

# Be Well Newsletter

## Nelson Bays Primary Health

May 25th 2010

Welcome to another edition of the Nelson Bays Primary Health fortnightly newsletter.

### A New Understanding

In October 2005 NBPH signed up to a Collaboration Protocol of the Ministry of Pacific Island Affairs between Nelson Local and Central Government Agencies and the Nelson Pacific Island Community. It was designed to identify agencies in Nelson who were committed to creating genuine ongoing relationships which:

- encourage closer working relationships between government agencies, the Ministry of Pacific Island Affairs and Pacific community leaders;
- ensure planning and delivery of services for Pacific communities is inclusive of Pacific communities;
- encourage quality and innovation to achieve positive outcomes; and
- enable mutual interests to be served through co-operation.



Since then the relationship between NBPH and the Nelson Tasman Pasifika Community Trust (NTPCP) has continued to develop and during a celebratory ceremony on 15 May at Whakatu Marae a Memorandum of Understanding (MoU) between our two organisations was signed to reflect this development and facilitate further collaboration. The aim of the MoU is to provide a written understanding for how NTPCT and NBPH will continue to work closely to benefit the health of Pasifika peoples in Nelson Tasman. It documents clearly the agreed principles, roles and responsibilities, which will work towards enabling Pasifika peoples to enjoy the best possible health and wellbeing outcomes.

[www.bewell.org.nz](http://www.bewell.org.nz)

- [Nutrition Service](#)
- [Green Prescription](#)
- [General Practice Info](#)
- [Health Directory](#)
- [Falls Prevention](#)
- [Primary Health Care Nursing](#)
- [Mental Health](#)

### Health Survey

How are you feeling today? Nelson Bays Primary Health has been asking by dropping a simple health survey in 10 000 mailboxes across the region.

Knowing the general health status of people in our region lets us know if we're providing the kinds of services you need. So, if anyone you know receives the short questionnaire, please encourage them to complete and return it, to work towards better health for everyone in our region. Responses will be anonymous and results will be confidential. [www.bewell.org.nz/healthsurvey](http://www.bewell.org.nz/healthsurvey)



### Well@Work

Workplaces are an ideal setting for health promotion, and healthy habits can be incorporated into our working days. Having a fit and healthy workforce can contribute to reduced absenteeism, better employee retention, increased productivity and more. NZ Well@Work offers help for workplaces who want to support staff to eat healthily and be active.

To read more visit: [www.nzwellatwork.co.nz/index.html](http://www.nzwellatwork.co.nz/index.html)



### Update: NBPH Nurse-led Clinics

The first of the Foundation series on Nurse-Led Clinics in Nelson, provided in collaboration with NBPH on 5 May was a great success. There were 40 attendees with total combined experience of 910 nursing years! Good participation by the attendees uncovered valuable information regarding the perceived barriers and opportunities for nurse-led clinic implementation. The majority of attendees agreed that the workshop met their needs, was relevant to their work and met their expectations. We're looking forward to another successful seminar on 12 June at the same venue.

### Diabetes Hui

Please join us for a 2-day Diabetes Hui with practical information on: What is Diabetes and how do I avoid, or manage it? We'll have some fun getting active and learning about food too.

When: Tuesday June 22nd & 29th

Where: Te Awhina Marae, Motueka

[See here for info](#) or call Madhu O'Brien on 03 528 6061, [tamtotueka@yahoo.co.nz](mailto:tamtotueka@yahoo.co.nz)

### What's On In Motueka

A new initiative has been developed as a direct result of the Motueka Community & Whānau meetings. Community & Whānau members identified a gap in the community, then set about finding a solution. The solution came in the way of Motueka Online - a website exclusively about happenings and events in Motueka. The website is funded by sponsorship and run by a volunteer who updates it daily with happenings and events related to the Motueka Community.

To view visit:

[www.motuekaonline.org.nz/index.html](http://www.motuekaonline.org.nz/index.html)

To find out more about Motueka Community & Whānau meetings contact the coordinator, Rae Dozell on: [info@whenuaiti.org.nz](mailto:info@whenuaiti.org.nz)

## Medicines Recalled

In recent weeks, a couple of pharmaceutical products in use in New Zealand have been recalled by Medsafe.

Anyone who has been prescribed these products or who is in any doubt, should contact their pharmacist.

### Pacific Atenolol 50mg tablets

Mylan NZ is recalling batch DOR9003F of Pacific Atenolol 50mg tablets as a precautionary measure because a small number of overweight tablets have been identified in isolated bottles and thus may contain more than the labelled amount. Patients dispensed Pacific Atenolol 50mg have been asked to return all their Pacific Atenolol 50mg tablets (irrespective of batch) to a pharmacy for replacement. Pacific is the brand that is currently funded by PHARMAC. The tablets are supplied in a container of 500 tablets and then dispensed into bottles for patients so a batch number will not be available on the tablet bottle. Therefore, all patients should make contact with their dispensing pharmacy for further information.

It is however, important that patients continue to take their tablets until a replacement can be obtained from a pharmacy.

### Respigen inhaler

In April Mylan NZ recalled batch 9F282A of Respigen inhalers because a small number of inhalers from this batch may deliver doses of salbutamol that are inconsistent with that stated on the label. All other batches of Respigen inhalers are unaffected and can continue to be used safely.

Pharmacy staff will replace any inhalers of batch 9F282A (expiry 05/2012) returned from patients, with an alternative batch of Respigen.

Consumers should continue to use any affected inhalers until a replacement can be obtained. They should follow the advice of their asthma management plan if their symptoms are not controlled, which may include increasing the dose or frequency of use of Respigen inhaler. Any patient who has experienced a significant change in their asthma control should be referred to a doctor.

## By the people for the people

Our region is renowned for communities taking the initiative to improve their own outcomes. A good example of this is the Stoke Women's Rugby Club who recently launched an initiative to develop a long-term training and motivational programme, including nutrition advice, for women playing rugby. They were asked to explain how a rugby team can impact on community health. [See how they did it.](#)



## JOB VACANCY

### Green Prescription Patient Support, Motueka, 7-10hrs per week



Are you a self-motivated person who can motivate and encourage others to move more for their health? Do you have proven experience and a passion for improving the health of adults in the Motueka area? Nelson Bays Primary Health is seeking a Green Prescription Patient Support person based in Motueka for 7-10 hrs per week. The role is to support people who are issued a Green Prescription to become physically active as part of their health management.

Strong links with the Motueka community are a prerequisite, as are knowledge of and experience within primary health care. Relevant tertiary qualifications and experience in the health and/or fitness (or

recreation) sector will be an advantage, as well as being passionate about the health and wellbeing of the Motueka community. **Closing date is June 9th.**

[A Position Description is available here](#) or contact Jane Kinsey at 03 5391648 or email [Jane.Kinsey@nelsonbayspho.org.nz](mailto:Jane.Kinsey@nelsonbayspho.org.nz).

## Newsletters/Updates

[KidPower Information](#)  
[Heartlands Golden Bay Newsletter](#)

## Youth Workshop

As part of Youth Week 2010 The New Hub and Kidpower Teenpower Fullpower will be working together to deliver a 2-hour workshop on:

- safety with peers/bullying
- out and about
- boundary setting

Friday 28th May 2010, 4.00-6.00pm

This awesome opportunity has limited spaces so get your young people signed up today!!!!

[See more information here](#) or [sign up now.](#)

Contact: Ange on 545-9147

## Smoking Cessation ABC

The NZ Smoking Cessation Guidelines provide updated guidance for health care workers in their contacts with people who smoke tobacco. The Guidelines are structured around a new memory aid – ABC, a simple and easy tool that all health care workers can use to guide their action. ABC prompts you to **A**sk about smoking status; to give **B**rief advice to stop smoking to all smokers and to provide evidence-based **C**essation support for those who wish to stop smoking.

Implicit within this guideline is an assumption that health care workers have the prerequisite knowledge, attitudes and skills to support smokers in ways that maximise the smokers' chances of stopping smoking permanently. To this end the MoH has online training available at <https://smokingcessationabc.org.nz>. Have a look and feel free to ask about the elephant in the room, because smoking is too big to ignore.

