

WellSouth Update

9 August 2022

Kia ora koutou -

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

To subscribe or to provide feedback or submissions, please email communications@wellsouth.org.nz Thank you.

In this issue:

- **Message from WellSouth CEO, Andrew Swanson Dobbs**
 - **CBT for people with binge eating disorder**
 - **Colposcopy service looking for primary care representative**
 - **Community Service Card Holders fees**
 - **Diabetes READ Codes**
 - **MedTech Evo Updates Available**
 - **Open for Consultation - potential quality performance indicators for breast cancer care**
 - **Workforce Development and Training**
-

From WellSouth CEO, Andrew Swanson-Dobbs:

Tēnā koutou –

Some of you may already be aware that a much-loved member of the WellSouth whānau is moving on. Our practice network director Paul Rowe is taking on a new role with Te Whatu Ora-Health New Zealand.

For more than six years, Paul has been a staunch ally for general practice teams and a strong advocate of primary and community care within the health system. He is knowledgeable, always good-humoured and supportive of colleagues and providers.

Paul will be greatly missed, but his next chapter as Service Manager for Population Health is a truly excellent opportunity, so we cannot help but be pleased for him.

I know we will continue to work closely with Paul as health reforms and localities take shape in the coming months and years.

I'll provide a further update on recruitment as soon as I am able, but please join me in wishing Paul the greatest success in the future.

Thank you, Paul, for many years of hard mahi.

Ngā mihi nui,
Andrew

CBT for people with binge eating disorder

Southern Support Eating Disorder Service at Ashburn Clinic is running group cognitive behavioural therapy sessions for people with Binge Eating Disorder, starting in September. The therapy group is fully-funded. Refer via ERMS. If you have questions please email sseds@ashburn.co.nz.

[Binge Eating Disorder Therapy Group Flyer](#)



12 WEEKLY SESSIONS OF GROUP COGNITIVE BEHAVIOURAL THERAPY for PEOPLE WITH BINGE EATING DISORDER

A therapy group that aims for you

- ▶ To understand the nature of Binge Eating Disorder (BED) symptoms and how these impact on your life.
- ▶ To gain an understanding of how your symptoms developed and are maintained.
- ▶ To identify unhelpful thoughts and behaviours related to BED and apply these skills to break the cycle of binge eating.
- ▶ Fully funded, no cost required
- ▶ Starts September 2022

Southern Support
eating disorder service

Do you have issues
with **binge eating**?

Do you find yourself

- Eating unusually large amounts of food, often to the point of feeling uncomfortably full
- Experiencing a compulsive urge to eat
- Eating even when not hungry
- Feeling your eating is out of control
- Feeling depressed, disgusted, ashamed, guilty or upset about the eating behaviour

See your GP for referral to Southern Support Eating Disorder Service or contact sseds@ashburn.co.nz for more information

Colposcopy service looking for primary care representative

Colposcopy service in Southern is seeking primary care representative from Otago to help improve services. (A Southland candidate is already in place.)

Led by Kate Coffey, district lead for Colposcopy Services, this new forum will meet quarterly – one hour likely via Zoom - with the aim of promoting excellent and equitable care, reducing duplication of work, and making services better in both Invercargill and Dunedin.

The candidate can be an GP, NP, or RN with an interest in improving reporting around Colposcopy. CME credit available.

For more information or to put your name forward, please contact:

Kate.Coffey@southerndhb.govt.nz

Community Service Card Holders

Reminder: the cap on fees CSC holders can be charged is \$13 for those aged 14-17 years and \$19.50 for anyone aged 18 and over.

Please also ensure your website and Healthpoint listing show the correct fee.

Diabetes READ Codes

We've noticed that most patient management systems include numerous READ codes for diabetic patients. Using non-specific codes impacts the quality and accuracy of data you are able to get from Thalamus, especially if you use the patient list function.

The only codes that should be used for classifying diabetic patients are:

- C109 (Type 2)
- C108 (Type 1)
- L180 (Gestational diabetes)
- C1089 (Type 2 on insulin)
- R102.11 (Pre-diabetes)

If you have additional codes in your PMS and you don't know how to create a preferred list (so that the generic ones can't be used), please contact Glen Knol at glen.knol@wellsouth.org.nz.

MedTech Evo Updates Available

Medtech Evolution Version 6.0 release information including feature guides, how to videos and other information is now available on their [Insight Portal](#).

Open for Consultation - potential quality performance indicators for breast cancer care

Message on behalf sent on behalf of Te Aho o Te Kahu, Cancer Control Agency

The Quality Performance Indicator (QPI) programme aims to provide information to improve the quality of cancer services and deliver better outcomes for people diagnosed with cancer across Aotearoa. The programme develops, calculates, and reports on QPIs using national data collections. Each indicator for each cancer type is reported by districts, enabling comparison between cancer care providers. The intention is to highlight variation in treatment and outcomes and to identify where further investigation might be needed to support quality improvement actions.

As part of our ongoing work to improve outcomes for cancer patients, Te Aho o Te Kahu, Cancer Control Agency, with the national breast cancer QPI working group, have developed a set of 27 potential QPIs for breast cancer investigation, diagnosis and treatment.

The potential breast cancer QPIs are now available on our website <https://teaho.govt.nz/reports/consultations> for review and feedback until 5pm Sunday 11th September 2022.

We are inviting all clinicians, people delivering breast cancer care, people involved in breast cancer services, and breast cancer patients and their whānau to give feedback on

the potential breast cancer QPIs.

In particular, we would like to know:

- if these indicators are addressing an area of clinical importance that could improve the quality of care for people with breast cancer
- if measuring and monitoring the indicators will be useful to support clinical process and outcome improvements for breast cancer patients at a district health board or hospital level
- any other relevant information that might be useful.

The potential breast cancer QPIs contained in this report focus on the investigation, diagnosis and treatment of breast cancer. They do not include prevention, screening, allied health or support services, psychosocial factors and end of life or palliative care indicators.

Once the indicators are finalised based on the feedback from this public consultation, the next step is to calculate the measurable indicators. The results will be used to target and support quality improvement in breast cancer diagnosis and treatment. The QPI calculations will use data from the New Zealand Cancer Registry (NZCR) and other Ministry of Health national collections. Where data is not available or of high enough quality to use, the QPI will not be calculated. Instead, work will be undertaken to improve the data sources with the aim of calculating and reporting on that QPI in future.

I appreciate you for taking the time to complete the surveys on proposed breast cancer QPIs. If you would like to provide direct feedback or if you require any further information, please contact us on breastqipconsultation@teaho.govt.nz.

Workforce Development and Training

University of Otago Postgraduate Study

The University of Otago are holding virtual information evenings for Postgraduate Mental Health study, and Postgraduate Nursing study.

[Virtual Information Evenings](#)

Nursing Education in Asthma Treatment (NEAT) Course

NZ has the second highest rate of asthma death for under 35 year olds in the developed world and if our hospitalisation rate this year is anything to go by we run the risk of having the highest.

Asthma New Zealand's One-Day Nurse Education in Asthma Treatment is a hands-on, practical workshop that delivers education your nurses will put to good use the very next day.

[Register for NEAT Course](#)

Clinical Assistance Webinar

Tū Ora Compass Health's Medical Director Louise Poynton and HCH Change Facilitator Kim Teofilo will be presenting the implementation of the Clinical Assistant role in general practice to support GPs and NPs with inbox management.

Thursday 11th August 1pm:

[Register here](#)

Thursday 18th August 6pm:

[Register here](#)

More Workforce Development opportunities available on the [WellSouth web site](#).



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