

Fwd: Hauora Taiwhenua Newsletter - October 2022

From: Michelle Te Kira | PMAANZ Chair chair@pmaanzt.org.nz
To: Carole Unkovich | PMAANZ Admin admin@pmaanzt.org.nz
Date: Thu, 20 Oct 2022, 3:10 PM

Michelle Te Kira
Chair PMAANZ

From: Hauora Taiwhenua Rural Health Network <communications@htrhn.org.nz>
Sent: Thursday, October 20, 2022 2:43 PM
To: Michelle Te Kira | PMAANZ Chair <chair@pmaanzt.org.nz>
Subject: Hauora Taiwhenua Newsletter - October 2022



Hauora Taiwhenua Rural Health Network

NEWSLETTER OCTOBER 2022

Kia ora koutou,

Thank goodness spring is here!

Wellington, like most of the country, has had a very wet and grey few months. It can get you down, but nothing raises spirits so much as some sunny weather, longer days, and the ability to get outdoors and enjoy just being there! We had a number of sessions during our national conference talking through strategies to build resilience such as meditation, relationships, mindfulness, etc., All of these come free and without thinking when you take time



out for a 'walk in the woods'. I encourage you all to make time to do this. You, your relationships and your patients will all gain from it.

This is the time of year when we are sending out notices to renew/start membership with Hauora Taiwhenua. Thanks so much to those people that have come on board and given us such positive feedback. We believe what you do in your rural communities makes a difference, and we hope that our efforts are making a difference too. We need your membership, whether it be as an organisation, or as an individual, to give us a mandate to speak on the sector's behalf. If you want to have a chat about what we can offer you, just drop us an email or pick up the phone to reach out to us.

At the National Conference we said that we would gather the key learnings from the Conference into a solution-focussed document suggesting a range of priority actions. These would be presented to Government and their agencies, advocating for immediate action. That document is in the final stages of sign-off by our Council and Board at the present time. Very soon, we will send it out to you. It is titled the Christchurch Consensus Statements - *for improved rural health*. It is our intent to offer our membership the opportunity to come together to help co-create a rolling Three Year Strategic Plan in March next year. Chapters will meet to develop priorities they want Hauora Taiwhenua to focus on in the coming few years. Each Chapter will then put their thoughts to the HT Council, HT Board, and Te Rōpū Ārahi; who will distil, collate, and prioritise these into a published strategic plan to work towards. I am sure many of the themes coming through in the Christchurch Consensus Statements will also be reflected next year in our Strategic Plan development.

I would like to finish this small message with some feedback from one of the attendees at the National Conference in September. This sort of feedback makes all the work we do in organising these events so worthwhile.

"I drove home with such enthusiasm and energy for what we are all doing and aiming for. The opportunity has fed something in me that I am so thankful for and coming back to work and being part of the allied health chapter group is going to ensure that the passion continues to be fed. As there were a number of staff from our hospital and local area I hope that we are able to thrive off each other's enthusiasm, knowledge and learning to make the changes that rural health and the people it serves deserve. "

Ngā mihi nui,

Dr Grant Davidson

Chief Executive

Hauora Taiwhenua Rural Health Network

Dedicated funding for GP training a first step to deliver

a future rural health workforce

The future of a career in General Practice is beginning to look more attractive following the Minister of Health's announcement earlier this month of dedicated funding towards GP training.

The Network welcomes the government's response to our calls for action in addressing the dire shortage of General Practitioners across New Zealand, which is a good first step towards much needed wider system-based changes.

The three funded initiatives will add a much-needed boost to attracting medical graduates to train as specialist GPs.

[Read More](#)

Recruitment

Tautoko Rural workforce support

Since our Tautoko Rural initiative kicked off in March this year, we've had 114 requests for support and so far have made 78 placements.

Hauora Taiwhenua is grateful that Manatū Hauora Ministry of Health offered funding for this initiative, which enables us to support rural practices and hospitals, acknowledging that the effects of the pandemic, stress and burnout, will be felt for a long time by our health workforce.

Coromandel Family Health Centre and Waimate Medical Centre are two of our practices that have received Tautoko Rural Support. They share their stories with us below.



Photos: Coffee kindly donated by Coromandel locals while in lockdown, Staff in PPE Vaccinating

Coromandel Family Health Centre

Coromandel Family Health Centre (CFHC) is a rural Primary Health care service providing high quality primary health and emergency care services to the registered community and visitors to Coromandel town and the surrounding areas. This includes the provision of after hours urgent/emergency care.

CFHC applied for Tautoko Rural funding through Hauora Taiwhenua to support our clinic's needs during the pandemic. The funding we received was utilised for highly trained, experienced Rural Practitioners, Nurses, Admin and Reception staff cover.

The impact was huge for our team and the Coromandel residents, this funding enabled CFHC to maintain full staffing ratios which alleviated the overwhelming pressure as we continued to deliver quality care in the community.

Coromandel Family Health would like to Thank Hauora Taiwhenua for all the support we have received and continue to receive. Nga mihi nui kia koutou katoa.

Waimate Medical Centre

We are a small rural practice in the centre of the South Island with one full time owner/doctor and a .8 doctor. We applied to Tautoko Rural for funding to allow our doctors some time away from the practice following a busy period due to the COVID 19 Pandemic. This was an easy process and we felt extremely fortunate to have been successful in receiving funding support for three placements.

Our first placement meant that our doctor could take a fortnight's leave in March/April to enjoy a tramp (away from cell phone coverage) and a week to "catch up" on those tasks unable to be completed during the wave of COVID 19 preparations and cases.

Our second and third placements were in August with our doctor intending to travel overseas to visit family, which hadn't been possible due to the pandemic. We enjoyed having both a new locum doctor and a regular locum return and help us during this time.

Having access to this sort of funding has been hugely beneficial to our rural community. Over the past six months, with a huge increase in workload across all staff, having support to enable our doctors to take some time away and recharge is huge. While there is a national shortage of GPs, our patients have continued to have access to a GP when required. They are a very fortunate community!

Thank you Hauora Taiwhenua Rural Health Network for your support and encouragement.



Photo: Dr Rawiri Keenan. Photo sourced: Te Whare Wananga o Waikato

Research

New research enables development of Māori research capacity while learning from rural vaccine roll-out

Hauora Taiwhenua is pleased to be working with Otago University to help develop the pool of Māori rural health researchers in Aotearoa New Zealand. Through Ministry funding, Otago University is setting out to learn from the roll-out of the COVID 19 vaccination programme and pandemic response in different rural communities. We have been able to appoint Dr Rawiri Keenan (Te Ati Awa/Taranaki) as an assistant investigator to the project who will be subcontracted through Hauora Taiwhenua to be involved in this research. Rawiri will be part of a team led by Associate Professor Garry Nixon from the University, who is one of the key members of the Research and Education Chapter of Hauora Taiwhenua.

This research project will examine the speed, variation, and comprehensiveness of the vaccine rollout in rural communities, as well as identifying key barriers to vaccine uptake in rural Māori and Pacific Island communities. With an ongoing need for Māori health researchers, Dr Keenan's appointment represents a significant advance in Māori health research in rural communities.



Photo: Samantha Menzes, second from the left.

Scholarships

Rural Development Scholarship Awarded

The Rural Development Scholarship has been awarded by BNZ and Hauora Taiwhenua to Samantha Menzes. Samantha is at the end of her third year of medical training, and holds a bachelors degree in nursing and one in public health, a postgraduate diploma in health policy, and is passionate about becoming a rural GP in the future. She has been involved as a volunteer in Hauora Taiwhenua trips to rural high schools to promote health careers to rural students and Kura Kaupapa students.

The research she intends to undertake is vital to the ability of GPs and other health professionals being able to work, while simultaneously living and having partnerships, in rural communities.

[Read More](#)



Rural Health Careers

An update from the Rural Health Careers Promotion Programme

The final tours for 2022

The Rural Health Careers Promotion programme is getting ready for its final rural school visits for 2022 in November. As the school year is coming to a finish for both our tertiary volunteers and the secondary students, we will be visiting these final regions:

Upper Northland –14 -18 November, departs from Whangārei

Lower Northland – 14 - 18 November, departs from Auckland

Taranaki –21 - 25 November, departs from Palmerston North

Waikato - 21 - 25 November, departs from Auckland

Our volunteers have had a blast in the previous trips and have been extremely grateful talking with medical professionals in the rural communities they have stopped in. We want to keep up the same amazing experience for these final tours and are needing your help to do so!

If you would like a visit and to chat with some bright-eyed tertiary students who are supporting our rural rangatahi, please reach out to Samantha.hill@htrhn.org.nz for some more information.

National Rural Health Conference 2022

A shoutout to our exhibitors at National Rural Health Conference 2022

We're giving a shoutout to our exhibitors at our National Rural Health Conference last month in Ōtautahi. We are always grateful to hear how beneficial it is for them. Kidney Health New Zealand had a number of requests for renal health information and wanted to share more information with attendees.

Kidney Health New Zealand conducts early detection testing out in the community, and advocates for better health outcomes for people at all stages of kidney disease. They provide renal education for nurses and GPs both online and face-to-face. They also provide educational resources for patients and their whānau and a wide range of resources for health professionals.

Visit the Kidney Health New Zealand website via the button below for links and downloadable kidney brochures for health professionals.

If you have further questions, please email: info@kidney.health.nz.

Read More

Rural Health Careers

Mobile Health | Hauora Taiwhenua Rural Health Scholarship

There is under a month left for our rural ākonga to apply for the Mobile Health | Hauora Taiwhenua Rural Health Scholarship.

There are four scholarships up for grabs for any rural student pursuing their first year of study with a tertiary health course in 2023.

We understand the financial strain that rural youth go through when they want to pursue a tertiary level education, whether that's from moving to another city or from the daily commute. By supporting our rural youth through these challenges, we are growing a stronger rural community.

So, if you have a local student who is keen to study health next year, encourage them to apply for the scholarship today!

For more information, email: Samantha.hill@htrhn.org.nz

Advocacy

An update from Marie Daly, our

General Manager Advocacy

In July, I told you about my secondment from Hauora Taiwhenua to Te Whatu Ora to co-design a rural telehealth afterhours service that could be operational at the earliest opportunity.



Since then, we have discussed this with around 50% of our rural general practices and many of our rural hospitals to ensure that the service reflects important aspects and endeavours to address barriers to the service, such as how it can be available for people who are not registered with a general practice or who do not have good internet connectivity.

We also established a steering group that included St John, telehealth service providers, and PRIME to provide an oversight of the proposal and endorse the final product.

The proposal was approved by both Te Whatu Ora and Te Aka Whai Ora at the end of September, and they are now leading a procurement process for the contributing services.

[Read More](#)

Ngāi Tahu Māori Health Research Unit

The Ngāi Tahu Māori Health Research Unit (NTMHRU) is looking for an Assistant Research Fellow to work on a project examining COVID 19 vaccine delivery in urban and rural areas. The position is 0.5 FTE and fixed term. The main tasks will include community engagement, recruitment, and qualitative data collection and analysis in four rural study sites.

While the ARF will be employed in the NTMHRU they do not need to be Dunedin based. Ideally, they will be based in the North Island.

The research team includes people in multiple locations across Aotearoa, based in rural health, primary care, and Hauora Māori.

[Find Out More About this Opportunity](#)

Updates from our Chapters



Rural Communities Aotearoa

Surfing to boost wellbeing for flat-out farmers

As spring gets underway and the oceans start to warm, Surfing for Farmers will be getting ready to kick off their 2022/2023 summer season which will start in December.

Inspired by a Netflix documentary highlighting the benefits of surfing on former soldiers suffering PTSD, a Gisborne real estate agent, Stephen Thomson, surmised the same benefits could apply to New Zealand's stressed farmers. He founded Surfing for Farmers in Gisborne in 2018.

[Read More](#)



Image: RuralFest 2021

Rural Communities Aotearoa

Sustained lobbying for equity raises profile of rural health

The results of years of persistent lobbying from the rural sector are becoming apparent following the inclusion of rural in the Pae Ora bill and with the creation of a rural-health focused Chief Advisor role at the Ministry of Health.

The lobbying and advocacy work kicked off in the early 1990s with the Canterbury Action Group of rural GPs which then, over time, morphed into the NZ Rural GP Network. Other affiliated interest groups lobbying for changes to improve rural health then formed the Rural Health Alliance of Aotearoa NZ (RHAANZ) and adopted a concept which originated in Australia – RuralFest.

[Read More](#)

Cyber Security

Primary and Community Care - Cyber Security

Te Whatu Ora and Te Aka Whai Ora are seeking input from practices about cyber security in primary and community care.

They would like to understand what being cyber secure means to people and organisations and are asking you to complete the online Primary & Community Care cyber security assessment.

There are two different assessments below to choose from based on the size of your organisation. These assessments are anonymous and close on Friday 25 November 2022.

[Find more information on our website](#)

INNOVATION IN RURAL HEALTH

Innovation

Revamped Innovation Library now live

This week we launched the new Innovation Library on our Hauora Taiwhenua website.

Along with its new look and feel, it's also been refreshed with some new content so dive in and take a look.

[Visit our Innovation Library](#)

Research

Hauora Taiwhenua funded student research now published

Hauora Taiwhenua supported Angel Harbers and Krystyna Glavinovic, from The University of Auckland, with funding to complete research projects during summer of 2022. These successful studentships have resulted in two insightful research reports, which you can read by clicking on the buttons below.

These reports are also available on our Innovation Library.

[Understanding barriers to diabetes eye screening in a large rural general practice: an audit of patients not reached by screening services](#)

[Understanding and experience of climate change in rural general practice in Aotearoa—New Zealand](#)

Leaning on Fence Posts Blog

New content on Leaning on Fence Posts

Check out the latest content on the University of Otago's Leaning on Fence Posts Blog via the button below.

Visit Leaning on Fence Posts Blog

Research

GP Research Review

In this issue, according to the findings of a phase III study, dapagliflozin reduced the combined risk of worsening heart failure or cardiovascular death among patients with a mildly reduced or preserved ejection fraction.

Other highlights in this review include:

- Effect of statin therapy on muscle symptoms
- Polypill for secondary cardiovascular prevention
- Acupuncture, moxibustion and cupping for post-herpetic neuralgia

Read the Research Review online

Research

Share your experience with sports-related concussion

Are you a physiotherapist or a general practitioner?

Researchers at AUT want to learn about your knowledge and perceptions about return to play (RTP) care following sports-related concussion, and what would help you to deliver better RTP care.

Participation in this study will involve an interview, lasting about 60-90 minutes.

Have a say on this important topic and help inform how we can deliver better return to play care for our patients and whānau!

Please contact Colin Hancock for more information now by emailing colin@greatlakephysio.co.nz or call/text 0276970466.

Public Health

Clinical guidelines for people with long COVID

Clinical Guidelines for people with long COVID were published last month. This information is available on the Awhina app, Health pathways and Health navigator. You can also access it via the button below.

As the science and literature continues to evolve our understanding on long COVID conditions, feedback is welcomed and updates to the information contained in the guideline. In section 4, there is a template of a form for feedback on the first iteration. There will be a second iteration published in November 2022. Any feedback can be submitted via Office of the Chief Clinical Officers: occo@health.govt.nz

Read More

Public Health

National Immunisation Programme Updates

Drive-through childhood vaccinations – lessons from Tairāwhiti

Turanga Health CEO **Reweti Ropiha** and Tairāwhiti Vaccination & Winter Preparedness Events Coordinator **Di Akurangi** recently spoke about the District's childhood immunisation drive-through vaccination event. You can view their presentation [here](#).

Te Whare Tapa Whā

There are brand-new resources that will help build understanding and awareness around the Māori health model known as [Te Whare Tapa Whā](#).

The resource is a series of video interviews (linked below) with Sir Mason Durie that explore the four pillars of Te Whare Tapa Whā and how it can help whānau and the health workforce to re-energise and restore their wellbeing. The intention is to provide coherent and easy-to-access information about the model that can be used by Te Whatu Ora and the wider Aotearoa New Zealand health workforce.

You can watch and share these video interviews on [Youtube here](#).

COVID-19

COVID-19 Health Key Messages

In the latest COVID-19 health key messages newsletter from Manatū Hauora and Te Whatu Ora you can find updates about:

- Weekly COVID-19 Trends and Insight report
- Current COVID-19 case data
- Two new Monkeypox cases in New Zealand
- MMR flyer now available in multiple languages
- Flu reimbursement claims – date extended
- Recently updated guidance (testing, PPE, ARC, therapeutics)

[Read the update](#)

Survey

Abortion Services Workforce Survey

A reminder that Manatū Hauora is asking health practitioners, including medical practitioners, nurses, midwives, as well as social workers or counsellors who are involved with abortion services, to complete a survey about their work. It runs until 31 October and takes about 10 minutes to complete.

[Complete the survey](#)

Upcoming Events

Wednesday 26 October 2022 - Abortion counselling providers webinar

Wednesday 2 November 2022 - Webinar: The Importance of Paediatric Asthma Control in a Pandemic World

Saturday 12 November 2022 - Dermoscopy made easy: an online course for beginners

14-17 November 2022 - Austere Emergency Care Courses

Wednesday 23 November - What matters to whānau? Community led-engagement workshop



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Taiwhenua**
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Our mailing address is:

Hauora Taiwhenua Rural Health Network
88 The Terrace
Wellington Central
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