



# Rural Canterbury PHO Newsletter

## INFLUENZA - STILL TIME TO PROTECT YOURSELF

Canterbury's influenza season is likely to peak in the coming weeks warns Dr Lance Jennings, Canterbury District Health Board (CDHB) virologist and National Influenza Strategy Group (NISG) spokesperson. The season has generally been quiet so far in Canterbury but it's time to take extra measures to protect yourself and your family.

Around 22 New Zealanders die each year on average as a result of contracting influenza, NISG warns. "Despite a small national increase in vaccine uptake so far this season, we are concerned that too few people with chronic health conditions may not have had the vaccine," Dr Jennings says. Chronic health conditions include heart disease, stroke, diabetes, respiratory disease, kidney disease and most cancers.

"In recent years, influenza activity has peaked in July or August. Free immunisations for those at greatest risk from influenza stopped at the end of June but I encourage those who haven't received their vaccine to go to their General Practice for a vaccination, especially if you are 65 years or over or you have a long-term health condition," Dr

Jennings says. Many people, not just the most vulnerable, can still be protected and benefit from the vaccination now.

The influenza virus A/Brisbane and B/Florida strains circulating this winter are similar to the strains included in this season's vaccine, so this year's vaccine should provide good protection.

The Pope's visit to Sydney recently attracted a large gathering of people, which helped the spread of influenza. Several areas where pilgrims were staying experienced influenza outbreaks with around 143 cases amongst pilgrims being reported and some being admitted to hospital. Large gatherings of people during periods when influenza viruses are circulating highlights the need for good infection control practices by all of us.

### To help protect you and your family from influenza remember to CHIRP:

**C** Cover your cough and sneezes. Use tissues, dispose of them properly and then wash your hands.

**H** Have Healthy Hands. Wash your hands often and well.

**I** Isolate yourself. Maintain a personal space of 1.5 metres to minimise exposure to the influenza virus from those who may be ill. Stay at home if you become ill.

**R** Reduce germs in your home and workplace. Regularly disinfect common surfaces such as phones, remote controls, door knobs, light switches, toys etc.

**P** Prepare yourself and your family. Get vaccinated annually and create an emergency plan and kit for yourself and your family in case of an influenza pandemic.

CDHB's website [www.fluinfo.org.nz](http://www.fluinfo.org.nz) includes information about guarding against influenza and preparing for an influenza pandemic in the future.

**Canterbury**  
District Health Board  
Te Pōari Hauora o Waitaha



The best way to learn is by doing - and, in this case, tasting. Practice Nurses, GP, patients, all participants at Rangiora in the first RCPHO Appetite For Life course are viewing before sampling some tasty breads, spreads and fillings. Another course will be presented in Ashburton in September - November this year.



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### Combined Primary Care Mental Health Meeting of Rural Canterbury PHO and Pegasus Teams held at the RCPHO office on 30 July.

Pegasus Primary Care mental health workers joined RCPHO BICs for their regular Get Together. The meeting's purpose was to find commonalities in practice and service delivery, share education resources and generally find ways of working more closely together. There was a warm, supportive atmosphere at the meeting and a

general consensus that brief intervention is a valuable addition to general practice both for urban and rural populations. Issues of workforce development, differences in rural and urban service delivery as well as ways to deepen connections between services were also discussed. Further collective meetings are planned.

**RURAL** **CANTERBURY**  
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Te Roopu Hauora Matua O Waitaha Taiwhenua



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Healthy Food Media Ltd, PO Box 47177, Ponsonby, Auckland 1011.

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They also have a very good website with teaching resources available to print off for patient education.

Dianne has been kept busy with referrals from many practices and appointments to meet with nurses to discuss respiratory care and spirometry testing and interpretation.

While many practices and other services have been visited as part of Dianne's orientation some practices will be visited over the next few weeks.



Dianne McLaughlin  
021 849 950

### 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).

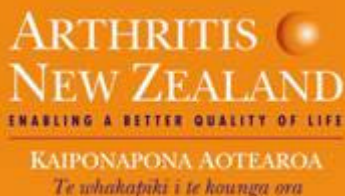
The Artist Doctors Concert is to be held in the Repertory Theatre, Kilmore Street at 7.30 pm and the Art & Craft Exhibition is to be held at Medlab South, 137 Kilmore Street from 6.00pm to 7.00 pm - 31 October 2008.

### www.webhealth.co.nz 0800 WEBHEALTH canterbury@webhealth.co.nz

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Tara Thomas, Webhealth District Coordinator  
[Tara.webhealth@gmail.com](mailto:Tara.webhealth@gmail.com)



Do you have patients who could benefit by participating in our proven six weeks Living a Healthy Life self Management for Chronic Conditions Course. Patients will learn to

#### Manage Symptoms Lessen Fatigue Build Confidence Get more out of Life

The course consists of a two and a half hour session each week for six weeks. To enrol or for further information phone 0800-663-463. Courses available in all areas, cost \$30 per person for 6 weeks. I will be happy to present a power point presentation to any health providers.

Wilda Parker, Arthritis Educator, Phone 03 366-8383

### New Zealand Nurses Organisation Centennial Celebrations Canterbury Museum Exhibition

Love and Duty: Celebrating 100 years of the Trained Nurses Association in Canterbury

12 July to 28 September 2008.

An exhibition in the Visitor Lounge exploring the stories, personalities and events relating to the evolution of nursing in Canterbury. An intriguing collection of objects from the Cotter Medical Trust illustrating the changes in nursing practice and treatments over the past 100 years.

#### Canterbury Nurses Centennial Rose

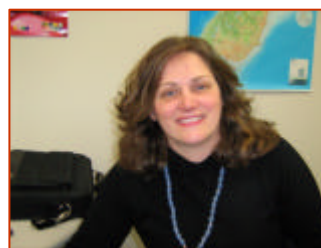
Red, highly fragrant, hybrid tea. Limited stock available this year but more available in 2009.

Contact [phillippaz@nzno.org.nz](mailto:phillippaz@nzno.org.nz) or phone 0800 62 6663 to place an order.

#### Centennial Closing Afternoon Tea

Sunday 28 September 2008 1:30 - 4pm Nurses Chapel Christchurch Hospital. All welcome. Church service and speeches followed by afternoon tea at the old preliminary school of nursing (now Professional Development Unit).

The Flora Cameron Award for Canterbury will be presented.



Marie-Lyne Bournival has commenced working in the Child Health Liaison Nurse role

Marie-Lyne is working through her orientation to practices and other service providers relevant to child health. Some of you will have met Marie-Lyne already and it is anticipated that practices that have yet to be visited will meet Marie-Lyne over the next few weeks.

Marie-Lyne is already working on several referrals that have been received from various practices. Marie-Lyne has a broad nursing background which includes child health, practice nursing, previous experience as a Child Health Liaison Nurse and she is the chair of the Canterbury/Westland branch of the College of Practice Nurses.

Contact Marie-Lyne on 021 590 583

#### HPV (Human Papillo Virus)

This vaccination programme will be available for delivery through General Practices in Canterbury. It is anticipated that the programme will commence on 1 September 2008 for 17 and 18 year olds with younger age groups being included over time. However should a female patient from 12 to 16 years request the vaccination from the practice during this early phase the vaccination may be given under the funded programme.

We will keep you advised as information comes to hand.

New Zealand European	54361
Maori	3338
Pacific Island	540
Other	8360
<b>Total Enrolled Population</b>	<b>66599</b>

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

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