

# WellSouth Update

**30 May 2023**

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## Winter Wellness Check

Winter Wellness Check launched on **Monday 22 May** and will run until **30 June 2023**.

You can find full information on the [Winter Wellness Plans](#) page of our website.

We are holding a Q&A webinar on Thursday 8 June for questions about the programme, full details and a link to join the meeting below:

**Thursday 8<sup>th</sup> June @ 12pm - [Click here to join the meeting](#)**

Meeting ID: 470 894 314 961

Passcode: CzX5uy

If you have any questions about the Winter Wellness Check please contact your Primary Care Relationship Manager for assistance.

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## Closure of Long Covid Clinic

The Long Covid Clinic will be closing at the end of May, having stopped accepting referrals earlier this month. Reports from the clinic suggest the most common concerns raised by patients were fatigue, breathlessness and poor sleep. 70% of people who accessed the Long Covid Clinic reported their work was impacted by ongoing illness. The closure of Long Covid Clinics doesn't mean the end of support.

Moving forward, practices with Access and Choice teams may consider how their Health Coaches and Health Improvement Practitioners (HIPs) can support those with Long Covid. Self-management of Long Covid is best practice. The Access and Choice team can assist patients in

managing their symptoms, explore self-management strategies, address sleep issues, as well as managing stress and anxiety.

Health Coaches and HIPs serve as trusted resources, empowering patients to take an active role in their recovery journey. They offer practical strategies to improve sleep quality, such as establishing consistent sleep schedules and incorporating relaxation techniques. They provide guidance in managing stress and anxiety, helping patients develop coping mechanisms and resilience.

Collaborating with GPs, Health Coaches and HIPs ensures a comprehensive approach to Long Covid patient care. Together, they promote overall well-being by encouraging lifestyle modifications and supporting patients in making realistic goals for gradual progress.

Our team of Health Coaches and HIPs are here to assist patients on their path to recovery, providing the necessary tools and guidance to enhance their quality of life.

For practices without Access and Choice, there are a number of great resources to share with your patients to assist in their recovery:

<https://healthify.nz/health-a-z/c/covid-19-ways-to-cope-with-long-covid/>

<https://www.yourcovidrecovery.nhs.uk/i-think-i-have-long-covid/>

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## National Immunisation Register (NIR)

### ***Message on behalf of Te Whatu Ora Southern:***

The National Immunisation Register (NIR) team at Te Whatu Ora Southern are a friendly team of six who manage the immunisation data that comes through to the register.

Our core business revolves around relationship building - providing support to practices and whanau to ensure that all children are given the opportunity to be immunised on time, every time. The Team will manage the transition to the Aotearoa Immunisation Register (AIR) so plan on keeping General Practice up to date with information as it becomes relevant to you.

We also report on immunisations due for children in the region – primarily 0-5 years; with the option of referring them to Outreach Immunisation Service (OIS) as necessary.

We hope to make this a regular communication; so please let us know if there is anything that the team can do to support your practice regarding immunisations: 0800 787 998 or [nir@southerndhb.govt.nz](mailto:nir@southerndhb.govt.nz).

We look forward to hearing from you 😊  
Susanne, Jacqui, Julie, Jaz, Rhiannon and Ashleigh

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## Practice Network Team becomes Primary Care Network Team

The Practice Network Team has had a slight name change to 'Primary Care Network Team', and the Practice Relationship Managers to 'Primary Care Relationship Managers'.

This is in preparation for supporting a range of primary care providers beyond general practice as we move further down the path of the health reforms.

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## Workforce Development and Training

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## Seeking your feedback on Respiratory Study Day for Practice Nurses

WellSouth are planning to run an all-day Respiratory Study Day for Practice Nurses on Saturday 4th November 2023. The day will be delivered in person and also available online.

We are welcoming input and ideas from Nurses around what sort of content they would like to see, to contribute towards the planning of the session.

[Please let us know what your specific learning outcomes would be here.](#)

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## Southern Nurses Conference - Save the date



**Date: 13 - 14 October 2023**

**Location: Ōtepoti Dunedin**

We are pleased to announce our upcoming Southern Nurses Conference for 2023. More details will be provided about the conference agenda and speakers in the coming months, but for now please save the date. Registrations will open in **July 2023**.

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## Upcoming Training and Education courses

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

Wānanga Tōkeke: Equity in Health Workshop  
Advance Care Planning  
CPR Update Sessions  
HealthPathways Webinar Series

Other [Workforce Development](#) opportunities.

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## GPNZ Primary Care Clinical Digest - 26 May



### In this issue:

1. Aotearoa Immunisation Week Funding
  - see [attached email](#)
2. One-off Funding for Free Cervical Screening in Primary Care

- See [Draft Service Specification](#)
  - [Schedule 2](#)
3. Proposal to Fund Bedaquiline and Linezolid for Multi-Drug Resistant Tuberculosis
  4. ACC Innovation Fund
  5. Primary Health Care Prioritisation Research – Last Call to Participate
  6. Updates for Pharmacists in General Practice (not updated – see note below)
  7. Top Weekend Viewing

Read the update [here](#).

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## Survey request: Maximising Physical Health of Mental Health Consumers

We are reaching out to you on behalf of the Te Whatu Ora Southern team, working on the Health Safety and Quality Commission's project, Maximising Physical Health. Our aim is to help individuals with serious mental illness live healthier and longer lives by improving the reliable delivery of timely screening, monitoring, and treatment for cardiovascular risk factors.

Evidence has shown that individuals with serious mental health illnesses can live up to 25 years less than the rest of the population. To address this issue, our project focuses specifically on tāngata whaiora who have been prescribed certain antipsychotic medications, namely clozapine and olanzapine (intramuscular injections). In the Southern district alone, there are over 200 tāngata whaiora who have been prescribed these medicines, and it is crucial that they receive annual screenings, and in many cases, more frequent assessments, to identify and manage cardiovascular risk factors.

Unfortunately, many people with serious mental illness are not receiving the necessary screening and associated treatment to reduce their cardiovascular risk. This is where we need your valuable input as Primary Care clinicians. We are seeking your feedback to better understand the current monitoring practices, identify barriers that hinder best practice, and explore the most effective way forward.

Your insights and experiences are crucial in putting the right processes in place to ensure that tāngata whaiora receives the best-practice care needed to reduce their risk of poor cardiovascular health. By participating in this survey, you will play an integral role in shaping the next phase of the project and making a significant impact on the lives of those living with serious mental illness.

We kindly request you take a few moments of your time to complete the [survey](#). Your feedback will provide valuable insights and contribute to improving the reliable delivery of screening, monitoring, and treatment for cardiovascular risk factors among tāngata whaiora.

Thank you in advance for your participation and dedication to enhancing the health and well-being of individuals with serious mental illness. Together, we can make a difference.

Survey link: <https://forms.office.com/r/MTxn4AycKi>

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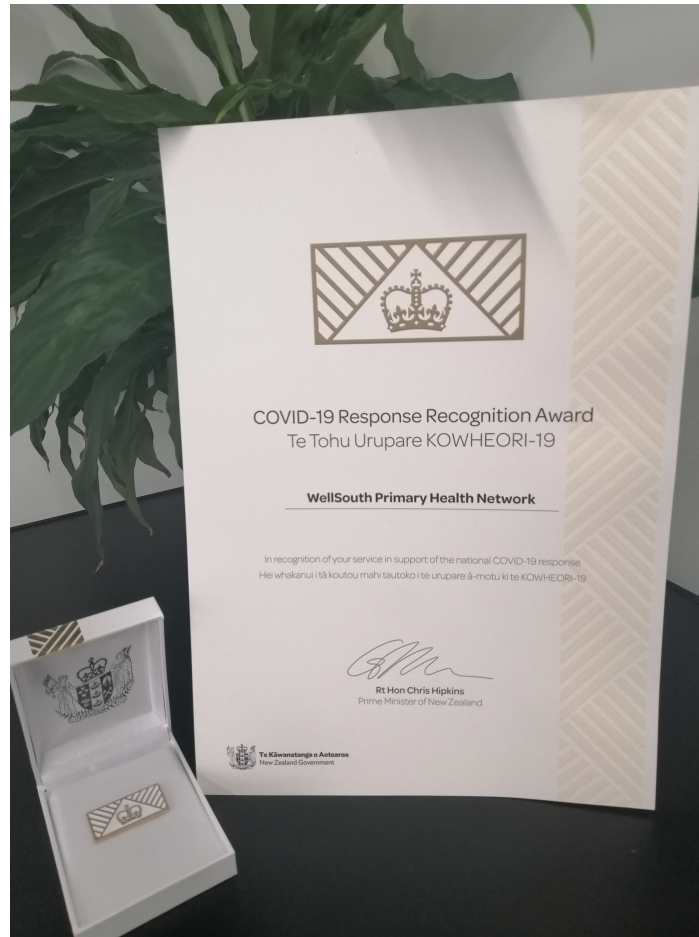
## Covid-19 Response Recognition Award

We are pleased to share that WellSouth Primary Health Network has received the Covid-19 Response Recognition Award, recognising service in support of the national Covid-19 response.

Throughout the Covid-19 pandemic, the WellSouth team worked tirelessly to lead Southern in a dedicated Covid-19 response. Setting up testing and vaccination sites in a short timeframe to serve the Southern population.

General practice teams and community providers were a significant part of ensuring Covid testing and, subsequently, Covid vaccination and care in the community services were available across Otago and Southland, ensuring our communities were safe and well.

Everyone played a part in supporting this effort, and what a great opportunity to again recognise the hard work of our team, general practices, and community providers during this time.



### 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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