

# WellSouth Update

4 April 2023

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## In this issue:

- Pertussis Clinical Update
  - Taurite Tū strength and balance exercise programme for Māori
  - April Falls awareness month & ACC Nymbi app launch
  - ERMS Update
  - RNZCGP Website
  - GPNZ Primary Care Clinical Digest - 31 March 2023
  - Workforce Development and Training
  - Pae Ora Healthy Futures: Primary Care Leadership Course
  - Gout Update Sessions
  - Otago RNZCGP Faculty Education weekend 12-14 May
  - Pfizer COVID-19 Booster
  - COVID-19 Vaccines available in New Zealand
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## Pertussis Clinical Update

Te Whatu Ora is encouraging healthcare providers and professionals to be alert to the symptoms of pertussis/whooping cough and to encourage prenatal and scheduled childhood immunisations.

This comes following the recent tragic death of another infant from pertussis, following two announced by Te Whatu Ora on 9 March.

This third death is not related to the two earlier deaths.

Read the full notice from Te Whatu Ora [here](#).

## Pertussis Resources

- Posters and social media tiles to encourage pregnant women to get immunised for whooping cough – [Pertussis \(Whooping Cough\) – Dropbox](#)
  - Social media tiles in English, Te reo Māori, Samoan and Tongan about protecting pepe and the symptoms to look out for in infants - [Social media tiles – Dropbox](#)
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## Taurite Tū strength and balance exercise programme for Māori



The WellSouth team was delighted to be welcomed to Ōtākou marae to join the Taurite Tū strength and balance exercise programme yesterday, celebrating the success and expansion of the Te Ao Māori guided programme.

Taurite Tū got its start in Ōtepoti and is now being rolled out across Aotearoa!

The kaupapa Māori programme is designed for Māori aged 50 plus and their whānau, using traditional Māori techniques to strengthen muscle, build balance and confidence and prevent the risk of falling.

Taurite Tū was designed and researched at Ōtākou Marae with kaumātua Māori, Māori physiotherapists, and Māori movement experts in mau rākau (Māori martial arts), tī rākau (Māori stick games), poi, tākaro (games) and whare tapare (Māori performing arts).

In its third year, Taurite Tū is delivered at nine marae and other organisations and will be rolling out to another 14 across Aotearoa this year!!

WellSouth is proud to support the delivery of the programme at Awarua Whānau Services, Bluff; Ngā Kete Matauranga Pounamu Charitable Trust, Invercargill; Hokonui Marae, Gore; Ōtākou Mārae, Puketeraki Marae and Te Kāika in Dunedin; Tumah Ora Health, Oamaru; as well as expansion into other Māori/Rūnanga based organisations throughout Otago and Southland.

Have a patient or client who could benefit? Contact Taurite Tu [tauritetu@tro.org.nz](mailto:tauritetu@tro.org.nz)

Find our more <https://www.tauritetu.co.nz/>

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## April Falls awareness month & ACC Nymbi app launch

April Falls Month is an annual campaign to raise awareness about the impact of falls and to promote the latest best practice fall prevention strategies. The overall campaign goal is to get active and improve balance for fall prevention.

The [WellSouth Falls and Fracture Prevention Team](#) have created a new [video](#) "**Get up from the floor safely**" as a resource for patients to help increase awareness on the modifiable risk factors that contribute to falls, and to teach them how to practice getting up from the floor safely.

This April is the launch of the ACC funded [Nymbi app](#) - a free exercise app to help improve balance and reduce falls risk.

To celebrate the release of this great resource, the WellSouth Falls and Fracture Prevention Team are holding “Nibbles and Nymbi” events at several locations across the Southern region in the months of **April** and **May**.

Team members will be there in-person to have a chat, give demonstrations of the Nymbi app, and do some strength and balance testing.

### **Nibbles and Nymbi:**

[Dunedin City Library – 11am – 1pm, Tuesday 18 April](#)

[Alexandra New World Lobby – 12pm – 2pm, Wednesday 19 April](#)

[Invercargill Public Library – 11.30am – 1.30pm Tuesday 2 May](#)

Gore - Date and Location TBC

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## **ERMS Updates**

ERMS within General Practice is being upgraded. Over the coming weeks you can expect your Practice Relationship Manager to introduce you to Rachel Williams- ERMS Project Manager responsible for upgrading your PMS.

Rachel will want to arrange a time to meet with you over Teams to quickly show you the new look and feel of the ERMS upgrade, walk you through the upgrade transition process, and answer any questions you might have.

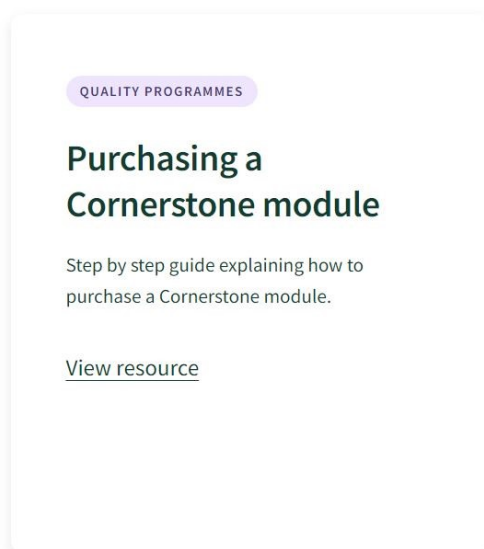
If you are keen to get started, you are welcome to contact her directly:

[Rachel.williams@pegasus.health.nz](mailto:Rachel.williams@pegasus.health.nz)

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## **RNZCGP Website**

If you've visited the College's [website](#) this year you'll have noticed the new design and layout. Some practices have been struggling to find some of the resources, so here's a quick tip.



When you click on 'Running a practice', a few options appear in the drop-down menu.

One of these is 'Quality programmes resources'.

If you click on the link you will be able to see each of their resources listed in separate squares.

This is quite the change from their last website design.

A quick tip – if you click on one of the resources e.g., the first square, 'Purchasing a Cornerstone module', a full list of quick links to the resources will appear on the left of your page.



### In this issue:

1. Immunisation Update March 30 2023
2. More Participants Needed for Primary Health Care Prioritisation Research
3. Irish Examiner Article on GP Services from October – Spookily Similar to Aotearoa!
4. Update for Pharmacists in General Practice week ending March 24 2023
5. Top Weekend Viewing

Read the full update [here](#).

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## Workforce Development and Training

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### Pae Ora Healthy Futures: Primary Care Leadership Course

**[Extended Closing date! Wednesday the 5<sup>th</sup> of April at 5pm](#)**

Join the Health Leadership Development programme and equip yourself with the skills and knowledge necessary to become a truly effective leader in promoting health equity, Tiriti, and Māori health. Organized by WellSouth and held at the prestigious Otago Business School, University of Otago in Dunedin, this professional development initiative is designed to help you become an agent of change in the healthcare sector.

**[For more information on the workshops, and applying please click here.](#)**

# PAE ORA HEALTHY FUTURES: PRIMARY CARE LEADERSHIP COURSE

Expressions of Interest Open

WellSouth is pleased to offer an opportunity for emerging leaders to participate in the inaugural 'Pae Ora Healthy Futures - Primary Care Leadership Course' for 2023.

We are encouraging expressions of interest from Māori and Pacific providers, General Practice team members, Community Pharmacists and other community health providers in the Southern region (Otago & Southland).

WellSouth and the Otago Business School are working together with Joanne Baxter and Kris Cooper to provide a course with the aim of developing effective leadership skills, with a particular focus on equity and Māori health and gaining the tools to make change in the community.



## Details:

The course will be run over the year with two workshops in Dunedin on the 16th - 18th May and 8th - 10th November, and online monthly peer sessions in between.

**The course is offered free of charge, with travel and accommodation expenses covered.**

## How to apply



### Complete the online application form

Complete the online application form ([click here](#)). This form is your chance to tell us about yourself, your background and your past experience. Tell us why you're interested in the course and how you anticipate the course would contribute to you becoming a better equity focused leader in your community. Please also attach a short CV.

**Applications close has been extended to Wednesday the 5th of April at 5pm.**



### What will happen next?

The course is open to a limited number of applicants. Once applications close, the selection panel at WellSouth will choose the candidates and will contact you to let you know if you were successful, or unsuccessful in your application.



[workforce@wellsouth.org.nz](mailto:workforce@wellsouth.org.nz)



[Wellsouth.nz](http://Wellsouth.nz)

## Gout Update Sessions

New Zealand/Aotearoa has the highest rate of gout in the world, per capita. The prevalence and burden of gout in New Zealand is higher in Māori and Pacific peoples than in other groups.

In 2019, gout was estimated to affect approximately 6% of people in New Zealand aged over 20 years; Māori and Pacific peoples aged 20 to 44 years have a three and seven times greater prevalence of gout than non-Māori and non-Pacific peoples, respectively.

Māori and Pacific peoples are also less likely to receive preventative medicine before or after hospital admission.

Register for one of our Gout Update sessions below for the latest updates and guidelines on how this painful condition can be successfully managed.

[13<sup>th</sup> April 2023 – 7pm – 8pm – Invercargill](#)

[18<sup>th</sup> April 2023 – 7pm – 8pm - Online](#)

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Invercargill



18th April, 7pm - 8pm  
Online via Teams

[REGISTER HERE](#)



[workforce@wellsouth.org.nz](mailto:workforce@wellsouth.org.nz)



[training.wellsouth.nz](https://training.wellsouth.nz)



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## Otago RNZCGP Faculty Education weekend 12-14 May

Registrations for the Otago GP Faculty Education weekend in Naseby on the 12 - 14 of May have opened up.

For more information and to register please

visit: <https://training.wellsouth.nz/events/679-otago-faculty-education-weekend-2023/>

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## Upcoming Training and Education courses

For course dates and registration please click [here](#).

Advance Care Planning

Gout Update

HealthPathways Webinar Series

Other [Workforce Development](#) opportunities.

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## Pfizer COVID-19 Booster

From **1 March**, a new Pfizer COVID-19 bivalent vaccine became available to eligible New Zealanders as a booster dose. To ensure those currently eligible for a first or second booster, are made aware of the new booster, a direct communications campaign has been developed that will see email and SMS delivered to approximately 736k individuals.

From the **1 April** the booster eligibility is expanded to the wider population, the targeted audience includes all people aged 18+ who have had their 2-dose primary course and are eligible for a first booster, and all those who meet eligibility for a second booster. For further information about eligibility refer the [Manatu Haura- Ministry of Health website](#).

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## Vaccines available in New Zealand

The following vaccines are currently available in New Zealand. They have been provisionally approved after a thorough assessment and must give Medsafe ongoing data

and reporting to show that they meet international standards.

Pfizer paediatric (child) vaccine is for children ages 5 years to 11 years old as primary vaccination course.

### **Pfizer (Primary)**

Pfizer vaccines are given to people aged 12 years or older as a primary vaccination course. [How the Pfizer vaccine works](#)

### **Pfizer paediatric**

Pfizer paediatric (child) vaccine is for children ages 5 years to 11 years old as primary vaccination course.

[A paediatric Pfizer vaccine which contains a lower dose of mRNA is now available for tamariki aged 6 months to 4 years who are at higher risk of severe disease from COVID-19.](#)

This is a 3 dose course.

### **Pfizer BA.4/5 bivalent vaccine (Booster)**

The bivalent vaccine has replaced the existing Pfizer COVID-19 vaccine for boosters. This vaccine causes the immune system to create antibodies against both the original variant of SARS-CoV-2 and Omicron subvariants to provide better protection.

The bivalent vaccine is recommended for eligible pregnant people at any stage of pregnancy or during breastfeeding, as long as it has been at least 6 months since their last COVID-19 vaccine or positive COVID-19 test.

Primary vaccination courses continue to use the original Pfizer COVID-19 vaccine or the Novavax vaccine.

### **Novavax (Nuvaxovid)**

The Novavax (Nuvaxovid) is a protein-based vaccine. It is available as a primary course for people aged 12 year and over. It is not recommended for pregnant people.

Novavax can also be used as a booster for anyone over 18 years old.

### **[About Novavax](#)**

You can check when your last vaccination was by logging into [My Covid Record](#), there is presently over 60 providers in Southern currently offering Covid Vaccinations.

The call to action encourages people to visit one of these several links which you can obtain more information about the new Covid Comirnaty vaccine & where the closest provider is located - <https://www.southernhealth.nz/COVID19/clinics> or [www.BookMyVaccine.nz](http://www.BookMyVaccine.nz) or [www.healthpoint.co.nz/covid-19-vaccination](http://www.healthpoint.co.nz/covid-19-vaccination), or call Healthline on 0800 28 29 26 (8am to 8pm, 7 days a week), or contact their GP, pharmacy or healthcare provider.

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## **About this newsletter**

WellSouth Update is a regular e-newsletter for general practice teams, community pharmacy and other providers in Southland and Otago.

Previous issues of this newsletter are available on the [WellSouth website](#).

To subscribe or to provide feedback or submissions, please email [communications@wellsouth.org.nz](mailto:communications@wellsouth.org.nz) Thank you.



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