation services are available to help support this programme:

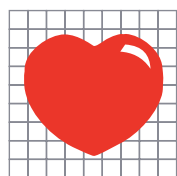
##### Auckland DHB area:

- Auckland DHB Smoke free Pregnancy Service, Call (0800) 667 833 / (0800) NO PUFF or Text (027) 326 7334  
Email: smokefree@adhb.govt.nz
- Pacific Quit Smoking Service, Call (0800) 867 848 or Text to (021) 742167  
Email: pacificquit@adhb.govt.nz

##### Waitemata DHB area:

- Waitemata PHO, Call (0508) 784 866, (0508) 784 866 or Text (021) 400 793  
www.facebook.com/smokefreecommunities
- Pacific Quit Smoking Service, Call (0800) 867 848 or Text to (021) 742 167  
Email: pacificquit@adhb.govt.nz

**To obtain programme resources or for further information please contact: Tracy Walters: [tracy.walters@waitematadhb.govt.nz](mailto:tracy.walters@waitematadhb.govt.nz).**



## AUCKLAND HEART GROUP

We would like to thank the 300 GPs who attended our GP Symposium held at the Waipuna Conference Centre, 58 Waipuna Road, Mt Wellington on Saturday 22 August. The talks are now available for viewing on our website and the feedback received is valuable in assisting with formulating future themes and programmes.

**Saturday 20th August** is the date for our 2016 event and the venue remains the same. If you did not receive our invitation this year and wish to be included for future events, please email [ahg@heartgroup.co.nz](mailto:ahg@heartgroup.co.nz) with your contact details.

We appreciate your support and look forward to continuing to be of service to the GP community.  
**Auckland Heart Group cardiologists and staff**



[www.heartgroup.co.nz](http://www.heartgroup.co.nz)

ENQUIRIES 09 623 1020 | GP ADVICE LINE 0800 222 411 | FAX 09 623 1030 | EMAIL [ahg@heartgroup.co.nz](mailto:ahg@heartgroup.co.nz)

## repro<sup>med</sup> Fertility Specialists

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- in vitro fertilization (IVF)
- intra cytoplasmic sperm injection (ICSI)
- elective egg freezing for fertility preservation
- sperm freezing
- embryo freezing
- surgical sperm retrieval
- intrauterine insemination (IUI)
- ovulation induction (OI)
- donor sperm, eggs and embryos using personal or clinic donors
- counselling and support
- recurrent pregnancy loss management
- surrogacy.



Dr Guy Gudex  
Medical Director



Dr Karen  
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Prof Neil Johnson



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Dr Emily Liu



Dr Shelley Reilly



Repromed Fertility Specialists  
105 Remuera Road, Remuera  
Please call us in confidence  
09-5241232 or visit our website  
[www.repromed.co.nz](http://www.repromed.co.nz)

*'sometimes dreams  
need a little help'*

