

Monday, September 25, 2023 at 14:50:46 New Zealand Daylight Time

Subject: Hauora Taiwhenua September Newsletter 2023

Date: Monday, 25 September 2023 at 2:47:56 PM New Zealand Daylight Time

From: Carole Unkovich | PMAANZ Admin

To: admin@resl.co.nz



**Hauora
Taiwhenua**
Rural Health
Network

NEWSLETTER SEPTEMBER 2023

Welcome from Grant Davidson, Chief Executive



Kia ora tatou

I am writing this message on the Friday at the end of Mental Health Awareness Week. I know that you are probably all seeing an explosion of mental health issues in rural communities; and this is only exacerbated by pressure on families and communities through extreme weather events, cost of living increases, interest rate rises, increasing compliance issues and much more. I mention this because as health professionals focussing on the wellbeing of our communities, a focus that is often neglected is looking after yourself in order to be there for others. I am seeing health professionals of all kinds working extreme hours, putting their own wellness and mental health at risk, which in the end will be detrimental to you, your whānau and your community. As the airline safety videos always stress; “put your own oxygen mask on before worrying about your children.” Easier said than done I know!

I want to promote the five key messages that the mental health foundation has put forward this week as a checklist for each of you reading this message to go through – are you doing these simple things, are you making/prioritising time to do them, to ensure you remain well?

Take notice – Put time into the simple things that bring you joy.

1. Give – Your time, your words, your presence.
2. Be Active – Do what you can, enjoy what you do, move your mood.
3. Connect – Talk and listen, be there, feel connected.
4. Keep learning – embrace new experiences, see opportunities, surprise yourself.

On a completely different note – we have experienced a range of successes recently – and every success should be celebrated! After talking directly to Margie Apa about the need for the vision of a single health system needing to be reflected in operational policy not just aspirational strategy, we have succeeded in getting relocation expenses being paid, on a pilot basis until June 2024, for international GPs coming to fill positions in rural practices.

We have also seen the extension of the very successful Rural Medical Immersion Programme run by Otago University extended by a further ten students at Otago, and a similar programme initiated for ten students at Auckland (with a caveat that Auckland may take a further year to be able to get everything in place to run this for the first time). Over time, we hope this produces an increased number of rural GPs working in our communities.

Finally, both major political parties have announced the need for significant increases in medical places (along with nursing, dental, midwifery and other allied health professions) in order to grow our health workforce from within Aotearoa New Zealand in the future. This has come after consistent campaigning over many years from all of our partners in GPLF including the College and GPNZ among others. Our focus will be on ensuring that these newly funded places are targeted wherever possible to where there is greatest need, and rural communities are clearly one of those.

I encourage you to all get out and vote in a month's time. We recently ran a political panel discussion on rural health. A link is provided in this newsletter for those who want to listen to the conversations. There are very clear differences in what the parties propose to do if they attain power in this coming election. Have a look/listen and make your own minds up about who might offer the best deal. We also have an Election 2023 Tab on our website. As the parties make their health manifestos available, we will post them on that page for easy reference and comparison.

This weekend also marks the start of daylight saving and signals the real start of spring/summer. I find that longer days and more sunshine always help my mental health and I hope the same occurs with you and your whānau.

Best wishes from us all at Hauora Taiwhenua and please remember to Be Active and Connect this weekend!

Mauri ora
Dr Grant Davidson
Chief Executive

IN CASE YOU MISSED IT: PRE-ELECTION POLITICAL PANEL ON RURAL HEALTH COMMITMENTS

The panel discussion on rural health was held on the evening of September 7th, and a recording of this debate can be viewed below.

If you listen to the recording of the session you will be able to hear what the various politicians think about issues such as:

- Their plans to improve the health of rural communities
- Nurse pay parity for primary care nurses
- Localities as a way to meet the diverse needs of rural communities
- Why the Parties are not willing to enter a cross-party agreement on a joint approach to meeting the health needs of all New Zealanders

For more information on all things election, check out our page below:

PRE-ELECTION POLITICAL PANEL ON RURAL HEALTH COMMITMENTS

Labour: Hon Dr Ayesha Verrall

National: Dr Shane Reti

Green: Ricardo Hernandez March

ACT: Todd Stephenson

TOP: Dr Nina Su

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Hauora Taiwhenua Rural Health Network

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[CHECK OUT OUR ELECTION PAGE HERE!](#)

Rural Stocktake Survey Reminder!

We recently sent to all Practices the inaugural Rural General Practice Stocktake Survey. You may have already seen the survey come through or in fact completed the survey. Thank you!

Our tests have shown that the survey can be completed in under 20 minutes.

We don't need to tell you how vital this feedback is, and we appreciate your help in getting it. If you have any questions, then please let us know and we are happy to answer them.

If you haven't completed this information, please get in touch with Zoe, our survey administrator: surveyadministrator@htrhn.org.nz



Rural Health Careers Programme

Kaikohe Rural School Visit Reflection

It is safe to say that our five-day journey through schools and medical practices across the Northland region has etched profound impressions upon us, as we reflect on our drive to contribute to the enhancement of rural healthcare in our respective fields in the near future. Our week began with a three-

hour drive up to Springbank school in Kerikeri, with three sessions including almost 100 students that day. From early on we were left impressed by their health knowledge (which we considered to be advanced at a high-school level) and their willingness to participate and learn. Through their interactions with us, we were able to ascertain a significant cohort of students eager to pursue careers in healthcare. At day's end, students approached us, expressing gratitude for the information and workshops that had heightened their aspirations for university education, which we were really touched by.

Later that day, we had the privilege of visiting Kawakawa Medical Centre, where we engaged in enlightening discussions with Dr. Tamara Birchall and her exceptional team. We delved into the rewards and challenges of rural healthcare careers, gaining insight into the pivotal role of community engagement in driving positive change. It became apparent that healthcare is not an isolated journey but a communal endeavour, encompassing patients, practitioners, their families, and the wider community. Their personal journeys through healthcare underscored the non-linear nature of this field and emphasized the possibility of joining the healthcare sector irrespective of one's background and educational journey, which we reminded ourselves to emphasise in our future presentations. Our visit also brought insight into the extent of access disparities experienced by the Northland rural communities. One of the biggest insights was on the local population's health literacy and perspectives on health. There is a level of acceptance and normalisation regarding healthcare access, and patients tend to visit clinics when their conditions are urgent or severe. The clinic covered a large population of patients (1700 patients), some with significant barriers to access (i.e., transport).

The second day took us to Kaikohe Christian School in the morning, where we conducted a session for 40 students in years 9-13, each at different stages of planning their educational journeys. Interactions with this school reinforced the profound significance of holistic well-being, as students posed questions that transcended physical health and ventured into the realms of mental, emotional, social, and spiritual aspects. We were left quite stunned by the depth of their questions and their willingness to participate, which demonstrates the transformative potential of programs like Hauora Taiwhenua in sparking interest in healthcare. Without knowledge of healthcare service models such as Te Whare Tapa Wha, students were able to demonstrate their understanding through questions asked, revealing their aptitude as future healthcare professionals. Similar enlightening conversations unfolded at Northland College, leaving an indelible mark on our perspectives and instilling confidence in the cultural competence and humility of these students as future healthcare representatives in their communities. Visiting the Broadway Medical Centre in Kaikohe that afternoon further exposed the challenges of patient access compounded by staffing shortages. However, both clinics underscored the vital role of a multidisciplinary healthcare workforce, where professionals often assumed multiple roles to bridge the staffing gaps (e.g., nurses doubling as healthcare assistants). The compassion and cooperative spirit of team members provided wraparound support for clinicians working in a stressful environment.



The third day provided a respite for us, affording the opportunity to explore Kaitaia, Kaikohe, and Kerikeri. While we marvelled at the breathtaking scenery and enjoyed the pleasant weather, our travels also brought into focus the rough roads, sparse healthcare facilities, and considerable distances between residences. Conversations during lunch and dinner centred around the critical issue of accessibility and how its absence often led to patients presenting with advanced co-morbidities. Again, this highlighted the purpose of why we were here and geared us up for the fourth day.

On the fourth day, we ventured to Opononi Area School on the picturesque Hokianga Harbour. The town's charm and the students' enthusiasm mirrored those we had encountered in the first two days. Despite our brief interaction, their high level of interest was unmistakable. Notably, they understood the communal spirit that healthcare practitioners in rural communities can harness, as they collectively shared their experiences of a 20-kilometer journey to the nearest healthcare facility in Rawene. Their understanding of the value that a healthcare practitioner could add to their community ultimately inspired hope and made them actively engage in the workshops offered. Similarly, at Kerikeri High School, we encountered students with a clear determination to pursue healthcare careers, with a significant proportion expressing interest in paramedics, optometry, and medicine, driven by their awareness of the healthcare challenges their communities currently face.

In summary, our five-day sojourn in Northland schools as part of the Hauora Taiwhenua program was nothing short of transformative. Our engagements with students, practitioners, and the broader community served as a poignant reminder that true wellness is a collective endeavour, transcending boundaries, and differences. As we continue to reflect in the days, weeks, and years to come, there is a collective sense of hope that we can somehow contribute to the promotion of well-being in these communities in the near future. We also hope that our interactions have ignited a sense in the students we encountered to pursue careers in various healthcare disciplines, affirming our belief in the potential of these future healthcare representatives to make a profound impact in their communities.

Dave Sharma

(on behalf of Elaine Huang, Keerthanraj Vaidyalingam, Ved Mishra and Jorja Tater)

Conference 2024

Conference 2024: Call for Abstracts Now Open!

The National Rural Health Conference Organising Committee are delighted to invite you to submit an abstract for presentation at the National Rural Health Conference 2024. This is an important and timely opportunity to connect and share knowledge that can influence the New Zealand health system reforms and ensure that every rural New Zealander, Māori, and non-Māori has the opportunity to thrive and enjoy healthy and rewarding lives.

For all of the information, visit the conference website here:

[Call for abstracts | NRHC \(nationalruralhealthconference.org.nz\)](https://nationalruralhealthconference.org.nz)

Key dates

- Registration opens Monday 2 October 2023
- Call for abstract submission closes Tuesday 31 October 2023
- Notification of acceptance into the programme from Friday 15 December 2023
- Early bird registration closes Thursday 29 February 2024

SUBMIT YOUR ABSTRACTS HERE



Final Rural School Visits Tours of 2023!

Applications for Student Volunteers are now open!

Date 13th November - 17th November:

Hamilton Waikato Regions
Tasman/Marlborough Regions
West Coast/Canterbury

Date 20th November - 24th November

Gisborne / Hawkes Bay Regions
Bay of Plenty Region

If you are a current health practice or provider and would love to talk with our touring volunteers, contact our Rural Health Career Coordinator Samantha Hill for more specific locations and times:

samantha.hill@htrhn.org.nz



Rural Health Careers

Mobile Health | Hauora Taiwhenua Rural New Zealand Health Scholarships Open for 2023 Applicants

The scholarships are open to secondary school students planning to enter tertiary study the following year. Applicants must reside in a rural region of New Zealand and have experienced financial and/or geographical hardships due to their rural residency. The Mobile Health | Hauora Taiwhenua Scholarships hope to encourage and support rural youth in their pursuit of an education in health by reducing financial hardships.

These scholarships are for rural youth entering their first year of full-time undergraduate study in Medicine, Nursing or Allied Health related courses at New Zealand Universities, Polytechnics, or PTEs. Each scholarship will be for one year, supporting a student's first year of study, accommodation, and resources.

We are glad to announce that the Mobile Health | Hauora Taiwhenua Rural New Zealand Health Scholarships are open for applications in 2023. Schools have already been contacted by Samantha Hill, our Rural Health Careers Coordinator, but a reminder in case you missed it!

The deadline for applications is **5pm, Saturday 30th September 2023**

Click the link below for more info on this scholarship and the others available if you are stepping into tertiary study.

SCHOLARSHIPS & SUPPORT

Innovation

A reminder to order your new cervical screening resources - for delivery by 12 September.

HPV testing will be introduced as the primary screening method for the National Cervical Screening Programme (NCSP) from 12 September.

The initial *Foundation Set* of consumer resources is now available to view, download and order for free from healthed.govt.nz

The Foundation resources ensure legislative requirements are met and that important foundational information is available to support decision-making and aid informed consent. A summary list of the available resources is provided in the table below in this email. These include English language and Te Reo Māori options.

New materials will be added to HealthEd as they become available in the coming months, so check for updates – especially if you're after additional translations. Resources in a range of Pacific languages are expected to be available by late September, and other languages will follow.

To provide any feedback, or to receive the HPV Primary Screening Project Sector Update newsletter, email hpvscreen@health.govt.nz

Advocacy

Job Opportunity: Mobile Health Clinical Nurse Leader

Are you an experienced clinical nurse leader looking for a unique and rewarding opportunity? Do you enjoy travelling and working in rural communities? Mobile Health are looking for someone with experience in theatres, leadership and staff management, so you might be the perfect fit for Mobile Health, New Zealand's only mobile surgery service.

- Mobile Health is looking for a clinical nurse leader with experience as a theatre nurse to work on a mobile surgery service that travels around rural areas.
- The role is permanent part-time, one week every five on the Northland circuit, and involves running a safe and efficient theatre and training and supporting local staff.
- The ideal candidate should have at least ten years of theatre experience, including some in a senior role managing people and excellent communication skills.
- This is a hands-on role, but you will also be responsible for managing the local staff while they are working onboard the unit during the Northland circuit.

This is a permanent part-time role, where you will work one week every five on the Northland circuit, including sites in Kaikohe, Dargaville and Pukekohe. You will leave home on Sunday afternoon and finish the week on Thursday evening. Ideally, you will live in the Auckland or Northland area. This is a very challenging but rewarding role where you will experience the warmth and gratitude of the rural communities you serve. You will also join an experienced and supportive team with an average of 12 years of service for the company.

If this sounds like the role for you, please contact Mark on 027 223 0066, mark@mobilehealth.co.nz, or visit mobilehealth.co.nz for more information about us.

Rural Mental Health Conference - Invitation and Discount

Please find the below communications from Kevin Wheatley, who works with the team at Australian & New Zealand Mental Health Association on the Rural Mental Health Conference.

An invitation is being extended to Hauora Taiwhenua and its members, and I would be delighted to offer you the opportunity to attend *in person* or virtual at a special rate:

The conferences are for in person or virtual and all presentations will be available for 30 days after conclusion of the conference, and delegates receive a certificate of attendance which can be submitted towards their CPD (10h+).

Justice and equity: Issues and solutions for Rural and Remote Mental Health.

Dates: Wednesday 8th to Friday 10th November

Location: Commercial Club Albury, NSW

[Program - 2023 Rural Mental Health Conference - Program \(eventsair.com\)](https://eventsair.com)

Please use the code "RMHC10" to receive a **10% discount**, which can be shared throughout your network.

Or if you have a group of attendees, I can offer the following rate: \$969+GST (per person) 4 – 10 delegates.

Ready to register? [Click here.](#)

Please email the conference organiser if you have any questions – rural@anzmh.asn.au

CLOSING SOON: Reimbursement for Flu vaccinations for non-Te Whatu Ora client and patient facing staff

Find the below information from Te Whatu Ora's Immunisation Update.

Reimbursement for the costs of immunising eligible staff for flu vaccinations is available to employers via the [Influenza Reimbursement Portal](#) until 13 October 2023.

We would like to remind and encourage employers of non-Te Whatu Ora health and disability workers with patient and client facing roles to take up this opportunity through the Influenza Reimbursement Portal. The Portal opened on 4 April 2023 and runs until 13 October 2023. Any requests submitted after the 13th will not be eligible for reimbursement and will not be processed.

More information is available on our website [here](#).

Where can I get more information?

We're here to help! If there is anything we can do to help with your vaccination promotion activity, or if you need any comms assistance please reach out to the team:

- Health sector Comms and Engagement: Sandy.thambiah@health.govt.nz
- Māori Comms and Engagement: Eddie.Sykes@health.govt.nz
- Pacific Comms and Engagement: Yvonne.timaloa@health.govt.nz
- Media issues: h.nzmedia@health.govt.nz



Innovation

HDC's new Your Rights video and online learning modules

When you use a health or disability service in Aotearoa New Zealand, you have the protection of the Code of Rights.

It's important that everyone knows their rights so they can ask questions, seek support, and ensure their voices are heard.

The Health and Disability Commissioner has produced an animated video to explain your rights so you can ask questions, get support and make sure your voices are heard.

The video is in te reo Māori and English, we encourage you to share them to make sure everyone knows their rights. Click the image above to head to their webpage!

Leaning on Fence Posts

New Content Available on Leaning on Fence Posts

Leaning on the Fence Posts showcases contributions to keep this blog interesting, up-to-date and informative.

[Clinical outcomes and health care costs of transferring rural Western Australians for invasive coronary angiography, and a cost-effective](#)



[alternative care model: a retrospective cross-sectional study](#)

"This is an interesting paper kindly forwarded by Brendan Marshall. The authors devised a novel protocol where patients with chest pain (excluding STEMI) who presented to a rural hospital in Western Australia would have a CTCA before any transfer for angiography. They then looked retrospectively to apply this novel pathway on patients that were transferred for angiography and examined the costs."

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

[READ MORE](#)



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