

— PHO Newsletter —

Rural Canterbury and Hurunui Kaikoura PHOs



Rural Canterbury PHO Board Chair and Board members and Hurunui Kaikoura PHO Board Chair and Board members, and RCPHO staff wish you all a safe and happy Christmas and New Year.

BETTER, SOONER, MORE CONVENIENT PRIMARY HEALTH CARE

The Canterbury Clinical Network's Expression of Interest was accepted and they have been asked by the Ministry to develop, by 1 March, a more detailed implementation plan.

The Canterbury Clinical Network (CCN) is a collaboration of the region's health professionals, including general practitioners, secondary care specialists, practice nurses, community nurses, physiotherapists, community pharmacists, Maori and Pacific health, PHOs, IPAs and the CDHB.

As agreed, there are better ways to provide care to patients in the community and it is best for us all to provide solutions for this change rather than have change imposed upon us. You will be a key part of this transformational process.

If the CCN plan is accepted in March, it has to be ready to begin implementation from July 2010.

At this stage, the detail of the plan is unclear. Its development needs to be collaborative, and to this end CCN look forward to receiving input and feedback from clinical and community organisations. We don't have the solutions: you do!

Patients will always be at the centre of the plan and the models of care the plan proposes.

The plan will remain flexible and dynamic, open to suggestions and innovations at every step of the way as we continue to help primary health care evolve over the next few years. So please let us know what you think about the changes proposed in the CCN Expression of Interest (which is easily available on the website www.ccnweb.org.nz.) and any ideas you have about how these changes could be delivered. All feedback is welcome.

You can register on the website www.ccnweb.org.nz, which will be regularly updated about what the CCN are doing.

Over the next couple of months the group will continue to meet with the various representational clinical and community groups and dates of these meetings are on the website.

A stakeholder engagement framework has been proposed which identifies the key stakeholders and the level of expected engagement over the business case development process.

If you would like to be involved in the Engagement Framework, please let CCN know.



**RCPHO OFFICE
CLOSED
FROM
12 noon,
THURSDAY,
24 DECEMBER 2009
TO
9.00 AM, TUESDAY,
5 JANUARY 2010
(with limited staffing)**

The office will be fully staffed from Monday, 11 January 2010.



**CANTERBURY
Clinical Network**

Transforming Primary Care through Clinical Leadership & Community Engagement

December 2009 "Healthy Food Guide" - How to minimize your skin cancer risk and still get vitamin D from sun exposure:

1. Always avoid getting sunburnt.
2. Protect your skin from the sun when the Ultraviolet Index (UVI) is 3 or more. This means from September to the end of March, especially between 11am and 4pm. For fair-skinned people, it's estimated that exposing face, arms and hands for a few minutes outside of those times during the spring and summer months should provide adequate vitamin D. People with darker skins will need longer exposure times. (For more on skin types, go to www.cancernz.org.nz and search for the risks and benefits of sun exposure in New Zealand.)
3. The UVI varies greatly across New Zealand and by seasons, so visit www.sunsmart.org.nz to check out your town and get recommendations.
4. Autumn is a good time to boost vitamin D stores before going into winter.
5. People most at risk of low vitamin D include older people, darker-skinned people, people who fully cover themselves, obese people, those doing no outdoor activity and babies and infants of vitamin D-deficient mothers. Discuss vitamin D supplements with your doctor if this is you.

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ASHBURTON YOUTH HEALTH CENTRE

Ashburton Safer Community Council has been successful in receiving the contract for delivery of management services for the Ashburton Youth Health Centre which includes employment of a Centre Coordinator. The Coordinator role will be advertised in December and January, with a possible re-launch and renaming of the centre in February 2010.



Suggestions from Appetite For Life

Some tips that will help you keep your Christmas menu healthy and delicious!

- ♦ Enjoy fruit and vegetables – use seasonal berries and other fruit to bulk out desserts and nibbles platters. Salads with bread and leftover cold meats make ideal lunches or evening meals. Have small quantities of meat and then fill up your plate with vegetables and salads.
- ♦ Cook your roast vegetables separately from the meat – a light brush with oil or an oil spray is all they need to become crisp and delicious.
- ♦ Try custard/brandy custard and low fat ice cream with Xmas pudding rather than brandy butter and rich creams/ice creams. Have ice cream or cream... not both. Sorbets and light ice creams are good alternatives.
- ♦ Stock up on healthier food items and treats. Shortbread for example, is laden with fat, while biscotti have very little. Berries, mangoes and smoked salmon are also delicious Christmas foods.
- ♦ Alternate alcoholic drinks with water or diet soft drinks – this way you keep hydrated and are less likely to over drink.
- ♦ Check the fat content of your crackers – many are high in fat. Water biscuits and crispbreads are lower fat options.
- ♦ Use mashed avocado, hummus, mustards and relishes as spreads on bread instead of the usual high fat spreads.
- ♦ Try chocolate dipped strawberries or cherries as an alternative to chocolate – you get all the enjoyment of chocolate in a much healthier package!
- ♦ Eat your food slowly – it takes time for the brain to register fullness.
- ♦ Enjoy exercise – a walk, swim or game of tennis will do wonders for the body and soul. Use your leisure time to play with the children or socialize in the outdoors.

Dr Phillip Godfrey Honoured by St John



Dr Phillip Godfrey, Chair of the St John Ashburton Area Committee and a Medical Director at Ashburton Hospital, has been honoured for his years of service to St John. It was announced Dr Godfrey had been made a Commander of the Order of St John last week. The annual St John Honours List was announced on Saturday 5 December, which is International Volunteer Day. St John has its own honours system for recognising the service of its members. Both volunteer and paid St John honours are sanctioned by Her

Majesty The Queen, Sovereign Head of the Most Venerable Order of St John, on the recommendation of the Prior, His Excellency The Governor General. Dr Godfrey has held the position of Area Chairperson, Ashburton Area Committee for more than 24 years. He will be presented with the award at a ceremony next year by the Governor General Sir Anand Satyanand, who is head of St John in New Zealand. The grades of St John honours include Knight and Dame, Commander, Officer and Member.

The most important thing is not to feel guilty about having treats on Christmas Day. Its only one day and you can always make up for it by having light healthy meals on Boxing day eg leftover lean meats and salads.

- ATTENTION -

CHRONIC PACKAGES OF CARE

It will not be necessary for practices to invoice for the \$20, for the provision of the outcome report.

The PHO will arrange for the \$20 to be paid with the monthly accounts payment, following receipt of the report and invoice for the package.

	HKPHO	RCPHO
NZ European	12007	56298
Maori	1166	3701
Pacific Islander	75	761
Other	228	8752
Total Enrolled Population as at 1 January 2010	13476	69512