

# Rural Canterbury PHO Newsletter



## A multimedia mobile phone study to help young people stop smoking

### Participant Information Sheet

You are invited to take part in a study that proposes a new intervention to help young people to stop smoking, including a personalised video-based programme delivered to you via your mobile phone over six months.

Your participation is entirely voluntary (your choice). You do not have to take part in this study. If you choose not to take part in this study you will not be affected in any way.

If you agree to take part in the study, you may withdraw at any time, without having to give a reason. However, if you do

decide to withdraw, we will still need to contact you at end of the study to ask you some quick questions.

To assist you in making a decision about participating in the study, we ask that you read this information sheet.

### Why have I been selected?

You have been selected to take part in this study because you are a smoker who wants to quit and you own a Vodafone mobile. You also meet the other strict entry criteria for the study.



### Who is coordinating this study?

The study is co-ordinated by the Clinical Trials Research Unit (University of Auckland).

### What is the aim of this study?

Our aim is to determine whether receiving the multimedia programme delivered via mobile phone is effective at increasing smoking cessation rates in young people.



### Where will the study take place?

The study will take place at the Clinical Trials Research Unit in Auckland and you must live in New Zealand to be eligible to participate.

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If you need more information please contact the study staff on 0800STUBIT (0800788248).

### CNE CME Provision

The RCPHO Board agreed at its recent meeting to continue the provision of CME/CNE as it was before 1 July 2008, with a review to take place before 30 June 2009.



Dr Charlotte Cox

We are delighted to announce that contracts have been signed for this continued CME and CNE provision in both the Ashburton and Waimakariri areas.

Dr Lynne John and Caroline Forbes in Waimakariri and Dr Charlotte Cox and Mrs Zella McGirr in Ashburton have

agreed to continue in their roles.



Zella McGirr

The RCPHO will assist in more of the administration tasks of the Facilitators, but there should be little change noticed in service delivery.

There will be a meeting in early November for the Banks Peninsula clinical staff.

### Reminder for Primary Care, Aged Care and Rural Nurses

The Application Forms for CTA Funding for postgraduate nursing study in 2009 are on the CDHB website on the Internet

✓ <http://www.cdhb.govt.nz/communications/forms.htm#a>. Then go to letter C

### CTA FUNDING Application Forms are due by 17 November 2008

Nanette Ainge, Nurse Consultant - Postgraduate Nursing Education  
Canterbury DHB, c/o Room 43, 1st Floor, Pain Management Centre  
Burwood Hospital, PB 4708, CHRISTCHURCH 8140

**Tele 03 387 1399 (Mon - Thurs) or Extn 99399**

**Note new address & phone number**

### ELDER CARE IN THE COMMUNITY

When: Wednesday November 12th 6.30 pm

Where: Rakaia Meeting Room Ashburton Hospital

Presented by Karen Hall District Nurse

Nurses will be able to discuss and understand the various services available aimed at keeping the elderly patients independent in their homes and will gain knowledge of how when and where to refer.

RSVP, 10 November via Fax to Zella (03) 3028597

- Maori & Pacific Women aged 20-69
- All women who have never had a Cervical Smear aged 20-69
- All Women who have not had a Cervical Smear in the past 3 years or more aged 20-69
- All overdue women

**10 November at Kaiapoi Plunket Rooms      22 November at Tinwald Plunket Rooms**

Any questions please call Leanne or Alisha on (03) 359-7407 or text, we will call you back  
Leanne 027 6939493 Alisha 027 4135603. No appointment necessary, just turn up!



### He Waka Tapu Free Cervical Screening

Rural Canterbury PHO Office, 567 Wairakei Road, Christchurch 8053  
P O Box 14021, Christchurch 8544  
Phone 03 357 4970 Fax 03 357 4372  
Free Phone 0800 800 743

**RURAL CANTERBURY**  
Primary Health Organisation  
Te Roopu Hauora Matua O Waitaha Taiwhenua

## Prostate Cancer Screening

A new resource is available for men to assist them in making a decision re prostate cancer screening. It has been produced by The New Zealand Guidelines Group. This is the site reference for it:

[http://www.nzgg.org.nz/guidelines/0153/Prostate\\_Cancer\\_Consumer\\_Resource2.pdf](http://www.nzgg.org.nz/guidelines/0153/Prostate_Cancer_Consumer_Resource2.pdf)  
 Directions for obtaining copies of the pamphlets are also available on the site.



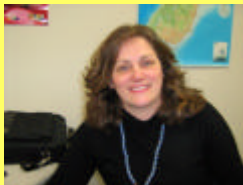
Posh Nosh - 21 October 2008  
 Ashburton Appetite for Life

### APPETITE FOR LIFE – Ashburton

The women who attended this programme have really enjoyed it – the food is fabulous and everyone is full of praise for the course.

At this stage Bronwen King is planning another training round for health professionals to start in February next year. This will be open to nurses from all Canterbury PHOs but will be **based in Christchurch**. It will be the last opportunity for training for a while, and an opportunity for those who have completed the programme but not the 2 day training, to complete the facilitation requirements. Once there are trained facilitators in the RCPHO the names of women who would like to participate in the programme will be asked for. There will be posters for notice boards and fliers available to promote Appetite for Life.

Please spread the word; interested people should contact Kim Hooker 021 448 956, whether to register candidates for the course or to register their own interest in being trained as a facilitator.



### Child Health Corner:

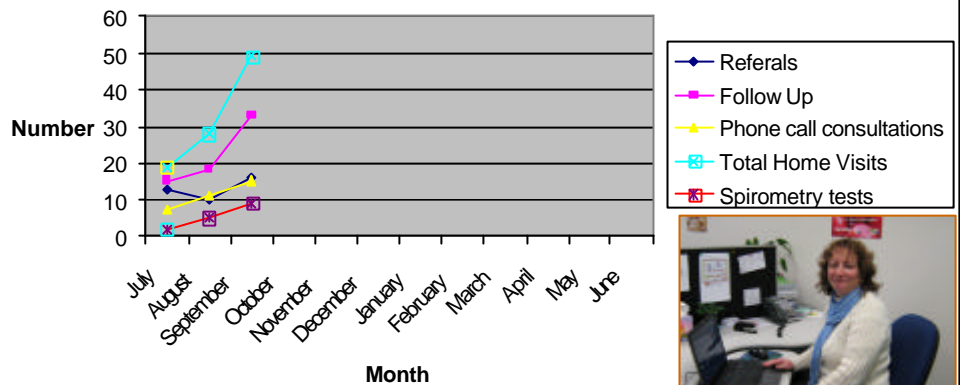
The Child Health Liaison service is getting more and more referrals. We have a large spectre of referrals; socio-economic, psycho-socio, psych issues, illnesses, education etc.

Referrals come from GP Teams as well as from other agencies. We are putting extra efforts in encouraging agencies to send their consultation reports to GP teams and allow them to be kept in the loop.

As we are working within the Family Assessment model, we are able to identify issues surrounding the children's wellbeing and address these appropriately. It is often the parents / caregivers issues that prevent them from coping as they find themselves in vulnerable situations.

Marie-Lyne: 021 590 583 OR 03 357 4970

### Respiratory Nurse Work



Contact Dianne McLaughlin (Respiratory Nurse) on 021 849 950 OR 03 357 4970 extn 206

### Pandemic Preparedness

In August 2008 **Exercise Adam** was held to trial a CBAC – a Community Based Assessment Centre – the key foundation of the primary care response to a pandemic.

Many lessons were learned from which to develop and improve and consolidate the Canterbury level of preparedness. Although Canterbury is viewed as leading New Zealand in preparedness, there is no room for complacency. There are cases of 'bird flu' occurring weekly in other parts of the world, there have been 2 cases of Tamiflu resistance in New Zealand.

The CDHB is planning to run another exercise in May next year – which will test setting up a CBAC in rural Canterbury.

If you would like to be more involved in Pandemic Planning in your area, please contact Bill Eschenbach or Alison Wilkie at the RCPHO office (03 357 4970) for more information.

### HPV (Human Papillo Virus)

This vaccination programme has been available for delivery through General Practices in Canterbury since 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.

The CDHB advises that we are off to a good start with 527 HPV vaccinations done in September for Canterbury. About half the practices have started vaccinating.

Canterbury DHB was the top performing DHB in September.

<b>New Zealand European</b>	54698
<b>European</b>	1733
<b>Other European</b>	3208
<b>Maori</b>	3461
<b>Pacific Island</b>	1630
<b>Not Stated</b>	2518
<b>Total Enrolled Population</b>	67248