

# info matters



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

April 2014

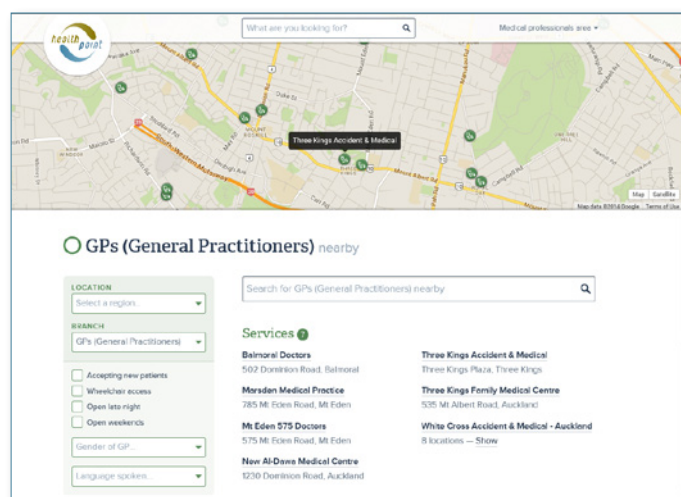
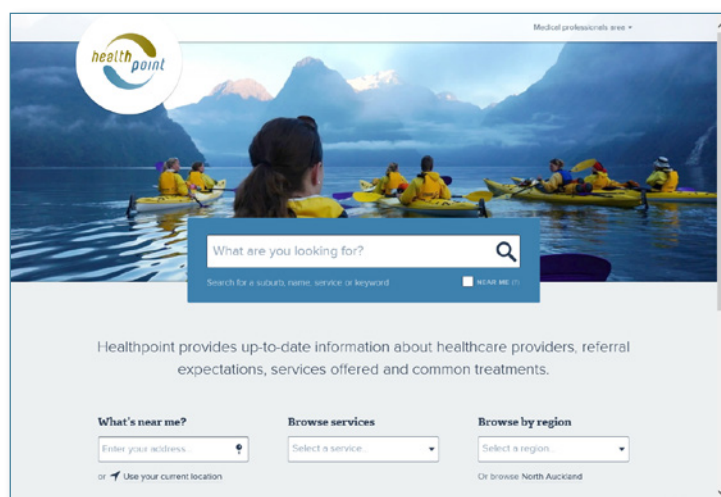
## Healthpoint News

### Re-orientated [www.healthpoint.co.nz](http://www.healthpoint.co.nz), website coming soon

Healthpoint publishes information about public hospital services, private hospital services, GP practices, maternity providers, optometrists, dentists and NGO mental health services, with over 160,000 people viewing information each month.

To help more easily find the most appropriate information on services closest to you, Healthpoint is undergoing a major reconfiguration.

**Healthpoint is seeking opinion from across the community and if you would like to view the proposed changes and provide feedback please contact Shiva Nami at: [shiva@healthpoint.co.nz](mailto:shiva@healthpoint.co.nz)**



### Dynamic Clinical Pathways for the Northern Region DHBs

Pathway Navigator Limited (A partnership between Healthpoint and Next Generation Software) has developed the first integrated dynamic clinical pathway tool.

There is a lot of excitement around the imminent implementation and planning is underway for the initial stage, the 'Proof of Concept'(PoC). This will be the 'first of kind' dynamic clinical pathway tool. Eight GP practices have self-selected for the 12 week trial period.

The PoC pathways will be specific to your patient and dynamically integrated into the clinicians workflow in real time during a consultation.

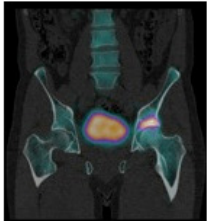
The following dynamic pathways will be trialled in the PoC stage, with another five to follow into the next phase of implementation.

- COPD
- Gout
- Iron Deficiency
- Dyspepsia
- Cognitive Impairment

If you would like more information about the Proof of Concept, contact Meg Smith - [meg.smith@gaih.health.nz](mailto:meg.smith@gaih.health.nz), GAIHN (Greater Auckland Integrated Health Network)

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

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



# Accuron Radiology

Advanced  
Nuclear  
Imaging



Accuron Radiology is a new state-of-the-art nuclear imaging facility based in Auckland.

*"Our goal is to provide referring doctors with a highly specialised diagnostic imaging service which fully integrates both advanced nuclear imaging and diagnostic radiology."*

Dr Hament Pandya, Consultant Radiologist



SPECT-CT imaging fuses multislice CT with nuclear imaging increasing sensitivity and specificity

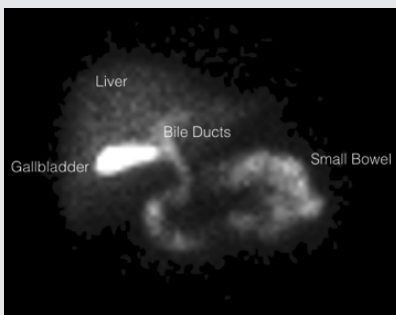
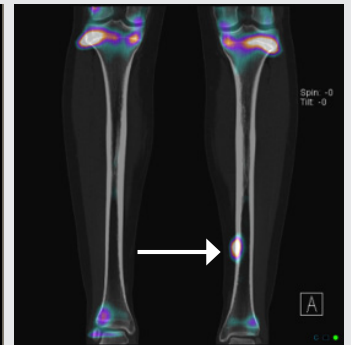


### Musculoskeletal – Evaluation of Periprosthetic Pain

SPECT-CT provides valuable information in the evaluation of orthopaedic patients with possible periprosthetic loosening. This patient was experiencing persistent pain over the lower tibia after previous internal fixation. SPECT-CT revealed abnormal reactive sclerosis around the distal end of a fixation plate (arrow). This directly correlated with the site of the patient's symptoms.

### Occult Stress Fractures

This young girl was experiencing persistent left lower tibial pain when performing ballet. Initial investigations were normal. A fused SPECT-CT scan revealed an otherwise occult stress fracture (arrow).



### Evaluation of Persistent RUQ Pain – Normal Ultrasound Scan? Where to next...?

Dynamic hepatobiliary imaging provides valuable information to identify those patients who are likely to benefit from laparoscopic cholecystectomy.

For more information visit our online learning centre at [www.accuronradiology.co.nz/learningcentre](http://www.accuronradiology.co.nz/learningcentre)

For more information visit [www.accuronradiology.co.nz](http://www.accuronradiology.co.nz)

2 Fred Thomas Drive  
Takapuna 0622

Ph: (09) 623 5889  
Email: [referrals@accuronradiology.co.nz](mailto:referrals@accuronradiology.co.nz)





**Technically advanced potentially curative stereotactic radiation therapy now available in Auckland**

Auckland Radiation Oncology is the only private centre in NZ to offer stereotactic radiation therapies, utilising state-of-the-art linear accelerator and treatment planning technology combined with unique anatomically correlated 4D image guidance, giving the highest level of treatment accuracy for hard to treat and moving tumours as in the brain, liver and spine.

A possible alternative to surgery, this non-invasive and potentially locally-curative treatment can conveniently be completed in days rather than weeks.

**For more information:**

search Treatment Techniques at [aucklandradiationoncology.co.nz](http://aucklandradiationoncology.co.nz)  
Ph: (09) 623 6046. Email [info@aro.co.nz](mailto:info@aro.co.nz)

**Dr. Haluk Aydin - Specialist Psychiatrist, Child, Youth & Adult**



Dr Aydin has 14 years of practice in both the US and New Zealand and has recently opened a private practice at 2 Picton Street, Ponsonby. Employed by CMDHB until recently deciding to establish his own practice, he has worked in both outpatient and inpatient services and in both the adult and child & youth service systems.



He is academically trained and certified in both general psychiatry and child & adolescent psychiatry, and has been registered as a specialist with the Medical Council of New Zealand since 2011.

Haluk specialises in the diagnosis, treatment, and management of mental illnesses and brain disorders, including emotional and behavioural issues, in people of all ages.

These include ADHD, mood disorders, anxiety disorders, OCD, schizophrenia, bipolar disorder, eating disorders (anorexia, bulimia), depression, oppositional defiant disorder (ODD), autism spectrum disorders (ASD), PTSD, stress, anxiety and emotional disorders.

**For appointments and referrals please Ph: 021 027 04325, Fax (09) 378 4773 or email: [aucklandpsychiatry@gmail.com](mailto:aucklandpsychiatry@gmail.com) [www.aucklandpsychiatry.co.nz](http://www.aucklandpsychiatry.co.nz) Facebook: Auckland Psychiatry Ltd.**

**Mr Tony Cecire – ENT Surgeon**

Tony Cecire is a New Zealand trained ENT surgeon. He has been in private practice since 1996 in Hamilton working from the Anglesea Clinic. He is now in full-time private practice after working at Waikato Hospital for 15 years. His practice is for both adults and children. Tony deals with;



- chronic middle ear disease and middle ear reconstruction
- hearing loss and balance disorders
- nose bleeds, nasal injury and nasal reconstruction
- allergic nasal disorders and sinus disease
- tonsil disease, throat and voice problems

Audiology, MRI and CT scan are adjacent as well as on-site parking.

**For appointments please Ph: (07) 839 2152 or Fax: (07) 839 2153**

**Mr Michael Davison – ORL Surgeon**

Michael has been a consultant in the ORL department at Waitemata DHB since its inception in 1997 and in private practice since 1998.

Michael's special interests are in nasal & sinus surgery including septoplasty, rhinoplasty, endoscopic sinus surgery and snoring/OSA.

He also has extensive experience in pituitary & anterior skull base surgery through collaboration with the neurosurgeons at Auckland City Hospital.

Other areas of interest include the management of fractured nose and general paediatric and adult ORL.

Michael has provided advice on common sinonasal conditions on the Healthpoint website.

**For appointments Ph: (09) 489 1351, Fax: (09) 489 4383**



Michael J. Davison FRACS  
EAR, NOSE & THROAT SURGERY

**Dr Mike van Dijkhuizen, Clinical Psychologist**

Mike is a member of the New Zealand College of Clinical Psychologists. He provides psychological therapy for individuals and couples using cognitive behavioural therapy and mindfulness. He provides individual therapy sessions by Skype, as well as consulting room appointments for individuals and couples at Practice 92 in Mt Eden. Mike's areas of interest and experience are in working with:

anger problems, panic, obsessions and compulsions, trauma, worry, depression, bereavement and grief, relationship / couples therapy, male sexual problems, sexual behaviour difficulties.

He completed his undergraduate studies at the London School of Economics and went on to complete a postgraduate Diploma in Psychology at London Guildhall University, followed by a Doctorate in Clinical Psychology at University College London. In recent years his postdoctoral training has included skills in Dialectical Behavioural Therapy, and training in clinical supervision, group work and couples therapy.

Prior to training as a clinical psychologist, Mike had eleven years' experience in the HIV/AIDS and sexual health field in London, first as a social worker and subsequently as a health adviser / counsellor. This gave him extensive experience in working with mental health difficulties in the context of stigma and chronic illness.

**[www.psychologistnz.co.nz](http://www.psychologistnz.co.nz)**

**For appointments: Ph: (09) 638 9804, Fax (09) 638 9814, Email: [prac92@ihug.co.nz](mailto:prac92@ihug.co.nz)**



**Mr David Flint – Ear Nose & Throat Surgeon**

David is a fellowship trained paediatric and adult otology surgeon. He has been a consultant surgeon at Waitemata DHB from 2005 and also at Counties Manukau from 2009.

He provides general otolaryngology services with special interests in otology and nasal and sinus disease.

His rooms are in Takapuna, and he visits Pukekohe. Operating privileges are at North Harbour, Gillies, and Ormiston Hospitals.

David is a member of the NZ Training, Education & Accreditation Committee for Otolaryngology, NZ Society of Otolaryngology Head & Neck Surgery, American Academy of Otolaryngology – Head & Neck Surgery, Neuro-Otology Society of Australia, and a senior lecturer in the Department of Surgery, University of Auckland.

**Contact Lakeside Specialist Centre 17 Shea Tce Takapuna 0622, Ph: (09) 489 1534, Mob: (021) 241 7839, Fax: (09) 489 4383, Email: [davidflint@orcon.net.nz](mailto:davidflint@orcon.net.nz), HealthLink EDI: entflint**





## Dr Jovina Goh – Endocrinologist, Diabetologist & Specialist Physician

Dr Jovina Goh is a New Zealand trained endocrinologist, diabetologist and specialist physician of Malaysian Chinese descent. Jovina speaks English fluently and is able to converse in Mandarin, Cantonese, Hokkien and Bahasa Malaysia (Malay).



Jovina has been working as a consultant at Counties Manukau DHB for the past 3 years and now offers a private clinic at the MacMurray Specialist Centre in Remuera. She welcomes referrals for patients needing specialist care for all aspects of endocrinology and diabetes.

### Jovina's special interests include:

- thyroid, parathyroid and calcium disorders
- diabetes
- osteoporosis and Paget's disease
- pituitary and adrenal disorders
- polycystic ovarian syndrome (PCOS)
- male hypogonadism
- hypertension management

Jovina is registered with Southern Cross Healthcare.

For further information, appointments and enquiries, please contact the MacMurray Specialist Centre:

Ph: (09) 550 1080, Fax: (09) 550 1081  
www.macmurray.co.nz

## Dr James McGarvey – Sports Physician

James has extensive sports medicine experience having worked in a number of leading practices in Australasia over the last decade including Olympic Park Sports Medicine in Melbourne.

He has an interest in rugby medicine and is the doctor for the NZ Rugby Sevens team and the last 2 seasons team doctor for the Chiefs Super Rugby franchise. He was the tournament physician for the Heineken Open tennis tournament, previously ran the Auckland University postgraduate Diploma in Sports Medicine and is a sports medicine reviewer for the British Medical Journal.

He is now back permanently at UniSports and continuing his passion for top quality sport and exercise medicine advice.

James practices at UniSports Sports Medicine, 71 Merton Road and 22 Chartwell Avenue, Glenfield.

Ph: (09) 521 9811 for enquiries and appointments.



## Dr Kristine Ng – Rheumatologist

After four years of providing specialist rheumatology care at two sites in Auckland, Dr Kristine Ng has consolidated her private practice to consult solely at the Northern Clinic, Glenfield. She no longer practices at EastMed, St Heliers. Her public practice remains at Waitemata DHB. She continues to offer all aspects of rheumatology specialist care and her interests are in autoimmune inflammatory rheumatic diseases.



Contact details: Rheumatology Centre, Level 1, 212 Wairau Road, Glenfield, Auckland 0627

Ph: (09) 442 1525, Fax: (09) 442 1526. HealthLink EDI: northern

## Mr Siraj Rajaratnam – Colorectal and General Surgeon and Endoscopist

Siraj is a New Zealand born and trained general surgeon who has recently commenced private practice on the North Shore of Auckland.

He has subspecialty expertise in colorectal surgery and has been a consultant surgeon at Waitemata DHB since February 2013.

Siraj specialises in the management of the full range of colorectal conditions including colorectal cancer, inflammatory bowel disease, diverticular disease, and minor anorectal conditions such as haemorrhoids, fissures and fistulas. He has particular interest in pelvic floor disorders such as rectal prolapse and faecal incontinence. Siraj also provides colonoscopy and general surgery such as gallbladder, hernia and skin surgery.

Siraj has completed prestigious colorectal fellowships in Cambridge and Oxford, United Kingdom, where he gained expertise in modern surgical techniques such as laparoscopic colorectal surgery and Doppler-guided haemorrhoidal artery ligation (HALO). He is a member of the Colorectal Surgical Society of Australia and New Zealand (CSSANZ) and the New Zealand Association of General Surgeons (NZAGS).

Enquiries and referrals through Waitemata Specialist Centre.

15 Shea Terrace, Takapuna, Auckland.

Ph: (09) 441 2750, Fax: (09) 441 2759



## Mr Jeremy Stanley – Orthopaedic Surgeon

Jeremy is a general orthopedic surgeon with a special interest in sports injuries.

He has a unique insight into the understanding of sports injuries and the demands placed on professional athletes having played rugby for the All Blacks, Auckland Blues and Otago Highlanders. He has also played softball for the New Zealand Black Sox and captained the Samoan softball team in the World Series hosted in Christchurch in 2004.

Jeremy's research interests include paediatric sports injuries and musculoskeletal infection as well as high tibial osteotomy in the osteoarthritic knee.

Jeremy practices at Unisports Sports Medicine, 71 Merton Road and 22 Chartwell Avenue, Glenfield.

Ph: (09) 521 9811 for enquiries and appointments.



## Dr Jane Walton – Geriatrician & General Physician

Jane has her FRACP in both geriatric and general medicine. She is currently employed at ADHB as a geriatrician. She has also worked in Brisbane, at the Prince Charles Hospital as both a geriatrician and general physician. Jane is interested in the broad range of presentations associated with these specialties that require a comprehensive assessment - including cognition, falls and balance and poly-pharmacy.

Jane works on Monday afternoons at Auckland Medical Specialists, 183 Gilles Avenue, Epsom. She is also available to see patients in their home or at residential care facilities.

For appointments please Ph: (09) 638 9945 or Fax: (09) 638 9947



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



## Regional News

### Northern Regional Clinical Pathways:

#### Development of Acute Lower Back Pain Pathway

GAIHN are looking for additional primary care interest to assist with the development of an acute lower back pain pathway. If you are interested please contact Sarah Hyder: Sarah.Hyder@gaihn.health.nz

#### New pathways added in December 2013:

- Diabetes - Type 2 x 3 (Screening and Diagnosis, Management, Insulin Initiation)

#### Pathways currently in development:

- Renal Disease including Management of Renal Colic and Management of Diagnosed Renal Stones
- Chronic Kidney Disease including Haematuria and Proteinuria
- Chest Pain
- Heart Failure
- Atrial Fibrillation
- High Risk Patient Management
- Sexually Transmitted Diseases (Genital Warts, Gonorrhoea and Pelvic Inflammatory Disease)
- Paediatric Constipation
- Women's Health
- Hepatitis (B and C)
- Irritable Bowel Syndrome
- Acute Lower Back Pain

#### About

Clinical pathways are a tool to promote and optimise organised and efficient care. This allows for patient-focused evidence-based best practice. By application of agreed process management, pathways provide continuous quality improvement and standardise care processes. This re-centres focus on the patient's overall journey and stands as an indicator of the care a patient is likely to receive.

The development team for each pathway published on this site includes GAIHN, the Northern Region District Health Boards and a group of specialists and general practitioners. Please use the feedback buttons on the pathways if you would like to provide your feedback.

HealthpointPathways currently has 35 pathways live with new clinical pathways added every month. There is also further information on the pathway development and simple instructions on how to use these, as shown below.

On the HealthpointPathways website there are details on how the Auckland Clinical Pathways are developed and signed off and instructions on 'How to use', as per screenshot below.

## Auckland DHB

### The benefits of using radiology eReferrals



The increasing use of eReferrals for radiology is welcomed. Requesting via eReferrals benefits the referrer, patient and radiology department workflow.

- Adult radiology requests received via eReferrals will have met the regional acceptance criteria.
- Patients referred using eReferrals will be automatically placed onto the booking lists without the intrinsic delay of referral triage.
- Faxed requests will continue to require triaging.

#### Please use eReferrals for all radiology requests.

If you are unable to access the eReferrals system please email: [ereferrals@healthalliance.co.nz](mailto:ereferrals@healthalliance.co.nz)

If you would like to speak with the liaison radiologist please contact them via these numbers:

- CM Health (09) 2760044 x2842
- ADHB Dr Barnett Bond 0274 919 589
- WDHB Dr Kate Aitken 021 682 994

As required for ongoing evaluation, there will be a regular audit of 5% of radiology eReferrals at each DHB.

GPs with patients residing in CM Health area who require an ultrasound will still need to use the ProExtra tool and refer to community providers.

### Nuclear medicine

Dr Ibrahim, the clinical director of the department of nuclear medicine at ADHB is keen to be invited to any and all GP cell group or peer-group meetings throughout 2014. Discuss this with your cell group leader if you want to know which situations a nuclear medicine scan (direct GP access – no waiting time) can give you the same or similar information to an MRI (no direct GP access – long waiting times). Phone the Auckland City Hospital and ask for the department of nuclear medicine (or if your memory is good Ph: 307 4949 Ext 24535).

### Spine pain

The number of referrals to orthopaedic surgical departments for patients with spine pain is very large. 85%+ of patients who are referred do not get an operation. There is a very small sub-set of patients with spinal pain who need surgery and GPs are well placed to advise patients whether they are likely to fall into this category. As a rule of thumb, if the patient does not have a recognised **red flag** they will not be offered surgery, and therefore should not be referred to the surgeons. Please review the **Management of Acute Back Pain publication** (available on ACC's website). Almost all acute low back pain without red flags can be managed in primary care without referral either to ED or to orthopaedics. For chronic low back pain ADHB has a direct access specialist spinal physiotherapy assessment service for GPs – just write "For Spinal Physio" on your eReferrals form. WDHB have a similar program under development and access will be through the usual orthopaedic referrals pathway initially. A service for CMDHB patients is under discussion.

### Further Healthpoint service information updates:

- **New service:** Diagnostic Spirometry went live on 13th Feb
- Bariatric surgery referral guidelines aligned with national guidelines in Feb
- Patient education info and guidelines for referrers on adenoviral conjunctivitis added to Ophthalmology in January

## Northland DHB



To make things simpler we have added a specific endocrinology eReferral to our platform. To support this we have set up an endocrinology Healthpoint site which provides details about the radioactive iodine referral process, thyroid USS and DEXA guidelines as well as defining the scope of the service.

We have added some guidelines on commonly requested blood tests such as serum testosterone and prolactin. There is also a link to the Christchurch Hospitals Endolab guide for endocrine testing for Primary Care. Please let me know if there are other resources/topics you would find useful to have developed for this site.

Our neurology service gets a number of referrals for patients with concussion asking us for our input. However this is not a service we provide as this is managed directly by ACC. The process is to refer to ACC using either the ACC883 form or via letter. We have detailed this referral process on the Neurology Healthpoint site titled "Concussion Services" and provided a link to the ACC883 form.

As always, if there is information about any hospital service that you would like us to add, just send us an email and we will arrange.

**Dr Di Davis, Dr Win Bennett**

## Counties Manukau Health



DHB and community based maternity services and self-employed midwives in the Counties Manukau region are now profiled on Healthpoint. These profiles assist mums to be with finding the right midwife/LCM for them.

They also help families understand the different options that are available in the community to support them through pregnancy, child birth and after the baby is born.

### New or recently amended guidelines for Counties Manukau Health services:

- CM Health Obstetrics and Gynaecology – HMB guidelines
- CM Health Falls and Bone Density – Bone density measurement guidelines
- CM Health Obstetrics and Gynaecology – Early Pregnancy Assessment Clinic EPAC referral criteria.

### Access, training and feedback

If you have any GPs or practice nurses new to your practice or who may like a quick training session on accessing and using Healthpoint please contact Nikki Rhind, Primary Care Communications Co-ordinator, and she will arrange a time to visit.

**If you have any feedback or requests for referral information please either contact Nikki Rhind directly or click on the feedback box found on all clinical information pages.**

**Nikki.rhind@cmdhb.org.nz**  
**Ph: (09) 276 0044 ext 9077**

Healthpoint Limited manages a web based portal of information about health services, which helps the public and referrers better understand and use health services. [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

Better understanding means more effective use, leading to better health outcomes and less cost.

## Waitemata DHB



### Updates on Healthpoint:

### Waitemata DHB Mental Health Services for Older Adults (MHSOA)

- For WDHB/ADHB and CMH a dementia services guide has been added to mental health services for older adults in Feb: excerpt – "In 2013, after discussion, research and consultation, the Northern Regional Dementia Workstream Group developed the Dementia Services Guide, its intention is to assist planning and development of a whole system approach to supporting people with dementia"

### Localities

- WDHB/ADHB - West Rodney Locality page being constantly updated

### Update on the process for referring patients with ST elevation myocardial infarction (STEMI).

#### To General Practitioners, Accident and Medical Clinic Doctors.

This is an important update on the process for referring patients with ST elevation myocardial infarction (STEMI) to hospital.

In the Northern Region we have a strong focus on improving patient outcomes following STEMI by minimising the time that it takes for patients to receive Percutaneous Cardiac Intervention (PCI).

We have introduced a single process across Auckland where Emergency Department (ED) Specialists are primarily responsible for activating the PCI team and for approving ambulance bypass. Ambulance bypass involves ambulance staff taking patients direct to a hospital with a PCI Lab. During 0800-1700 Monday to Friday this is provided at Middlemore Hospital, Auckland City Hospital and North Shore Hospital. Outside these hours all PCI for the Auckland area is provided at Auckland City Hospital.

However, **please continue to call the catchment hospital at all times.**

#### The process for referring a patient with STEMI is:

1. **Call for an ambulance via 111.** Whenever possible this call should be made by a doctor or a nurse as some clinical questions will be asked. Clearly state the patient has STEMI.
2. **Call the ED specialist** (and not the medical registrar or the cardiology registrar) in the hospital for your catchment area. The ED specialist will confirm with you which hospital the patient should be taken to.
  - Middlemore Hospital: 021285 2228 or 276 0000.
  - Auckland City Hospital: 021 410 539 or 367 0000.
  - North Shore Hospital: 021 279 5093 or 486 8900.
  - Waitakere Hospital: 021 679 683 or 839 0000.
3. It is helpful **to fax the 12 lead ECG to the ED** (within the hospital you have phoned) as this will further expedite the process. St John ambulance staff may also have the ability to electronically transmit the 12 lead ECG but such transmission is not yet available in all ambulances.
  - Middlemore Hospital ED fax: 270 9704.
  - Auckland City Hospital ED fax: 307 2858.
  - North Shore Hospital ED fax: 441 8985.
  - Waitakere Hospital ED fax: 838 1881.

Please **do not** refer patients with STEMI direct to a hospital outside your catchment area as this may actually result in a longer time to PCI. We have made significant improvements in patient care as a result of this process and by referring patients directly to the ED specialist within your catchment area hospital you can help us further improve patient outcomes.

Thank you for your support in ensuring this process works smoothly and efficiently,

**Tony Scott**  
**Clinical Leader,**  
**Northern Regional Cardiac Network**