

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

In this issue: Raising awareness and funds for rural mental health at Central Districts Fielddays, understanding the biomechanics of shearing workshop 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](#)

Text WELLNESS to 4644 to donate \$3 to RHAANZ to support rural mental health



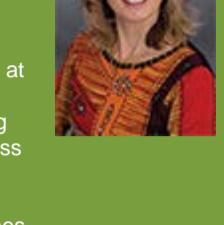
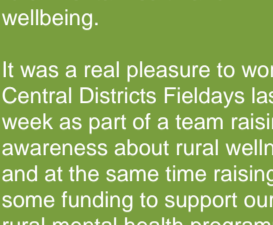
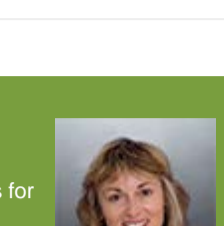
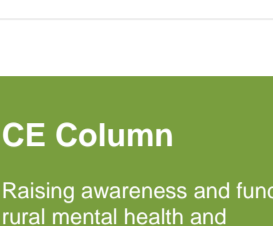
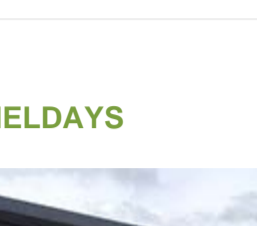
Campaign launched @ Central Districts Fielddays and will remain live March & April 2018 Ngā mihi Thank you!

We thank our strategic partner and supporters.

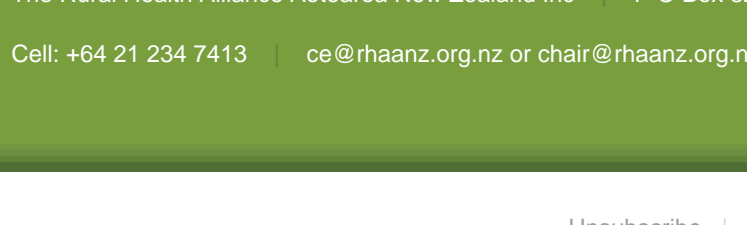
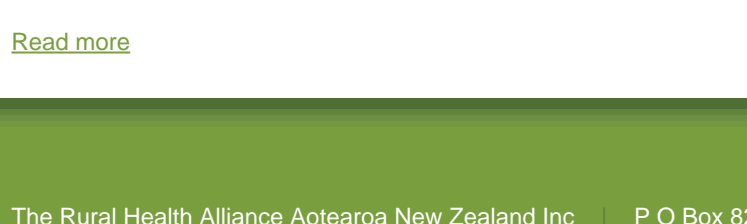
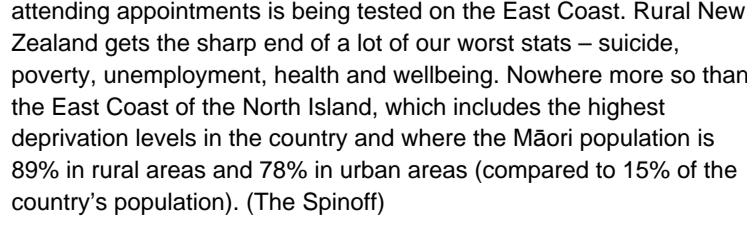
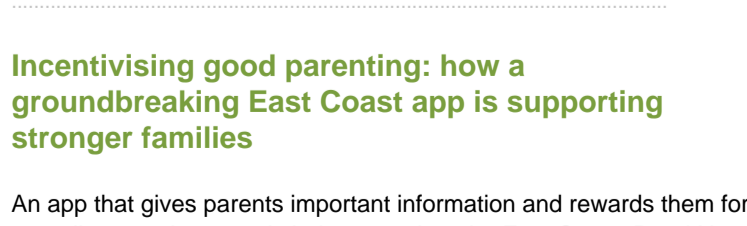
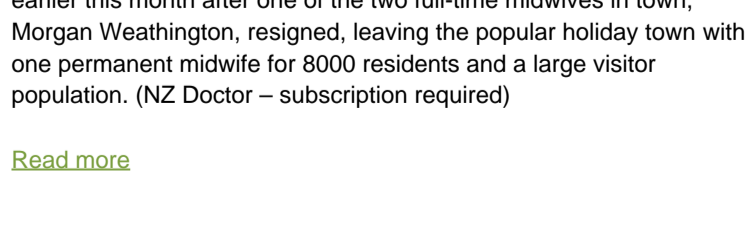
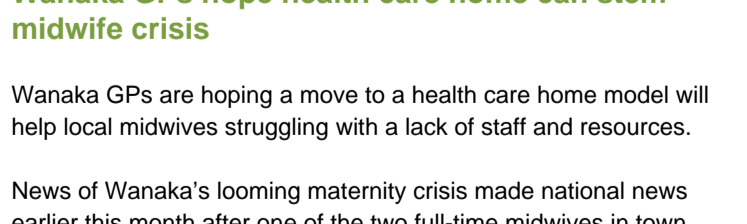
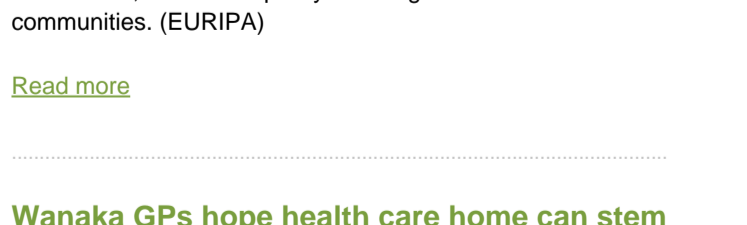
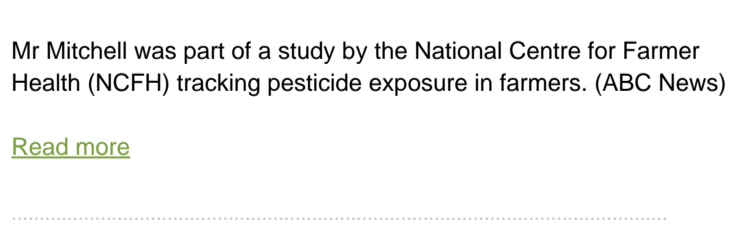
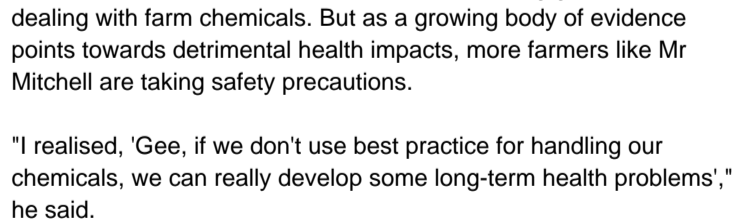
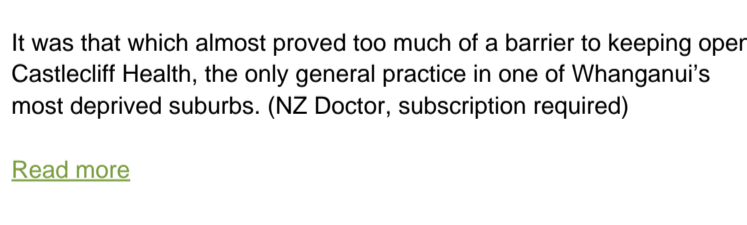
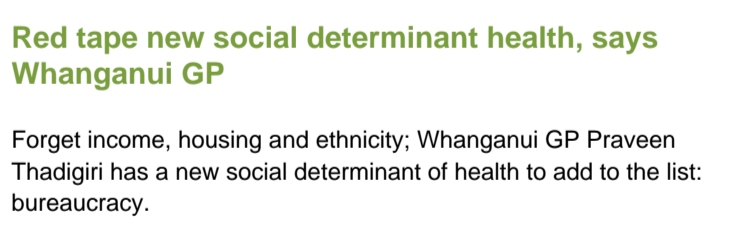
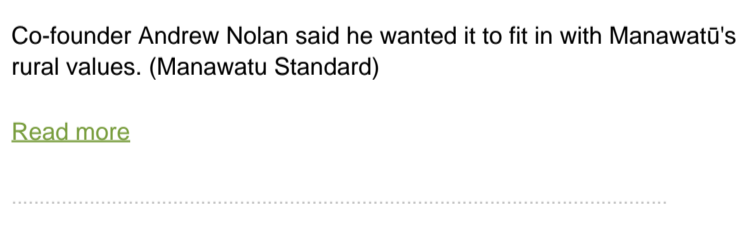
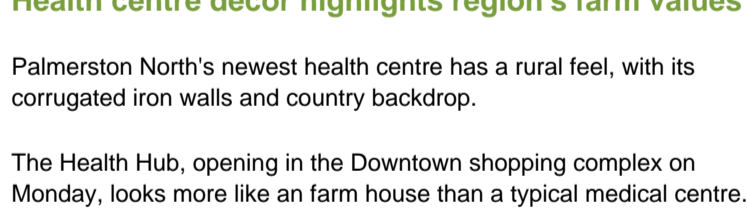
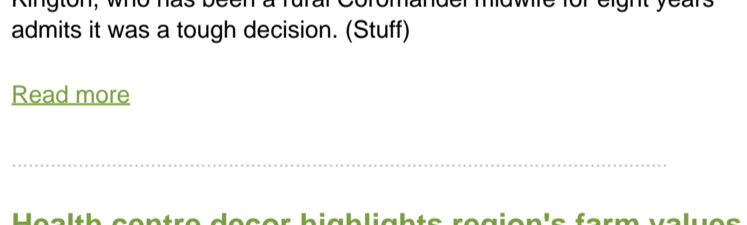
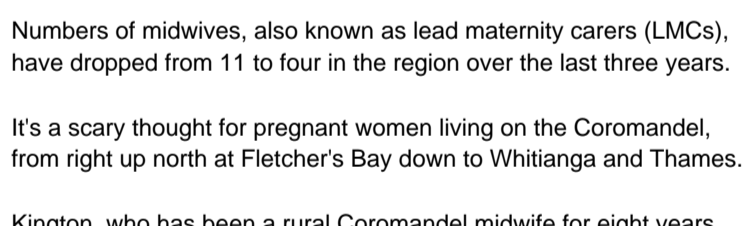
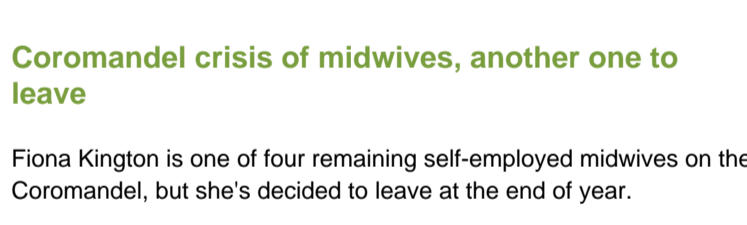
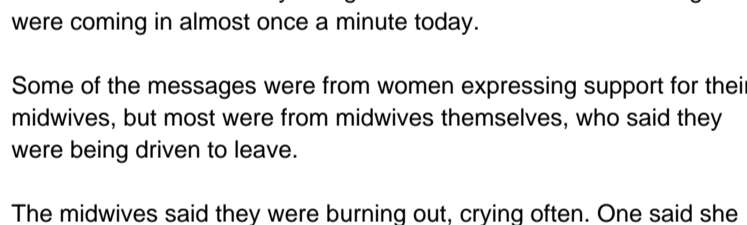
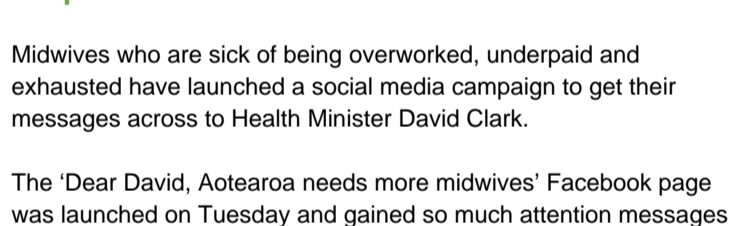
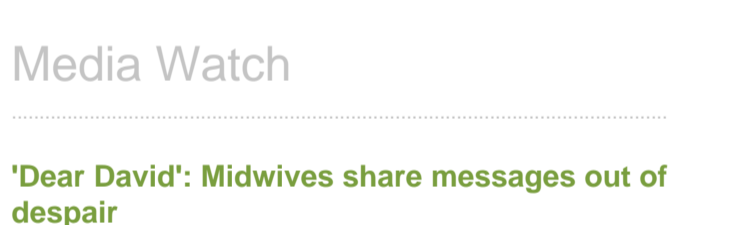
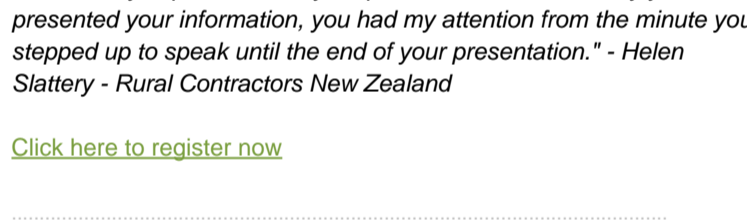
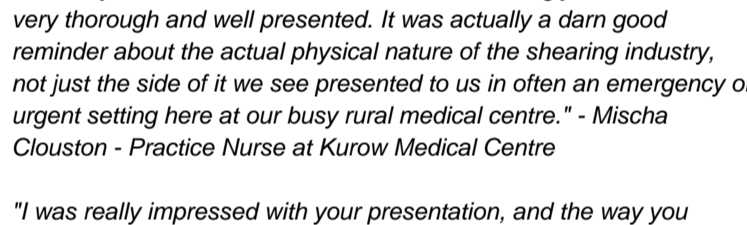
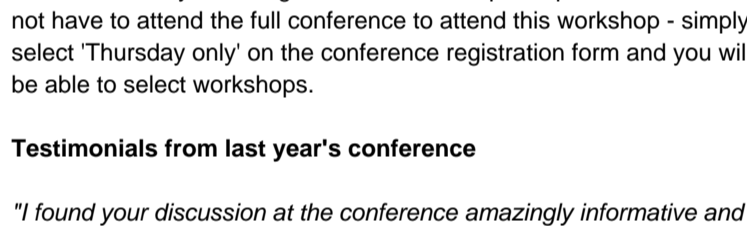
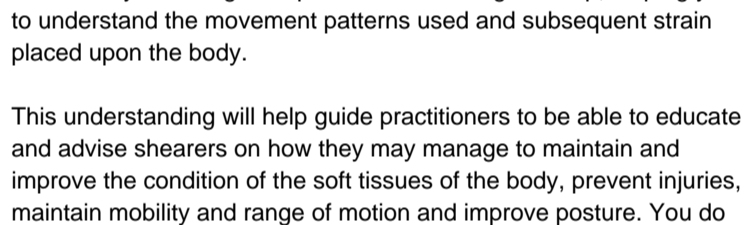
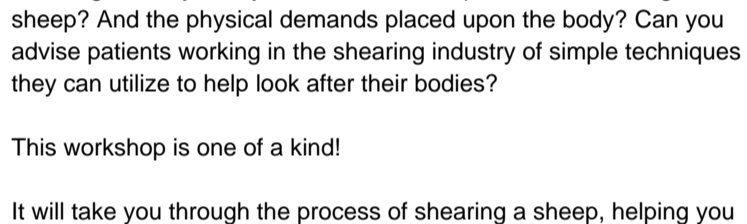
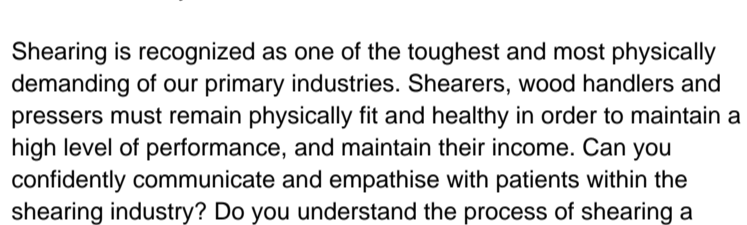
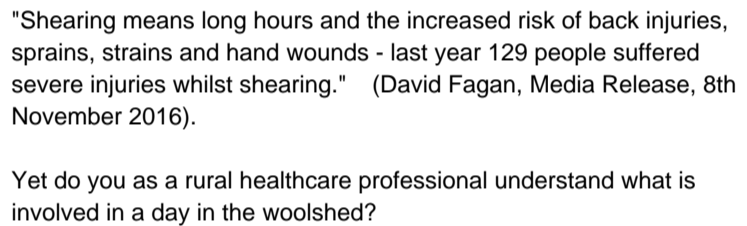
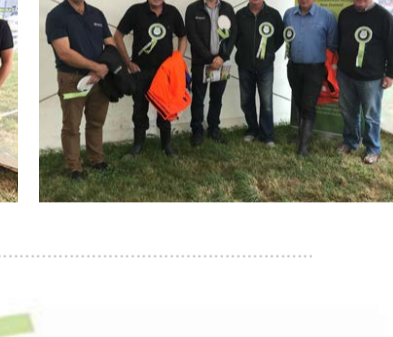
Strategic Partner



Strategic Supporters



CENTRAL DISTRICTS FIELDAYS



CE Column

Raising awareness and funds for rural mental health and wellbeing.



It was a real pleasure to work at Central Districts Fielddays last week as part of a team raising awareness about rural wellness and at the same time raising some funding to support our rural mental health programmes. Check out some neat images as part of the lead photo board.

Our two main activities were:

- Overseeing the "Healthy Behaviours Challenge" which we ran in partnership with the local Rural Support Trust. Big thanks to Laura and her team of volunteers: Jane, Sarah, Nicky, Clint, Steve; Kylie (our first Clinical Champion from Tararua/Dannevirke region) Cade, from Rural Works, for engaging so well with rural folk on the 5 Ways to Wellbeing. The lucky winner of the \$200 meal voucher at the Aberdeen Restaurant in Palmerston North was Dave Copson. This voucher was extra special as it was donated by someone who has recently received help from the East Coast Rural Support Trust. Nice one.
Managing the team of volunteers transporting people around the event in golf carts. In return for a golf cart shuttle people were asked to make a donation with a gold coin or via text. Big thanks to my left and right-hand Marie and all 35 of our volunteer drivers representing: Bayer NZ; Transpower; Primary ITO; Massey University Agribusiness students; St John; Tararua Health Group; Central Hawkes Bay District Council; farmers; rural vets, rural accountants and a whole range of dedicated rural individuals.

Thank you all - we couldn't have tackled these events without you! Our thanks also to Stuff and Vodafone for giving us the opportunity to be involved with Central Districts Fielddays.

We have just heard today that the text donation facility will remain open until the end of April so it would be really wonderful if all RHANZ members and online readers would promote this campaign to staff, friends and family. Please make sure the words "text WELLNESS to 4644 to donate \$3 to RHAANZ" appear in your message.

You can save the postcard image at the top of this newsletter for posting to social media or email me and I'll send you the original (ce@rhaanz.org.nz). Many thanks.

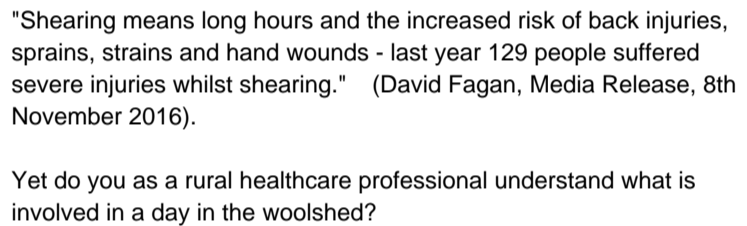
Cheers and best wishes Michelle

Subscribe

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

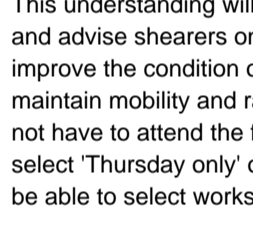
Member Column

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



Healthy Rural Communities Mauri Ora, Whinau Ora, Wai Ora 5 - 8 April 2018 Pullman, Auckland

Understanding the biomechanics and physical demands of one of the toughest rural industries - shearing



The image of New Zealand as a country full of sheep is well founded! Sheep farming has been crucial in the development of the New Zealand economy, and was the most important of its agricultural industries for 130 years.

"Shearing means long hours and the increased risk of back injuries, sprains, strains and hand wounds - last year 129 people suffered severe injuries whilst shearing." (David Fagan, Media Release, 8th November 2016).

Yet do you as a rural healthcare professional understand what is involved in a day in the woolshed?

Shearing is recognized as one of the toughest and most physically demanding of our primary industries. Shearers, wood handlers and pressers must remain physically fit and healthy in order to maintain a high level of performance, and maintain their income. Can you confidently communicate and empathise with patients within the shearing industry? Do you understand the process of shearing a sheep? And the physical demands placed upon the body? Can you advise patients working in the shearing industry of simple techniques they can utilize to help look after their bodies?

This workshop is one of a kind!

It will take you through the process of shearing a sheep, helping you to understand the movement patterns used and subsequent strain placed upon the body.

This understanding will help guide practitioners to be able to educate and advise shearers on how they may manage to maintain and improve the condition of the soft tissues of the body, prevent injuries, maintain mobility and range of motion and improve posture. You do not have to attend the full conference to attend this workshop - simply select 'Thursday only' on the conference registration form and you will be able to select workshops.

Testimonials from last year's conference

"I found your discussion at the conference amazingly informative and very thorough and well presented. It was actually a darn good reminder about the actual physical nature of the shearing industry, not just the side of it we see presented to us in often an emergency or urgent setting here at our busy rural medical centre." - Mischa Clouston - Practice Nurse at Kurow Medical Centre

"I was really impressed with your presentation, and the way you presented your information, you had my attention from the minute you stepped up to speak until the end of your presentation." - Helen Slattery - Rural Contractors New Zealand

[Click here to register now](#)

Media Watch

'Dear David': Midwives share messages out of despair

Midwives who are sick of being overworked, underpaid and exhausted have launched a social media campaign to get their messages across to Health Minister David Clark.

The 'Dear David, Aotearoa needs more midwives' Facebook page was launched on Tuesday and gained so much attention messages were coming in almost once a minute today.

Some of the messages were from women expressing support for their midwives, but most were from midwives themselves, who said they were being driven to leave.

The midwives said they were burning out, crying often. One said she wet herself because she couldn't take a break, and another said she had to deliver a baby while miscarrying herself because she couldn't afford to get a locum to cover her. (Radio NZ)

[Read more](#)

Coromandel crisis of midwives, another one to leave

Fiona Kington is one of four remaining self-employed midwives on the Coromandel, but she's decided to leave at the end of year.

Numbers of midwives, also known as lead maternity carers (LMCs), have dropped from 11 to four in the region over the last three years.

It's a scary thought for pregnant women living on the Coromandel, from right up north at Fletcher's Bay down to Whitianga and Thames.

Kington, who has been a rural Coromandel midwife for eight years admits it was a tough decision. (Stuff)

[Read more](#)

Health centre decor highlights region's farm values

Palmerston North's newest health centre has a rural feel, with its corrugated iron walls and country backdrop.

The Health Hub, opening in the Downtown shopping complex on Monday, looks more like a farm house than a typical medical centre.

Co-founder Andrew Nolan said he wanted it to fit in with Manawatu's rural values. (Manawatu Standard)

[Read more](#)

Red tape new social determinant health, says Whanganui GP

Forget income, housing and ethnicity; Whanganui GP Praveen Thadigiri has a new social determinant of health to add to the list: bureaucracy.

It was that which almost proved too much of a barrier to keeping open Castlecliff Health, the only general practice in one of Whanganui's most deprived suburbs. (NZ Doctor, subscription required)

[Read more](#)

Blood test for farmers using pesticides, chemical the key to preventing long-term health problems

It was only 10 years ago that Russell Mitchell, a sheep farmer from Glenhompson in western Victoria, started wearing gloves when dealing with farm chemicals. But as a growing body of evidence points towards detrimental health impacts, more farmers like Mr Mitchell are taking safety precautions.

"I realised, 'Gee, if we don't use best practice for handling our chemicals, we can really develop some long-term health problems,'" he said.

Mr Mitchell was part of a study by the National Centre for Farmer Health (NCFH) tracking pesticide exposure in farmers. (ABC News)

[Read more](#)

Why rural matters

YouTube video of a presentation titled "Why Rural Matters" which was delivered as part of Starfield Summit II in the USA recently. Talks about the maldistribution of health workforce across rural America and access, costs and quality challenges which face rural communities. (EURIPA)

[Read more](#)

Wanaka GPs hope health care home can stem midwife crisis

Wanaka GPs are hoping a move to a health care home model will help local midwives struggling with a lack of staff and resources.

News of Wanaka's looming maternity crisis made national news earlier this month after one of the two full-time midwives in town, Morgan Weatherington, resigned, leaving the popular holiday town with one permanent midwife for 8000 residents and a large visitor population. (NZ Doctor - subscription required)

[Read more](#)

Incentivising good parenting: how a groundbreaking East Coast app is supporting stronger families

An app that gives parents important information and rewards them for attending appointments is being tested on the East Coast. Rural New Zealand gets the sharp end of a lot of our worst stats - suicide, poverty, unemployment, health and wellbeing. Nowhere more so than the East Coast of the North Island, which includes the highest deprivation levels in the country and where the Māori population is 89% in rural areas and 78% in urban areas (compared to 15% of the country's population). (The Spinoff)

[Read more](#)

Media Watch

Racing rural doctors return to GODZone for rugged odyssey

Once again, a team of Kiwi doctors is throwing themselves into the gruelling multi-day adventure race around the South Island, now as GODZone.

The Pat Farry Trust team is made up of Central Otago rural hospital generalist Garry Nixon, Taupo Hospital generalist Jeremy Webber, rural GP and Hospital doctor Mark Smith and Rural Medical Immersion Programme graduate Harriet Miller. All have raced in previous GODZone events.

The team hope their adventure will raise awareness of rural medicine, highlighting the role of exercise, teamwork and endeavour in improving the health of New Zealanders, according to a media release from the Pat Farry Trust. (NZ Doctor - subscription required)

[Read more](#)

Never alone: Gayle Woodford's legacy to remote area nurses

The alarming circumstances surrounding Gayle Woodford's death raise the question: Are we doing enough to keep our remote area nurses safe? Australian Story investigates.

[Read more](#)

Rural group says farming community is missing from civil defence plan

A Taranaki farming group wants more involvement in helping co-ordinate responses to civil defence emergencies in the region.

Rural Advisory Group spokesman Joe Clough told the Taranaki Civil Defence Emergency Management group joint committee the recent cyclone events in February had shown there was no co-ordinated civil emergency plan for the rural community.

Clough, a South Taranaki farm consultant, said there was a "big vacuum" of civil defence organisation in rural areas in Taranaki. (Stuff)

[Read more](#)

Changes made to improve Taumarunui Hospital Emergency Department

A new model of care is expected to reduce the high number of non-emergency visits to Taumarunui Hospital.

Waikato DHB's Community Southern Rural Health and Taumarunui Community Kokiri Trust have commenced a collaborative project to help locals connect with their primary health care providers.

The new approach will be undertaken to manage the increasing number of primary care type presentations to the Emergency Department more effectively.

Project manager, Penny Neal said the board is committed to the ongoing development of sustainable, resilient rural health services as the key to the health and wellbeing of rural communities. (Waikato Times)

[Read more](#)

RESEARCH & RESOURCES WATCH

Top 10 health law issues to watch in 2018

Alastair Hercus, Peter Chemis, Hamish Kynaston, Alastair Sherriff, Natasha Wilson, Nicola Ridder, Catherine Miller, Amy de Joux, Holly Hedley

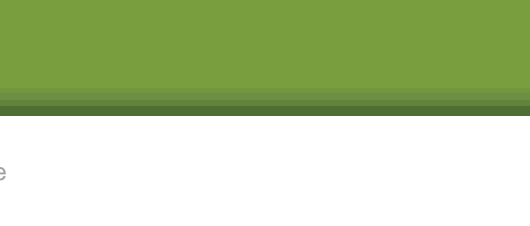
6 March 2018

With a new year and a new Government, 2018 is set to be big on the health law front. So, to help you keep your finger on the pulse, we set out our top 10 health law issues to watch in 2018.

- Lecretia's legacy - the End of Life Choice Bill takes centre stage
- Privacy damages continue to trend
- Protecting our tamariki
- A focus on mental health
- A new framework for treating severe substance addiction
- A renewed focus on pay equity
- Medicinal cannabis regulation - high on the Government's agenda
- Water, water, water
- Mandatory registration of social workers
- Accident compensation reform on the horizon?

[See the full article.](#)

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.

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.

Emerging Tech in Health, 22 May 2018, Christchurch

How will healthcare be provided in over 10+ years? What part will technology play in the transformations that will occur through to the year 2030?

Emerging Tech in Health, 22 May 2018, Christchurch

How will healthcare be provided in over 10+ years? What part will technology play in the transformations that will occur through to the year 2030? This event will focus on models of care, and how they will change and be delivered. The presentations will have a clinical and patient outcome focus whilst highlighting how technology will be developed and used to support these outcomes.

<http://www.hinz.org.nz/?page=2018ETIH>

All creatures GREAT & SMALL 2018 NZVA conference | 19-22 June 2018

See website for lists of topics and incredible speakers.