

Halswellhealth Newsletter

September 2024



Kia ora e te whānau.

We hope everyone is enjoying the longer days and sunshine.
We have a few updates you may be interested in.

Introducing our Comprehensive Primary and Community Team (CPCT)

We are delighted to announce that Halswellhealth is now part of a Comprehensive Primary and Community Team funded by Te Whatu Ora. Te Pae Tata, the interim NZ Health Plan, has a strong focus on achieving equity of access and health outcomes for Māori and Pacific Peoples. Halswellhealth will be working in partnership with community providers to support Māori and Pacific Peoples who are seeking hauora (health and wellbeing).

Our team has expanded to include:

- **CPCT Clinical Care Coordinator – Emma** As Clinical Care Coordinator Emma aims to identify those at risk of poor health and develop whanau-led and coordinated plans of care across health and social services
- **CPCT Clinical Pharmacist – Loren Vincent** (Waitaha, Kāti Māmoe, Kai Tahu). Loren can support and educate whanau on their condition, medications and how to get the best out of their medicines.

Emma and Loren will work alongside our Kaiāwhina Sina from Tangata Atumotu Trust and Shontell from Purapura Whetu

Our community partners are:

Tangata Atumotu Trust – a Pacific health and social service provider committed to Healthy, Thriving and Connected Pacific People

Puapura Whetu – a kaupapa Māori provider which combines clinical, cultural and community support into services that embrace the Māori view of wellbeing.

If you, or someone in your whanau/āiga or community, needs support to achieve hauora, you can talk to anyone in our team about this FREE service and how we can help. We would love to hear from you!



Practice Pharmacist

Anna Lang has joined Halswellhealth part-time as our Practice Pharmacist. Some of you may recognise Anna as one of the friendly team at Prebbleton Pharmacy. Anna will be helping us to manage complex medications, patients who take a high number of medications, keeping us up to date with new / changing medications and undertaking projects and audits to ensure we are following best practice in our prescribing and medicines management.



Years of Service Recognition

Recently we recognised our practice nurse Rebecca's 20 years of employment at Halswellhealth. We have very much appreciated Rebecca's contribution over the past 20 years to the patients of Halswellhealth.

Health Coach

Need support with sleep, healthy eating, exercise, social wellbeing, reduction in use of harmful substances, community connection?

Jemma Kraus, our wonderful Health Coach, is available and you can now book online for this FREE service.



Walking Group

COMING SOON ... REGISTER YOUR INTEREST NOW!

Starting Thursday 19th of September !!

Join your Health Coach Jemma for a leisurely walk to improve your health and wellbeing. All welcome. No level of fitness required.

Walking group will meet weekly on Thursdays
10am - 11am.

Meet at Longhurst Medical Practice.

Register your interest with reception and we will be in touch with more information!



Nursing students, medical students and GPs in training

Halswellhealth is committed to supporting the development of our future (much needed!) workforce. We often have nursing students and medical students gaining clinical experience by shadowing our team. We will always ask your permission to have students involved in your care. Let us know if you prefer not to have a student involved.

We also have a long tradition of hosting GP Registrars. GP Registrars are fully qualified Doctors who are undertaking their specialist GP training. They spend 6 months working with us under supervision as they prepare for their exams. We are very proud that many of our registrars over the years have returned to Halswellhealth once qualified.

Currently we have Dr Andrew Crowley on the team. Andrew has extensive hospital-based experience and is making the transition to primary care.

Continuous Quality

Improvement

We are continuously reviewing the care we provide to ensure we are offering the most up to date, evidence-based and consistent care across our team. For those who are interested, we have started summarising, on our website, projects we have undertaken recently. You can find that here:

<https://halswellhealth.co.nz/patient-info/continuous-quality-improvement-projects/>



My Indici Portal

[MyIndici Portal – remember this is for you only!](#)

We know many of you find the portal a convenient way to connect with your healthcare team. Just a friendly reminder that you should ONLY use your portal to communicate about your own health, not your children / spouse / parents etc. Our team have also been reminded to only use the portal for the individual portal user. Portal correspondence forms part of your medical record and should not include any reference to other people's health. To make enquiries about your family members, please ph 322 8121 or email nurse@halswellhealth.co.nz For more information about our patient portal, please refer to our website

<https://halswellhealth.co.nz/myindici-patient-information-2/>



Continuous Glucose Monitors (CGM)

From 1st October Pharmac are funding Continuous Glucose Monitors (CGM) for all people with type 1 diabetes. This is great news for the diabetes community!

This will be a huge piece of work for the Diabetes services including General Practice, and we are working on our systems to facilitate these changes. Please be patient with us as many patients are eligible for CGMs.

You will need an appointment for your prescription for the CGM, which cannot be prescribed before 1st October. We suggest you align this appointment when you next need to renew your diabetes medications, which will help our team manage this change.

There will also be more patients eligible for insulin pumps. If you are interested in this and you are not already seen by the hospital diabetes centre then you will need an appointment to discuss this with your GP. Only specialist diabetes services can commence patients on insulin pumps, and you will need a referral for this.

Urgent / Acute Appointments

DID YOU KNOW? – We hold appointments for urgent / acute needs every day?

If you think you need to be seen on the day and can't see a suitable appointment online, please call us on 322 8121. One of our clinical team will assess your needs and make a suitable appointment.



Thank you for reading!
