

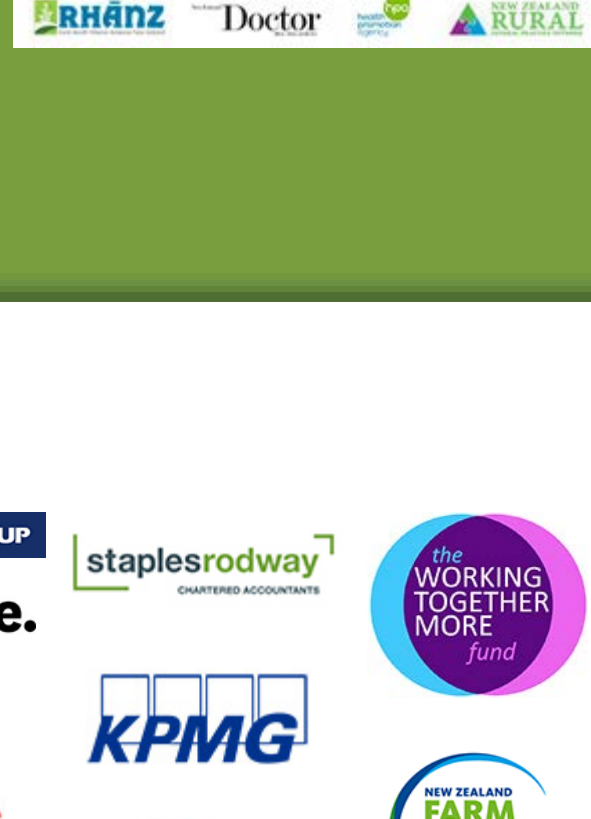
Nau mai. Haere mai. Ki te pānui o RHĀNZ mō tānei wiki (Te Reo for welcome to the RHĀNZ Newsletter for this week).

In this issue: Rural General Practice Team of the Year Award 2018 launched, National Rural Health Conference update, Pink Bales competition announced, Ministerial Inquiry into Mental Health & Addiction begins plus a selection of relevant media and research articles...

Who are RHĀNZ?

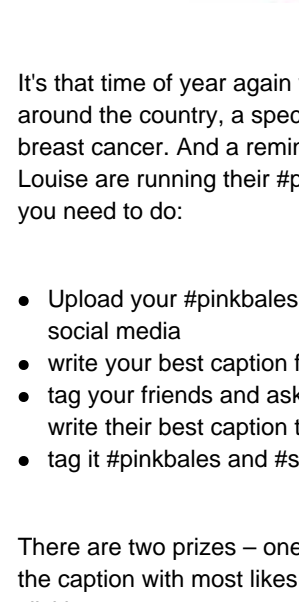
The Rural Health Alliance Aotearoa New Zealand represents a united voice from across multiple rural sector organisations. Our aim is to provide solutions and influence policy affecting the health and wellbeing of rural communities.

Visit our website

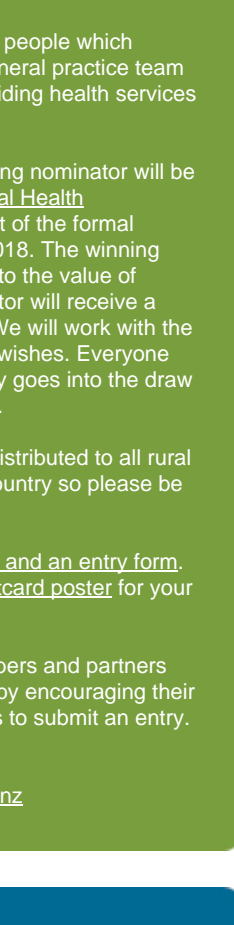


We thank our strategic partner and supporters.

Strategic Partner



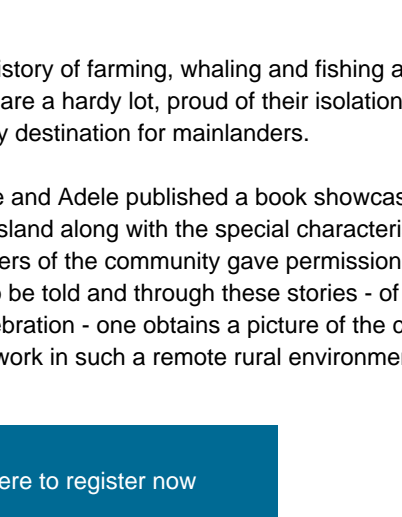
Strategic Supporters



MENTAL HEALTH CONSUMER SURVEY

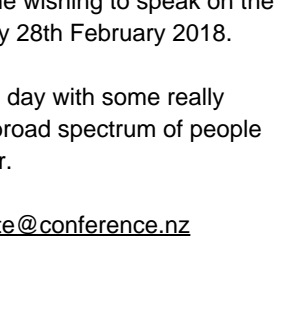
The Mental Health Foundation wants to hear from rural communities. They are developing a resource to support journalists in their reporting of mental illness and mental health issues...

SWEET LOUISE PINK BALES COMPETITION



It's that time of year again when pink bales are prominently displayed around the country, a special tribute to women living with incurable breast cancer. And a reminder to get your boobs checked!

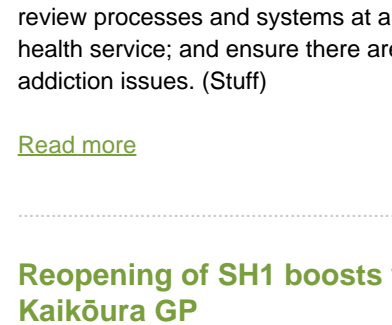
- Upload your #pinkbales photo to social media
write your best caption for it
tag your friends and ask them to write their best caption too
tag #pinkbales and #sweetlouise



There are two prizes – one for the photo with most likes, and one for the caption with most likes. Competition ends 16 February so get clicking.

Click here for more information

Early bird closes soon!



Healthy Rural Communities (Mauri Ora, Whānau Ora, Wai Ora) April 2018 Pullman, Auckland

Only two weeks until early bird registrations close.

If you book and pay for your registration by Friday 16 February you will also go into the draw to win a Fitbit.

Please click here to be taken to the conference website to view the full programme as well as all other conference information.

Good discounts for students thanks to Mobile Health and NZRGNP. Click here for more information

Here's a quick look at two keynote speakers:

Adele Robertson and Leonie Howie



Leonie Howie and Adele Robertson live and work as rural nurses and midwives on Great Barrier Island (Aotea), so called because it faces the full brunt of the wild Pacific weather and acts as a barrier for the mainland about 100 kilometres away...

It has a long history of farming, whaling and fishing and the people who live there are a hardy lot, proud of their isolation. It is also a popular holiday destination for mainlanders.

In 2017 Leonie and Adele published a book showcasing the natural beauty of the island along with the special characteristics of the island people. Members of the community gave permission for their experiences to be told and through these stories - of struggle, of sorrow, of celebration - one obtains a picture of the challenges and complexity of work in such a remote rural environment.

Click here to register now

Rural Research Day 2018

The second ever "Rural Research Day" is being held on the pre-conference day of the National Rural Health Conference (Thursday 5th April 2018) at the Pullman hotel in Auckland, organised by the RNZCGP Rural GP Chapter.

The aim of the day is to establish an annual opportunity to present research pertinent to life in rural New Zealand. We are also aiming to build the amount of high quality, rurally focused research being undertaken by encouraging and enabling those with an interest in research to get involved.

We're enthusiastic to hear from people whose research is rurally focused and we would like to invite anyone wishing to speak on the day to send in a submission or abstract by 28th February 2018.

Last year's inaugural event was a brilliant day with some really interesting work being presented from a broad spectrum of people and we're hoping to build on that this year.

Please send any submissions to: Charlotte@conference.nz

We look forward to hearing from you!

Kind regards, The Rural GP Chapter, RNZCGP

Media Watch

Rural as cities entitled to same mental health support as residents - coroner

A coroner has slammed a Southern District Health Board (SDHB) mental health team for providing "unacceptably poor" service to a man who later killed himself.

In written findings released on Tuesday, Coroner Anna Tutton said mental health issues in rural areas than in towns.

The coroner recommended the SDHB consider a mandatory staff training day about suicide, ensure managers are competent in dealing with staff members who fail to meet policy and service expectations; review processes and systems at all intake points to the adult mental health service; and ensure there are no barriers to those with addiction issues. (Stuff)

Read more

Reopening of SH1 boosts whole community says Kaikōura GP

Reopening the coast road between Kaikōura and Blenheim has been fantastic for the morale of the whole of Kaikōura, local GP Chris Henry says.

The section of State Highway 1, closed since a 7.8-magnitude earthquake tore out sections and caused rockfalls in November 2016, finally reopened to daytime traffic on 15 December 2017. (NZ Doctor - subscriber only)

Read more

CT scanners for rural hospitals up for discussion following coroner's findings

Rural hospital operators will discuss CT services by teleconference this week, following Central Otago's Dunstan Hospital's shift to around-the-clock CT services.

Changes to the Dunstan Hospital services at the start of December came ahead of a coroner's finding released last week which found the death of a patient in 2015 might have been avoided had CT services been available after hours at the hospital.

The issues raised by that decision will be a topic for discussion when NZ Rural Hospital Network executive convene by teleconference on Friday, says network treasurer Ray Anton.

Mr Anton, who is chief executive of Balclutha-based community trust Clutha Health First, says it is very unusual for rural hospitals in New Zealand to have such facilities. (NZ Doctor - subscriber only)

Read more

Dr Tom: Health and safety are inextricably linked

The stress and strain of modern living affect our judgment and the brain's pre-frontal cortex at times shuts down like computer with a virus. Risk is increased as we make poor safety calls as a result of emotions like anger and frustration. It is estimated that 80 per cent of workplace injuries are caused by people being hungry, angry and fatigued. Once again health is safety and good mental health means fewer workplace accidents. (Stuff)

Read more

Red letter day health practitioners

Health Minister Dr David Clark welcomes the enactment of new legislation today, which will improve people's access to some health services across New Zealand.

"Before today, certain functions could only be carried out by doctors. Changes coming into force today are a red letter day for New Zealanders and health professionals," Dr Clark says.

"These changes will allow other suitably qualified health professionals, such as nurse practitioners, to issue sick leave certificates, certify death in some circumstances and prescribe more medications.

"By changing the words "medical practitioner" to "health practitioner" in some Acts, people will have improved access to various health services, which is particularly significant for those in smaller, rural communities." (NZ Govt)

Read more

Concern over leptospirosis in Northland

Health officials are seeking the reasons behind a spike in leptospirosis cases in Northland.

The region normally has about four cases a year but the 15 cases in 2016 – the highest number in 20 years – has led to warning farmers and possum trappers to take care around animals.

Leptospirosis is a potentially fatal disease that can cause flu-like symptoms and, in severe cases, bleeding from the lungs, meningitis or multiple organ failure. (The Country)

Read more

Royal Flying Doctor Service warns rural mental health services in 'crisis'

The Royal Flying Doctor Service says mental health services in rural and remote Australia are in a state of "crisis." The charity's chief executive Martin Lavery said major disparities between country and city services still existed, despite numerous government reviews designed to address the problem.

"We see [more remote] people only accessing mental health services at ... 20 per cent the rate of those who access services in the city," Mr Lavery said. "If that's not a crisis, I don't know what a crisis is."

Read more

Raising salaries not the answer to recruiting GPs to small towns, says doctors' group

Rural towns are struggling to retain long term doctors, as 50 towns currently are on the look out for permanent GPs.

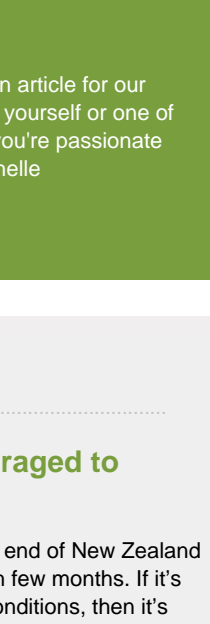
Dalton Kelly of the New Zealand Rural Practice Network (NZRGNP) told TVNZ's Breakfast today the sector need to find a mechanism to get doctors from the cities out the rural communities.

"Communities with less than 15,000 people trying to attract a long term doctor to that kind of community is a big exercise," he said.

He said NZRGNP recruit overseas doctors to small New Zealand communities with many staying long term. They have attracted and retained 70 in the last six months.

Read more

RURAL GENERAL PRACTICE TEAM OF THE YEAR AWARD 2018 – Entries now open



What do Ngunguru Medical Centre, Martinborough Medical Centre and Repton Westcoast Health Clinic all have in common?

They have each won best Rural General Practice Team of the Year as judged by the community.

We are once again delighted to be offering this Award in partnership with the New Zealand Rural General Practice Network, the Health Promotion Agency and New Zealand Doctor.

We are looking for stories from people which demonstrate how their rural general practice team goes 'above and beyond' providing health services to their rural communities.

The winning practice and winning nominator will be announced at the National Rural Health Conference in Auckland as part of the formal Awards ceremony on 7 April 2018. The winning practice will receive a prize up to the value of \$1500 and the winning nominator will receive a prize up to the value of \$500. We will work with the winners to tailor prizes to their wishes. Everyone who submits an electronic entry goes into the draw to win a \$100 Pressie Voucher.

Information packs have been distributed to all rural general practices across the country so please be on the lookout.

Click here for more information and an entry form. Please feel free to use the postcard poster for your social media.

We hope that all RHANZ members and subscribers will support this special award by encouraging their patients/members/communities to submit an entry.

Cherish and best wishes Michelle michelle@rhanz.org.nz

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@rhanz.org.nz

Media Watch

Dairy farmers encouraged to support each other

Many dairy farmers, from one end of New Zealand to the other, have had a rough few months. If it's not been a flood or drought conditions, then it's been understanding how to protect their farms from Mycoplasma bovis.

DairyNZ Wellness and Wellbeing Programme Leader Daina Caver says it's been a tough time for farmers and for some there are signs that it's beginning to take a toll on their wellbeing.

She encourages farmers who are feeling stressed to contact the Rural Support Trust.

"Don't be shy to ask for help. There are a number of rural organisations you can turn to. If you're unsure who to approach, I recommend the Rural Support Trust as your first point of contact. Depending on your situation, they can refer you to the best person to help you." (Voxy)

Read more

Freedom camping out of sorts

Lack of enforcement and education around freedom camping has led to ongoing issues in our rural communities says Rural Women New Zealand (RWNZ).

"This summer has been great for both domestic and foreign tourists, however, freedom camping has once again caused rangers in our rural communities," says Fiona Cowser, National President.

"Overseas experience shows us that farms can be affected by disease outbreak (such as E. coli) through waste left behind by freedom campers and any loss of income is not acceptable to farming families.

Read more

The Forgotten Coast: Ngati Porou's hidden health crisis

The East Coast north of Gisborne is one of the most isolated and economically deprived areas of the country, and its mostly Maori residents experience some of the worst health outcomes. Iwi health provider and PHO Ngati Porou Hauora is trying to turn the tide of what it calls decades of official neglect. (NZ Doctor - subscriber only)

Read more

Five confirmed cases of tuberculosis in Kāwhia

There is an outbreak of tuberculosis in Kāwhia and it's possibly getting worse

Kāwhia grandfather Richard Torpey believes the small seaside village should have been quarantined during the Christmas break to stop holidaymakers from being exposed.

The Waikato DHB, however, is defending its handling of the outbreak, even though five and possibly six people have been found to have the disease after a Kāwhia resident was diagnosed in June 2017. (Waikato Times)

Read more

Industry concerns for Southland farmers' mental health

Southland farmers heard the region was bordering on a drought declaration at a meeting in Otautau last week.

With the threat of drought looming, and the cow disease mycoplasma bovis spreading, DairyNZ and the Southland Rural Support Trust are calling for farmers to reach out for help as tough conditions persist in Southland.

"It's about the whole community thinking about everybody," said DairyNZ Regional Team Leader Richard Kyte, who encouraged farmers to check on their neighbours if they had not heard from them. (The Country)

Read more

Research & Watch

Inquiry into Mental Health & Addiction

RHANZ welcomes the Government Inquiry into Mental Health and Addiction. The inquiry will be chaired by former Health and Disability Commissioner, Professor Ron Paterson, and will report back to the Government by the end of October.

It's pleasing to see addiction services have been added to the inquiry as we know that mental health and addiction are often interlinked and therefore need to be considered together.

Click here to read more about the inquiry, the terms of reference and the biographies of the panel members.

Events Watch

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.

Click here for more information

6th RRHS Symposium will explore current research in rural and remote health

The 6th Rural and Remote Health Scientific Symposium, Outback Infront, is being held in Canberra on 11-12 April 2018 and registration is now open. With its sights fixed on the future, the Symposium program will reflect the breadth and depth of current research in the rural and remote health sector today.

Click here for information

5th Annual Future Farms Conference | Conferenz

The 5th NZ Future Farms Conference, Palmerston North, 13-14 March 2018. The conference is aimed at preparing the next generation farmer for the future farm with insights into innovation and information in the agriculture and agrifood sectors.

www.conferenz.co.nz

