

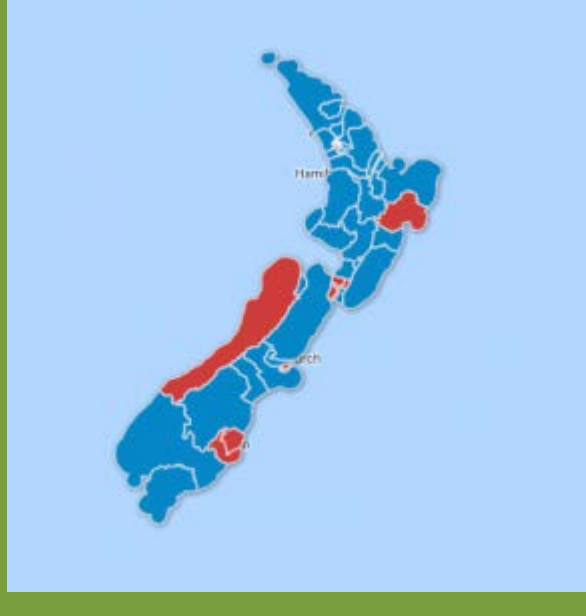
Nau mai. Haere mai. Ki te pānuī o RHĀNZ mō tēnei wiki (Te Reo for welcome to the RHĀNZ Newsletter for this week).

In this issue: The political waiting game, LifeKeepers & Safe Hands, Safe Plans workshops, rural connectivity initiatives from Wireless Nation, plus a selection of relevant media and research articles...

Who are RHĀNZ?

The Rural Health Alliance Aotearoa New Zealand represents a united voice from across multiple rural sector organisations. Our aim is to provide solutions and influence policy affecting the health and wellbeing of rural communities.

[Visit our website](#)



2017 Geographic Electorate Map (credit TVNZ)

We thank our partners.



STRATEGIC SUPPORTERS UPDATE



WIRELESS NATION

Our good friends at Wireless Nation have been busy of late helping our rural communities get connected – with each other and the world.

They've recently made an explainer video for their rural RBI Wireless product. It explains the product and shows how easy it is for rural folks to get connected. [Take a look.](#)

Here's a recent case study they did with a rural customer highlighting their custom solutions for getting rural people connected.

[Read more.](#)

Most deservedly Wireless Nation has also been announced as a top 2 finalist in the best rural broadband provider category in the upcoming Broadband Compare Awards. Great effort Wireless Nation and thanks again for all you do to support RHĀNZ and rural wellbeing.



LifeKeepers is a new, national suicide prevention training programme, created especially for New Zealand communities. LifeKeepers are equipped to identify and support people at risk of suicide in their communities to get the help they need. Check out www.lifekeepers.nz and subscribe to the LifeKeepers eNewsletter to stay up to date.



LifeKeepers complements RHĀNZ's Safe Hands Safe Plans suicide prevention programme targeted at rural health and social service professionals. It is hoped that these programmes will work together to better equip our communities and health providers to meet increased mental health needs.

Safe Hands Safe Plans is open to health and social service professionals working in rural NZ who have a duty of care to act in a mental health crisis (e.g. GPs, nurses, midwives, pharmacists, community based mental health & addiction workers, ambulance staff, Police, Clergy, allied health and counsellors). Workshops available this side of Christmas will be held in the Waikato and Northland regions plus one in Dannevirke. CPD points will be available for clinical staff.

Please click here for more information and to [register for a workshop.](#)

CO.DISCOVER INVITE FROM HOMECARE MEDICAL

Here at the National Telehealth Service (Homecare Medical) we have launched an exciting new project called Co.Discover and we want you and your community to be a part of this journey.

Co.Discover's vision is to reach a digital age where telehealth services effectively meet the needs of NZ, and provides a platform for continuous care innovation and improvement. It's about the right care, at the right time, from the right people. The Co.Discover community is a space for us to share our ideas about what we are noticing in our communities.

It's a chance for us to look at ways to generate and fuel ideas that will shape our services and reach the hearts and minds of our people. We need the people to be a part of the solution, to co-create and co.discover, so that together we can meet the needs of NZ'ers.

The Co.Discover community is monitored by the National Telehealth Service whose lines include Healthline, Gambling, depression, Quitline, Alcohol and Drug, the low down, poisons, immunisation, ambulance secondary triage, 1737, recovering, the elder abuse line and more.

The aim of The National Telehealth Service is to strive to bring the best experience to all NZ'ers to stay well and connect them seamlessly with the care when they need it. We're currently looking for people and organisations who are passionate and invested in improving the lives of all NZ'ers.

At this stage, we're exploring and learning everything about our services and the various opportunity areas- what exists, what doesn't and what does the future hold.

We'd love for the people in your organisation/community to join our conversation and pitch-in to take part in some of our challenges which is happening on Facebook in a private community.

Please share about the public [Co_Discover Facebook page](#) to any and all interested community members. There is a sign-up link to the private community located on the public page.

Any questions please email Karthiga.Kanasha@homecaremedical.co.nz

Research & Resources Watch

A Director's update from the Rural Aotearoa Research Network – Dr Fiona Dolan-Noble

The Rural Aotearoa Research (RAOR) Network commenced on the 1st July 2017 and is based in the Department of General Practice and Rural Health, University of Otago, in Dunedin.

Within the department, excluding myself (the director), there are three staff members who work closely with the network.



From the left: Georgia Richardson, Dr Kathryn McAuley and Dr Geoff Noller

Georgia is the Network's coordinator and tech guru and both Geoff and Kathryn are working with me on rural research studies.

Geoff is involved in a study exploring the experiences of people (and their partners) who have had an Implantable Cardiac Defibrillator inserted in Christchurch and who live in rural Southland.

Kathryn is exploring the issue of moral distress and whether it impacts on the experiences and work satisfaction of rural primary care nurses.

[Read more](#)

The work-related stressors and coping strategies of group-employed rural health care practitioners: A qualitative study

American Journal of Industrial Medicine, 18 August 2017

This study looks at how increasing demands on rural health practitioners along with reduced resourcing and diminishing autonomy are leading to increased patient-care work-related stress.

The findings show a need for more resilience coaching, the need for more work meaningfulness, better work-life balance, deeper teamwork and more supportive peer networks.

[Read more](#)

The Waiting Game

Following last weekend's general election, it looks like it's going to be some time before we know the makeup of our next Government.



While the party vote was reasonably close, indicating NZ First will most likely hold the balance of power, the electorate vote is quite clear cut (see main photo).

Legal firm, Minter Ellison, have produced a [useful post-election fact sheet](#) outlining the coalition options (with the most 2 likely scenarios highlighted in red below). They also explain the implications for government and Parliament during the hiatus.

National + New Zealand First	National + New Zealand First + Act	National + Greens
National + Greens + Act	Labour + New Zealand First + Greens	Labour + National

While National is governing in a caretaker role they won't be able to make any major decisions. If agreement was unable to be reached by the first day of parliament (23 November) the Governor General would have to call another election.

Regardless of the 2017 election outcome we will continue to develop meaningful and productive relationships right across Government to ensure that the rural voice is heard loud and clear - across the Beehive and in the electorates.

Yours in waiting
Michelle

Subscribe

Anyone interested in rural health is welcome to subscribe to this newsletter. Keep up to date with us by [subscribing now.](#)

Member Column

Would you like to contribute an article for our newsletter? Tell a story about yourself or one of your members or something you're passionate about. Email your item to Michelle ce@rhaanz.org.nz

Research & Resources Watch

Ulster University Secures €3.7m Funding to Improve Health Outcomes for Older People in Rural Locations

Ulster University is to lead on two major international research projects with a focus on improving the lives of older people in remote and rural areas through improved access to technology and social connectedness. Ulster University has been awarded two grants by The Northern Periphery and Arctic (NPA) 2014-2020 Programme worth €3.7m in total. Led by Ulster University, both projects will be delivered by a team of international partners and will run for three years.

Social exclusion and loneliness are increasingly prevalent in rural and remote regions of Europe and there is growing concern about the impact on mental health, independent living and patient rehabilitation after illness. (Ulster University)

[Read more](#)

Media Watch

Thames Hospital gets a new CT Scanner

A new CT scanner installed at Thames Hospital starts scanning patients this week. This is great news for local Thames/Coromandel patients who require a CT scan. Services are now closer to home and they will no longer have to travel to Waikato Hospital for complex scans.

Clinical Director Thames Hospital Dr Ruth Large is so excited that this technology is coming to Thames. "We have put up with the old one for a while now and it is fair to say it is near the end of its working life, said Dr Large.

"The new scanner will give us the opportunity to have much better diagnostic tools closer to our community. It is so much better to keep patients closer to home."

"We will also be able to scan patients much quicker than before which improves flow and demand from the different services using the CT scanner at Thames Hospital."

[Read more](#)

A Hospital Crisis Is Killing Rural Communities. This State Is 'Ground Zero.'

If you want to watch a rural community die, [kill its hospital.](#)

After the Lower Ocone Community Hospital shut down in June 2014, other mainstays of the community followed. The bank and the pharmacy in the small town of Glenwood shuttered. Then the only grocery store in all of Wheeler County closed in the middle of August this year. (Huffpost)

[Read more](#)

Events Watch

HiNZ (Health Informatics NZ) Conference, 1-3 November 2017, Rotorua (includes NZ Nursing Informatics Conference, 2 Nov) [Read more.](#)

Rural Women New Zealand, National Conference, 18-20 November, The Ascot Park Hotel, Invercargill [Read more.](#)

Hold the date – National Rural Health Conference, Pullman Hotel, Auckland, 5-8 April 2018.



The dates are Thursday, April 5 to Sunday, April 8, with the two main conference and exhibition days being Friday, April 6 and Saturday, April 7.

National Primary Care Symposium

Jointly hosted by the Primary Health Alliance, Health Foundation and Health Promotion Agency, will again be held at Te Papa in Wellington on Wednesday 15 November. Hold the date. Free entry.