

WellSouth Update

9 August 2023

Welcome to the WellSouth Update

Kia ora koutou katoa

The update is our regular e-newsletter for general practice teams, community pharmacy and other providers in Southland and Otago.

This week, we launch our Equity Corner, with some handy tips and advice to make your practice more inclusive.

If you have any suggestions or comments, please contact us at communications@wellsouth.org.nz.

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

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Latest News

Practice Managers Forums Agenda

Please see the [attached agenda](#) for the upcoming Practice Managers forums this month. If you haven't registered for your local forum, you can register [here](#).

It would be great to see you all in person, however, we understand this is not possible for everyone. We have included a Teams link below for each forum so if you can not make it in person you can join virtually:

Oamaru - 14 August: [Click here to join the meeting](#)

Dunedin - 15 August: [Click here to join the meeting](#)

Cromwell - 21 August: [Click here to join the meeting](#)

Invercargill - 22 August: [Click here to join the meeting](#)

If you have any issues joining the meeting, please contact [Lisa Win](#) to will help you connect.

[Removal of the standard \\$5 prescription co-payment](#)

We have received informal feedback that some people in our communities may not be aware the \$5 prescription co-payment has been removed. Some patients may therefore not present their prescriptions for dispensing as they expect a prescription co-payment that they may not be able to afford.

Below are two resources you can display in practice to remind patients of the change:

[Prescription fact sheet](#)

[Prescription poster](#)

FREE collection of prescription items



From 1 July 2023 the standard \$5 charge to collect prescription items from a pharmacy no longer applies



You may still have to pay to collect some other prescription items, for example:

- prescriptions from private specialists and private dentists
- items that are not fully funded



For more information talk to your pharmacist or doctor

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

GPNZ July activity report

The [GPNZ Activity Summary for July](#) is attached to keep you up to date with what the team has worked on over the last few weeks.

Please be aware that they have moved their online political panel from **8 August to 23 August** to allow for another speaker to join the line up. If you have already registered you do not need to re-register. [Learn more or register here](#).

Equity Corner

Introducing our new Equity Corner!

The WellSouth update is not only about news, but it's an opportunity to converse and to consider. A key value for us and something we are want to foster and champion is **equity in healthcare**.

One of our new population health pharmacists, Brendon McIntosh (Ngāi Tahu) recently

said, "It's a mammoth task to indigenise a health system with so few indigenous practitioners, so we need to rely on our non-Māori colleagues to get on the waka with us."

Our role as a PHO is to support practices and providers with tools and training and advice on how to do that. This will be a focus for us, and each week, we will have this **equity corner** with tips and information toward supporting your - all our journey - to improved cultural competence and safety and a more equitable and inclusive healthcare system. It is mammoth, as Brendon says, but we have to be brave.

Meet the team

Also new, we'll be taking the opportunity to let you meet our staff and teams in the WellSouth Update.

Meet our prescriber team made up of Clinical Pharmacists, Pharmacist Prescribers and Population Health Pharmacists, who are spread across the region. They recently met in Dunedin for some good old fashioned team bonding.



Meet WellSouth's prescriber team including clinical pharmacists and population health pharmacists, from left to right, Sonia Cox, Catherine Herd, Angela Renall, Simon Chittock, Kate Farmer, Brendon McIntosh, Bex McDonald, Sandy So and Nick Leach.

Workforce Development and Training

Primary Care Update - Goodfellow Unit Webinar

Saturday 2 September 2023, 8.30am - 3.20pm

Register [here](#)

The Goodfellow unit are hosting a full webinar day for GPs, primary care nurses, nurse practitioners, nurse prescribers, pharmacists, and anyone who wants to keep up to date across the whole field of primary care.

The day includes:

- The latest practice-changing New Zealand-specific updates.
- 6 CPD points (RNZCGP) and up to 6 hours of professional development endorsed by the College of Nurses Aotearoa (NZ).
- All presentations include a q&a session.
- Ongoing access to webinar archives of the presentations.

For further information on speakers, pricing, the agenda for the day, and to register check out their [website](#).

Receptionist Day - PMAANZ Conference

Encourage your Receptionist's professional development!

Saturday 16 September, 9am - 4pm

Register [here](#).

The receptionist day at the PMAANZ conference is about giving your team the opportunity to learn skills and knowledge that they can apply to their roles, their relationships, and their engagement with others. We are often focused on ensuring they know the "how to" of a role, these sessions are also about filling their kete with professional and personal knowledge for them.

Topics include:

- Review, refresh, and enhance your communication toolbox
- Life after Covid
- Te Tiriti / Equity

Check out the full-day programme on the [PMAANZ Conference website](#).

Adult transgender patient care - Goodfellow Unit Webinar

Wednesday 19 September 2023, 7.30pm - 8.45pm

Register [here](#)

In this webinar, Rona Carroll and Jennifer Shields cover the latest in healthcare for Aotearoa's trans and non-binary community.

Jennifer will cover:

- Key statistics around Aotearoa's trans and non-binary community, our healthcare needs, and barriers to accessing care.
- Protective factors for the health and wellbeing of trans and non-binary people.
- Language and terms relating to the LGBTQIA+ community - and what to do/how to ask when someone uses terms or pronouns that are new to you.
- Practical tips for allyship and things attendees can put into practice to build more welcoming and accessible healthcare environments for your trans and non-binary patients.

Rona will overview:

- What is gender affirming healthcare and what is available in Aotearoa?
- How to support your trans and non-binary patients' healthcare needs.
- Tips for repeat prescribing of gender-affirming hormone therapy (GAHT).
- An update on primary care-led GAHT initiation.

Further information is available on their [website](#).

Serious Illness Conversations Guide - WellSouth Workshop

Dunedin - Monday 2 October, 9am - 12pm

Invercargill - Friday 20 October, 9am - 12pm

Register [here](#).

The Serious Illness Conversation Guide Aotearoa is a set of structured questions, drawn from best practice in communications, which provides a framework to support clinicians in exploring what is important to patients/whānau in order to inform care decisions. This workshop provides training on how to use the guide.

Participants are expected to actively participate in the workshop and are required to complete the following activities prior to attending:

1. Pre-workshop questionnaire
2. Serious Illness Conversation Guide Aotearoa
3. Demographic questionnaire

You will not be able to register for the workshop until you have completed the Pre-course work.

To find out more about completing the pre-course work or to register for the workshop click [here](#).

Southern Nurses Conference - Registrations now open!

13-14 October 2023, Scenic Southern Cross Hotel, Dunedin

[Click here to register](#).

The theme of this 2-day conference is 'Toward positive change in primary health care'. The health system reform offers opportunity for primary health care nurses to work in innovative and dynamic ways to best meet the needs of their diverse populations. This conference will bring primary health care nurses together, to celebrate their work and to offer opportunities for networking and professional development.

A **provisional** programme is being prepared; topics and speakers include:

- Chiquita Hansen (keynote speaker) - Regional Wayfinder Te Waipounamu, Te Whatu Ora
- Type II diabetes update
- Supporting people with intellectual disabilities in the primary care context
- Gender affirming primary healthcare
- Mihimihi and foundations of Māori culture
- Decolonising primary care
- Gout update
- Introduction to LARC training
- Long term condition management panel discussion
- Immunisation update
- Nurse prescribing and Nurse Practitioner scope of practice
- Neuroscience based self-care strategies.

There is a cost of \$120 (GST inclusive) to attend the conference, this includes lunch, morning and afternoon tea and a mix and mingle social evening with canapes and entertainment on the Friday evening.

Register now: <https://training.wellsouth.nz/events/692-primary-health-care-nurses-conference-2023/>

Upcoming Training and Education courses

[Advance Care Planning](#)
[HealthPathways Webinar Series](#)
[CPR Update Sessions](#)
[ACC GPMRI Referral Training](#)

Other [Workforce Development](#) opportunities.

Reminders

Practice Development Plans

Practices who have not yet submitted a Practice Development Plan (and accessed the funding available to undertake a quality improvement project) have until **30 September** to do so.

If you intend to complete a Plan please work with your Relationship Manager to ensure it is submitted on time; **we will be unable to provide extensions to this deadline**.

Whole grains for health: University of Otago Research study

The University of Otago Department of Medicine are conducting a research study to find out whether eating wholegrain foods for 12 weeks helps improve blood glucose control in type 2 diabetes.

In this study, half of the participants will be given wholegrain foods that are minimally processed, and the other half wholegrain foods that are more processed.

The wholegrain foods (bread, oats, rice, couscous) will be delivered to participants, and they are asked to 'replace the grain foods they normally eat with the grain foods provided'.

The study is for adults with T2 living in Otago, Southland, and Canterbury.

For further information on the study, follow this link:

<https://www.otago.ac.nz/dsmmedicine/research/otago835238.html>

[Whole grains for health: research study poster](#)



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