

# WHAT'S UP WITH YOUR PHO'S

Issue 10

June 2008

## Changed Management for CPHO Appointment of General Manager



Helen Johnson has commenced as General Manager for Christchurch Primary Health Organisation as of 7 May 2008.

Helen grew up in rural Canterbury and lived in Christchurch whilst graduating

with her MBA. Her career has taken her nationally and internationally across industries including health, exporting, importing, manufacturing, international marketing and horticulture.

After spending five years in Australia in the health industry Helen has returned home to where her heart is.

"New Zealand is the best kept secret in the south pacific and sometimes you have to spend time outside of our country to truly appreciate what we have."

Contact Details:

[helen\\_johnson@chchpho.org.nz](mailto:helen_johnson@chchpho.org.nz)

Cell: 027 746 2424



Dane Fuller and Katy Patterson visiting Oxford GP team and other practices in the Waimakariri district to promote the eatfit nutritional and physical activity services funded through RCPHO Services to Improve Access. Katy is also being introduced in her role as RCPHO's Health Promoter for Waimakariri..

### RCPHO Respiratory Nurse

Dianne McLaughlin has been appointed to the RCPHO Respiratory Nurse Specialist position. Dianne will be a resource person for practice teams caring for patients with chronic respiratory conditions.

For the last 4 years Dianne has been working in a Cardiopulmonary nursing team in the community as well as at CPIT as a clinical lecturer. Her significant nursing experience also includes several years working in the Cardio-respiratory rehabilitation unit.

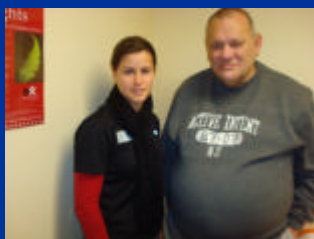
Dianne will come to meet practice staff after commencing on 16 June. She will discuss with you the ways in which she will be able to work with you which will include providing spirometry testing where requested.

Farewell to Michele Young, Brief Intervention Coordinator (Rangiora). Melissa Doornenbal commenced in this role on 4 June 2008 and will be introduced to practices in the following weeks.



Weight management can be challenging but nothing is more motivating than when life depends on it. George Anderson was referred to [eatfit](#) by Dr Pitman from Kaiapoi Medical Centre. The Rural Canterbury PHO has enabled George to attend regular consultations with [eatfit](#) - Nutritionists and Exercise Consultants.

George has Ischaemic heart disease and chronic obesity. Changes to George's mindset and lifestyle habits were necessary for a healthy weight to be achieved. George didn't believe change was possible and he was scared that if he was to exercise he may suffer another heart attack. Once George had gained trust in [eatfit](#) he agreed to make small changes to his lifestyle. He started a personal



Catherine (eatfit nutritionist) and George Anderson

step programme at home, began drinking water, progressively decreased his dietary fat and portion sizes at main meals. "I have to take things in small steps, once they are changed I won't go back but I have to start doing things slowly" says George.

George has decreased weight and feels happy and confident in public. He attends the [eatfit](#) consults with his

wife and she encourages him to achieve his goals at home. George said "My wife keeps telling me to try on clothes that I don't think will fit but I get surprised to see things I haven't worn in years fitting comfortably!"



The **St John Caring Caller service**, has Callers available when friends and family can't be there. Everybody needs someone to talk to, and a St John Caring Caller provides just that. This telephone friendship service and daily check that all is well is free, and is part of the commitment St John has to the community it serves.

The service is available in the following Canterbury free calling areas. Rangiora, Christchurch, Ashburton and Timaru. Clients interested in receiving the service can contact us on 0800 780 780 between 8.30 and 3.00pm normal working hours.

## Men's Health Week – 9-13 June 2008

Free events are being held for health workers from 9 to 13 June to celebrate Men's Health Week. Go to CDHB's CEO update online for further information.

### Maori and Pacific Health Scholarships

Scholarship applications are now open to Canterbury Maori and Pacific people wanting to embark on a career in primary health care, or undertake further health related study to make primary care their career focus.

Scholarships will be offered to people already committed to training in health (clinical or management), new students or people in the health sector looking to enhance their skills or retrain. A work placement component is also included.

The scholarships are being coordinated by He Oranga Pounamu Charitable Trust on behalf of the CDHB.

Maori and Pacific scholarships open 1 June and close 30 June 2008. Applications are available from the He Oranga website [www.hop.org.nz](http://www.hop.org.nz) or contact Jaci Keats on (03) 353 4370.

### Artist Doctors Concert and Art & Craft Exhibition

Calling all musicians, singers, artists, craft people and photographers, the Artist Doctors Trust is holding a concert and Art and Craft Exhibition on Friday 31 October 2008.

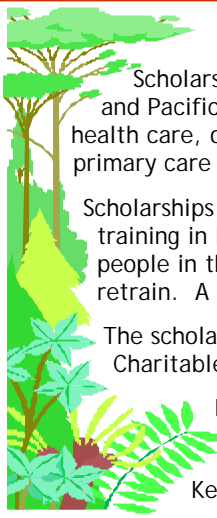
Musicians, contact Karen Lamb, [rko@xtra.co.nz](mailto:rko@xtra.co.nz) or [tim.wilkinson@cdhb.govt.nz](mailto:tim.wilkinson@cdhb.govt.nz).

Singers, if you or one of your family can sing, whatever your level of expertise contact Bevan Rogers on 03 312 8151 (evenings) or email [bevan@southsidehealth.co.nz](mailto:bevan@southsidehealth.co.nz).

For those wishing to exhibit paintings or craft, contact Heather Muir, Phone 363 0824 or Jeanne Davies, Phone 349 9776.

For those wishing to exhibit photography, contact John Lyftogt, email [johnl@activehealth.co.nz](mailto:johnl@activehealth.co.nz).

The Artist Doctors Concert is to be held in the Repertory Theatre, Kilmore Street at 7.30 pm and the Art & Craft Exhibition is to be held at Medlab South, 137 Kilmore Street from 6.00pm to 7.00 pm - 31 October 2008.



Tony Vainerere (pictured on guitar) Health Promoter and Pacific Island Liaison Ashburton and the Pacific Island Committee organised a Samoan Tuufaatasi



in Ashburton so that new Samoan residents to the community (employed by CMP) could meet one another and work at establishing a Samoan Group in Ashburton.

It was a great afternoon with music, singing and dancing followed by a meal provided by members of the Pacific Island Community and meat supplied by CMP.

### Child Health Liaison Role

It has been agreed that this role will cover both Rural Canterbury PHO and Christchurch PHO.

We are again going through the appointment process and anticipate bringing the new Child health Liaison Nurse to meet Practice staff in early July.

Kaye, Helen, Christine and Debbie at the presentation on Canterbury Acute Demand Services at the Hotel Ashburton on Thursday, 29 May 2008. If you missed this talk for Practice Managers and Administration staff, you are welcome to call Yvonne or Chris on (03) 3757138 to arrange a practice visit for yourself, or any members of your staff.



### B4sc

By now you will have received the questionnaire re your participation in the B4sc programme. The PHO office staff are spending a considerable amount of time addressing aspects of the proposed B4sc programme. We have had significant discussions with the chair of the Clinical Governance Group. Please complete the questionnaire and return it to the PHO office.

### National Health Index

Q—Are children born in New Zealand automatically New Zealand citizens?

A - No. Children born in New Zealand on or after 1 January 2006 no longer automatically become New Zealand citizens.

If a parent is eligible for publicly funded health and disability services, then the child will be eligible.

If the parent isn't eligible then all services (except immunisations) will not be subsidised. They are a cost to the legal guardian.



*Caring for Carers Inc.*  
Supports unwaged carers of a family member or friend with a mental, intellectual or physical illness by providing:

- ♦ Acknowledgment
- ♦ Education
- ♦ Advocacy

Contact Details:  
Securities House  
221 Gloucester Street  
Christchurch  
Phone: 03 377 8426  
[www.caringforcarers.co.nz](http://www.caringforcarers.co.nz)

Do you know how many carers are in your practice? Caring for Carers Inc supports those unwaged people who care for a family member or friend with a chronic illness or disability. We welcome any inquiries.

Jude Frazer, Field Worker/Community Development Worker

Caring for Carers Inc, PO Box 13 167, Christchurch

Phone 03 377 8426 Fax 03 377 8420

[www.caringforcarers.org.nz](http://www.caringforcarers.org.nz)

[caringforcarers@xtra.co.nz](mailto:caringforcarers@xtra.co.nz)

Enrolled Population as at 1 June 2008 Rural Canterbury PHO = 68828

WEBSITE [www.rcpho.org.nz](http://www.rcpho.org.nz)

Freephone

0800 800 743