

# Te Rerenga

News from the Western Bay of Plenty Primary Health Organisation



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Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU  
WHAKARITORITO TE TUPU  
O TE HARAKEKE



## Celebrating wellness at PICTT

Our Health and Wellness Services team held a wellness course at the Pacific Island Community (Tauranga) Trust in March. Co-designed with PICTT nurse Koratika Tiban, it was a combination of our popular diabetes self-management and lifestyle wellness courses. The course was delivered by Koratika and exercise physiologist Caitlin Milne (pictured), dietitian Hannah Martin, pharmacist Deryn Brown from Medwise and third year nursing student Geraldine Tawa. The course, held over two days, was such a hit that it will be repeated bi-monthly.

## Health reforms on the way

**A health system that addresses inequities, particularly for Māori; better support for the health workforce, and improved access and outcomes for all is the aim of the health reforms announced last month.**

As recommended by the Health and Disability System Review last year, a new organisation called Health New Zealand will be responsible for delivering care and managing services and a new Māori Health Authority will work with Iwi-Māori Partnership Boards, Māori health providers, iwi, hapū and Māori communities to understand Māori health needs across New Zealand.

General Practice services will no longer be required to be funded through Primary Health Organisations with primary and community services reorganised into localities with services delivered based on the needs and priorities of local communities.

WBOP PHO chief executive Lindsey Webber says while the announcement may have surprised many, it also confirmed

that WBOP PHO is on the right path on its journey to addressing and making gains in many of the key areas needed to improve health for all.

“Our iwi roots and depth of relationships, our network partnerships, our equity focussed strategies and co-design approaches are all important factors that will serve us well as we navigate the changes ahead.

“We are determinedly committed to making sure we serve the needs of our population in a targeted and purposeful way; we are doing the mahi and I am immensely proud of our team.”

More information about the reforms, including a roadmap with proposed timing, is available on the Department of Prime Minister and Cabinet website [www.dpmc.govt.nz](http://www.dpmc.govt.nz), search ‘new health system’.

[wboppho.org.nz](http://wboppho.org.nz)



# Local GP leading the vaccination charge in Midland region

**Te Puke GP Joe Bourne is relishing being “in the room where it happens” as the Midland Region Lead for the COVID-19 vaccination programme.**

He has been seconded to the Ministry of Health until July to be part of the biggest vaccination programme ever undertaken in New Zealand.

It follows on from his role last year as the Bay of Plenty District Health Board's Community Based Response Team Lead and later Incident Controller for the COVID-19 response.

Joe says he hopes that having a GP as part of the leadership team strengthens the voice and improves the understanding of General Practice within the programme.

“The trusting relationships that General Practices have with their patients will be



*Dr Joe Bourne*

key to reassuring our community that the COVID-19 vaccine is both safe and effective. As we move into vaccinating both vulnerable people and the general population, we need to work closely with General Practice to deliver an effective programme.”

Joe is still working as a GP two days a month at Poutiri Wellness Centre in Te Puke and is grateful to his employer for allowing him the opportunity to be a part of the national vaccination programme.

The desire to ensure Kiwis are vaccinated against COVID-19 also runs in the family. Joe's wife, Woody Vahey, is one of the WBOP PHO Schools Health Service nurses and is currently training to be a COVID-19 vaccinator.

## Changes at the helm

**The WBOP PHO Board has a new co-chair following the resignation of Dr Luke Bradford.**

Dr Todd Hulbert, a GP at Fifth Avenue Family Practice, is the new co-chair, sharing the role with Ngāti Ranginui CEO Mel Tata. Todd was initially on the board from 2008-2011 and re-joined in 2017.

“I am looking forward to working alongside Mel as we strive to improve health and wellbeing for all our people. I am passionate about primary healthcare and believe we can make significant improvements in health and wellbeing through facilitating partnership and enhancing relationships between people, healthcare providers and Iwi. The upcoming system changes will provide new opportunities and as a Board and an organisation I believe we are well positioned to lead developments in this environment.”

Luke leaves the PHO board after four and a half years, including four years as co-chair, to concentrate on his new role as Chief Medical Officer at the Bay of Plenty District Health Board, as well as continuing to work in General Practice at Fifth Avenue Family Practice.

“I have really enjoyed working alongside an organisation that truly embodies Te Tiriti o Waitangi principles and is striving



*Dr Daniel McIntosh*



*New co-chair, Dr Todd Hulbert*

to improve health outcomes for the people of the Western Bay of Plenty. I wish the staff all the very best moving forward.”

Luke's vacated role on the board has been filled by Dr Daniel McIntosh, a GP at Dee Street Medical Centre in Mount Maunganui.

With a background as a chartered accountant and chair of the audit and risk committee of the Royal New Zealand College of GPs, Daniel brings extensive financial experience to the Board table and says he is looking forward to contributing to the PHO's efforts to address health inequities.

# Supporting whānau to manage their own health

**New mobile nursing and kaiawhina teams will be working with people living with long-term health conditions to help them re-connect with General Practice.**



Te Ahunga Whānau is a 12-month pilot project targeting people with conditions such as heart disease, respiratory disease and diabetes. Five practices are involved in the pilot, including three in Western Bay of Plenty and two in the East.

The Western team of PHO nurse Tamar Courtney and Ngāti Ranginui kaiawhina (healthcare assistants) Leanne Faulkner and Lynne Ririnui are now working with the first referrals from General Practice.

The first step involves kaiawhina building relationships with patients and their whānau.

“For a lot of our whānau putting food on the table and a roof over their head is their number one priority, with health needs sitting further down the list,” says Tamar.

“They’re not engaging with their General Practice so our role is to unpack their needs so they are comfortable to return to their General Practice and understand what they can support them with.”

Leanne says her role is to help whānau navigate their way to the services they need.

“We’re here to empower them to self-manage their health. And having both a kaiawhina and a nurse ensures we’re covering all bases.”

Ngāti Ranginui CEO and PHO Board Co-chair Mel Tata says Te Ahunga Whānau is about redesigning what General Practice is for Māori.

“Whānau will create their own health plans, define their own hauora and come to their GP already aware of what they want to

*Nurse Tamar Courtney, Ngāti Ranginui CEO Mel Tata and Kaiawhina Leanne Faulkner welcome the Te Ahunga Whānau pilot programme which they hope will be rolled out across the region.*

see because they have had the opportunity to have those conversations in their own environment with familiar faces. It’s about people taking ownership of their health and a culture change from focussing on illness to focussing on wellness.”

Tamar says the long-term goal is to see Te Ahunga Whānau adopted as a model of care for everyone.

“We want to see nurses and kaiawhina doing this across the region as part of normal practice.”



## Services Expo a success

A special Services Expo was held at our bi-monthly Provider Forum at the University of Waikato in April. The expo was an opportunity for our provider network to learn more about the complementary health services offered by the PHO and community health providers that may be of benefit to their patients.

Services included in the expo were the PHO’s Acute Demand Services, CPO Mental Health, Diabetic and Self-Management Groups, Schools Health Services, Ūkaipō, Outreach Immunisation and Nursing Services and Support to Screening, as well as Community and Paediatric Orthopaedic Triage Services from BOPDHB, Ngāti Ranginui health services, Foot Mechanics podiatry services, Hapainga Smoking Cessation Services, Sport Bay of Plenty and the BOP Asthma and Respiratory Centre.



Information Services Support Matthew Thorne and Quality Improvement Administrator Jenny Falconer with the new drink bottles.

## IN BRIEF

# WBOPO PHO on the move

WBOP PHO is moving to new premises on First Avenue from 1 June.

The move will bring staff together from the Eleventh Avenue head office and Health and Wellness Services.

Flexible working arrangements will be in place, with some staff working from home a few days each week. 'Hotdesking' will be introduced, with multiple staff sharing workstations on a rota system.

CEO Lindsey Webber says she is very much looking forward to everyone coming together under one roof. "This will enable us to strengthen our kotahitanga and support our mahi."

## Here's to good health!

With water being such an important ingredient in maintaining good health, WBOP PHO staff have all been given a reusable drink bottle to keep handy at their desk.

The attractive new stainless-steel bottles feature the updated WBOP PHO branding and will also ensure we are doing our bit to reduce the amount of single-use plastic drink bottles going to landfill.

As well as boosting energy, water helps weight loss, aids in digestion, detoxifies, and hydrates skin. The recommended amount is eight glasses per day (approximately two fills

of your drink bottle), though this varies from person to person.

The Ministry for the Environment has just launched a new campaign called 'Feels good to refill' encouraging Kiwis to swap plastic bottles for reusable ones. Kiwis use at least 1.76 billion plastic containers each year. The most common is the single-use plastic drink bottle.

## Frontline health workers receive COVID-19 vaccines

Our frontline health workers and people living in aged residential care facilities received their COVID-19 vaccines throughout April as part of the national vaccination programme roll-out.

The Bay of Plenty District Health Board has set up an immunisation centre at First Avenue (upstairs from our new office) for health workers to be vaccinated and has been sending teams into aged residential care facilities to vaccinate residents and staff on site.

Vaccination is under way this month for over 65s and people with underlying health conditions and disabilities and will be followed by vaccination for the general population from July.

# 25

wāhine received breast and/or cervical screening

# 66

whānau had a general health check

A collaboration with Ngāti Ranginui Iwi, as part of the Tauranga Moana Tauranga Tangata Festival.