Mahitahi Hauora Education Update – October 2023

# Professional development

*For more professional development opportunities, please visit* [*Home page - Mahitahi Hauora Primary Health Entity*](https://education.mahitahihauora.co.nz/w/)

**

### *Either scroll down on front page and you will find a box on Right hand side* Education for Health Professionals

*Or* [*https://education.mahitahihauora.co.nz/w/upcoming/*](https://education.mahitahihauora.co.nz/w/upcoming/)

*Look out for weekly Professional Development* ***Medinz*** *– Thursday morning at 10am highlighting upcoming Professional Development opportunities in Northland.*

*Back issues of this Education update are available on the Mahitahi website under Education for Health professionals along with any Education sessions that have been recorded and stored under Mahitahi Hauora Education session recordings.*

# Mahitahi Hauora Education sessions

More information available via our education website - [*Home page - Mahitahi Hauora Primary Health Entity*](https://education.mahitahihauora.co.nz/w/)

## ADHD Pathway Te Tai Tokerau – Mahitahi Hauora study session

**Live online - TOMORROW NIGHT– REGISTER NOW**

**Tuesday 17th October – 6.30 to 7.30pm**

Register via this link

https://education.mahitahihauora.co.nz/w/

## Cultural Safety – afternoon study session

**Live online**

**Thursday 26 October 2023 – 12.30 to 1.30pm**

Register via this link <https://mobilehealth.zoom.us/webinar/register/WN_mVmsD9SDTcakuqPIQwEh1A#/registration>

## Oct/Nov CPR courses all full – next round in Feb 2024

2024 Dates being confirmed - register soon at [**https://education.mahitahihauora.co.nz/w/**](https://education.mahitahihauora.co.nz/w/)

## Well Women & Family Trust – WONS Cervical Screening Training

**Monday 13th November & Tuesday 14th November – all day sessions**

**Face to face at Mahitahi Hauora 28 Rust Ave Whangarei**

Register via this link [https://www.wellwomenandfamily.co.nz//cervical-sample-taker-s-course-2](https://www.wellwomenandfamily.co.nz/cervical-sample-taker-s-course-2)

If you wish to make alternative arrangements for payment or have any queries please contact admin@wons.org.nz

## Code of Rights, Privacy, Confidentiality & Choice – Mahitahi Afternoon Study Session with Mobile Health

**Thursday 16th November – Live online – 12.30 to 1.30pm**

Register via this link <https://mobilehealth.zoom.us/webinar/register/WN_8R9-dMomQSSv-Inp_DW19g#/registration>

## Infection control for practice – Mahitahi Hauora study session with Mobile Health

**Live online**

**Wednesday 22nd November 2023 – 6.30 to 7.30pm**

Register via this link <https://mobilehealth.zoom.us/webinar/register/WN_QnDWaL1XTYOizpGBOxVBOg#/registration>

## Mental Health Credentialing Series - now available for registration

The Primary Mental Health and Addiction Care Team at Mahitahi Hauora PHE is currently updating and reinvigorating the **Primary Mental Health and Addiction Credentialing Programme**. The aims of the programme are to enhace the competencies and confidence of primary health care nurses in their everyday practice when supporting individual and whānau impacted by common mental health and problematic substance use issues,

**Programme Hours**

Nurses submitting a portfolio for credentialing need to have accessed a total of **45 hours of professional development over 6 months** relating to the content outlined in the learning objectives.

* 6 sessions of professional supervision (individual or group) and a requirement that nurses participate in at least 4 of these (4 hours minimum).

• The remaining 39--41 hours consist of a programme tailored specific to Northland. As an example, 5 x 8 hour days or 6 x 6.5hour days delivered over 6 months, but this is currently under review. Hence, your feedback on this survery is vital.

• Current online learning that has been endorsed by the college is 8 hours and covers *Understanding Depression*, *Understanding Stress and Anxiety,* *Understanding Problematic*  *Substance Use* and *Transitioning New Learning into Practice*. We are considering expanding these online hours to make the programme more accessible.

**The Programme is designed to increase:**

* Confidence when working with people who present with signs of depression, anxiety, addiction and harmful substance use.
* Confidence to inquire about and address concerns about risk.
* Confidence in providing appropriate screening and brief assessment.
* Confidence to provide brief interventions.
* Confidence to provide ongoing monitoring.
* Confidence to promote self-management strategies.
* Confidence to engage with and support Māori, Pacifica, Asian, high needs populations, LGBTQIA+, and clients with disabilities who present with mental health and addiction issues.
* Familiarity with local referral pathways
* Understanding of the concepts of resilience, recovery and wellbeing
* Understanding of societal influences that impact on peoples’ mental health journeys of recovery, and actively working to reduce stigma and discrimination.
* Ability to participate in the delivery of integrated care and support of individuals and whānau who present with common mental health and addiction issues.
* Key threads throughout programme include cultural perspectives, simple stuff can be powerful stuff, practical tools and strategies, and reducing stigma and discrimination.

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| **DAY 1** | **Wednesday 22nd November 2023** |
| Location | Mahitahi Hauora PHE, Ratu Room*28 Rust Ave, Whangārei 0112* |
| **Topic** | **Whanaungatanga & Program Foundations** |
| **DAY 2** | **Wednesday 6th December 2023** |
| Location | Te Kona- Digital, Business & Learning Hub*Kohekohe Room, 74 Guy Rd, Kaikohe 0405* |
| **Topic** | **Engaging with Māori/Pasifika/Asian/Persons with Disabilities** |
| **DAY 3** | **Wednesday 14th February 2024** |
| Location | Mahitahi Hauora PHE, Ratu Room*28 Rust Ave, Whangārei 0112* |
| **Topic** | **Youth and Older Person’s Mental Health** |
| **DAY 4** | **Wednesday 13th March 2024** |
| Location | Te Kona- Digital, Business & Learning Hub*Kohekohe Room, 74 Guy Rd, Kaikohe 0405* |
| **Topic** | **Addictions** |
| **DAY 5** | **Wednesday 10th April 2024** |
| Location | Mahitahi Hauora PHE, Ratu Room*28 Rust Ave, Whangārei 0112* |
| **Topic** | **fACT, Trauma Informed Care & PolyVagal Theory** |

**Registration**

Use this link to register for all sessions individually - [Upcoming events - Mahitahi Hauora Primary Health Entity](https://education.mahitahihauora.co.nz/w/upcoming/)

For more information please contact: Lori.Peters@mahitahitahuora.co.nz

# Health Related Education sessions

Dated and timed sessions that we have heard about:

# GPNZ Inbox Management three-part series on Inbox management for general practice.

#### **Workforce**

**Whakawhanake kaimahi**
18 October, 12:30pm
This session will delve into the innovative work initiated by Tū Ora Compass, focusing on the implementation and utilisation of clinical assistants. Discover strategies to optimise your practice workforce effectively.

#### **Technology advancements**

**Whanake hangarau me ngā ara matihiko**
8 November, 12:30pm
Explore the realm of technology, including AI solutions, digital assistants, and the future landscape of GenAI in primary care. Uncover how cutting-edge technology can revolutionise your practice operations.

#### **Medico-legal perspectives**

**Whakarite i te rangahau orange kia haumaru**
TBC
Webinar hosted in partnership with the RNZCGP. Navigate the medico-legal landscape concerning inbox overload. Address risks, concerns, and opportunities in a supportive environment, fostering confidence in implementing new work methodologies.

**The webinars will be recorded and made available on our website for those who can't make the live sessions. (Please note, you will need to register for each webinar in the series.)
To Register :** [**Inbox management webinar series - General Practice NZ (gpnz.org.nz)**](https://gpnz.org.nz/events/inbox-management-webinar-series/?utm_source=GPNZ&utm_campaign=39bc4adeb1-EMAIL_PANUI_5_OCT_2023&utm_medium=email&utm_term=0_6e1980002a-39bc4adeb1-416423021)

# **Walking in their shoes – Dementia Training Workshop**

# **Thursday 19 October – 10am – 12pm**

# **Where: Te Ora Hau Northland, 104 Corks Road, Tikipunga**

# **Cost $20 Koha RSVP to** **Northland@alzheimers.org.nz**

# Outline: Understanding dementia, understanding brain changes, Adapting our approach

# **Alzheimers – Family and Whanau carer workshop**

# **Wednesday 25 October – 10am – 2pm**

# **Where: Te Ora Hau Northland, 104 Corks Road, Tikipunga**

# **Cost FREE. Register on 09 4387771**

# Outline: Understanding dementia, understanding brain changes, Adapting our approach, self-care & support.

# **Diversity Works – Leading through the extreme and the extraordinary**

# **Wednesday 25th October – 2pm to 3pm – online Cost $25 + GST**

# Join this session where we discuss the role of the workplace in these turbulent times and what inclusive leaders need to do to support their people and retain engagement. Register at [Diversity Session: Leading through the extreme and the extraordinary (diversityworksnz.org.nz)](https://mynetwork.diversityworksnz.org.nz/events/event-description?CalendarEventKey=6cf22eb6-bbbf-4dd1-9309-018adea288ee&Home=%2fevents%2fcalendar)

# **Dietitians NZ – Gut Health: Symposium for Health Coaches & HIPS**

# **Wednesday 25th October – 12pm to 1pm – online Cost $48**

# **Join us online for an enlightening symposium on intuitive eating.**

* Explore what it means to eat intuitively and some of the drivers behind why we choose the foods we do.
* Identifying Red Flags: Understand what warning signs you need to know for your patient and what action to take to ensure optimal patient care.
* Practical Tips & Tricks: Learn actionable strategies to support your patient and whanau on their health journey.
* Community Connections: Connect with valuable resources, access further information, and discover community services.

Register [Intuitive Eating: Symposium for Health Coaches & HIPs (dietitians.org.nz)](https://dietitians.org.nz/Web/Web/ContentAreas/Events/Event_Display.aspx?EventKey=HCS3)

# **“Kidney Health Mahi: Getting our A into G”**

# **Saturday 4th November - Semenoff Stadium Whangarei – 8.45 – 15.30pm**

**Cost: Free, Lunch provided - Do you want 6CPD hours… and a free lunch?**

# **Topics will include:**

The study day is aimed at primary care professionals, i.e. GPs/Practice Nurses/community pharmacists/health coaches/HIPs. It’s on a Saturday again to make it easier to attend and we would like to prioritise registrations from people who didn’t make it to the last one.  Please share this email with colleagues.

The topics this year are based on the ESC/ERA/KDIGO guidelines of **A-E** (u**A**CR, **B**P, **C**holesterol, **D**iabetes, **E**GFR) and we are adding **F**ood/**F**itness and **G**out, hence the **A into G.**The timetable is still to be finalised.

The theme is about promoting early CKD health whilst at the same time thinking about the patient from a metabolic health perspective.

Again, thanks to sponsorship this is a fully funded and catered event.

**Click** this link to register and secure your place <https://rgale.aidaform.com/kidney-health-mahi-day-2023-copy> (or copy & paste this link into chrome and click). We understand that life happens, if for any reason you cannot make it, please let us know by email rian.gale@northlanddhb.org.nz or text 021658318.

# **Pallative Care Study Day – Hospice Mid North**

#  Bay of Islands Hospital – 9th November

Dr Di Murphy Palliative Medicine Specialist and Dr. Warrick Jones Palliative Medicine Specialist will be presenting. Register by email at education@hospicemn.org.nz

## My Health Hub webinar series:

# Mythbusting Advance Care Planning Zoom Webinar

**Wednesday 25th October – 7pm to 8pm**

**By the end of the webinar you will:**

• Understand the core purpose of advance care planning: fostering meaningful conversations about future

healthcare wishes with whanau, friends, and healthcare professionals.

• Recognise the value of these discussions, even if they aren't formally documented. It's not about a clinical

checklist but understanding an individual's priorities.

• Have clarity, understanding, and actionable insights.**en**

**Use link to register :** [**https://tinyurl.com/ACPMHH**](https://tinyurl.com/ACPMHH)

# AIR Cutover Series

# AIR programme has been running a series of webinars examining some of the detail on the key shifts the sector will experience when the Aotearoa Immunisation Register (AIR) replaces the National Immunisation Register (NIR) and Covid-19 Immunisation Register (CIR) in November 2023.

* Now the series is complete, all summary videos including key topics, have been added to the [AIR cutover series](https://ddec1-0-en-ctp.trendmicro.com/wis/clicktime/v1/query?url=https%3a%2f%2fgovt.us9.list%2dmanage.com%2ftrack%2fclick%3fu%3d686aa8f2b109ed1e13af67237%26id%3df5b6a068a9%26e%3dc10fb17517&umid=0a3ba9bc-e797-4493-bf1d-84b3932a5464&auth=2e1b1c721d44101085fca6affa5063d710a155bd-8fddcf460602d6fa3596c0e523c97c0bcfeb20dd) section of the AIR.

## NZ Respiratory conference 2023

**16th & 17th November 2023**

**Register at**  [www.NZRC2023.co.nz](http://www.NZRC2023.co.nz)

# Training idea for the month – Suicide Prevention in Primary Care

Suicide training for general practice staff is very important according to a speaker at the July Mental Health Conference. This week Mobile Health ran a very well subscribed live seminar yesterday on Suicide Prevention for Primary Care.

**DR ANNETTE BEAUTRAIS** Suicide Prevention/Postvention Coordinator, Te Whatu Ora South Canterbury

**This Presentation will discuss:**

* Scope of suicide problem in NZ
* Best practice in suicide risk assessment and mitigation
* What primary care can do to manage suicide risk
* Discussion of postvention support to those impacted by a suicide death.

This seminar will be available for you to view online within a week at <https://myhealthhub.co.nz/webinars/>

Over 700 health professionals nationwide watched this seminar yesterday.

# New Resources

 **Te Ara Oranga – Methamphetamine help**

MyWai is a new digital tool developed in Tai Tokerau that can be used either as an app or a web browser. MyWai lets people partner and connect with their health and Hauora team, include their whanau (if they want to!) see what is happening, what the plan is and what the next steps are in a way that is simple, easy and happens in real time. MyWai was made by whanau, for whanau. Self-Referral form is available at [MyWai](https://mywai.health.nz/admin/tao-referral)

**Educational videos explaining the cycle of Meth Abuse, The Road to Recovery and Lets Make a change are available here** [Educational – Te Ara Oranga (northlanddhb.org.nz)](https://community.northlanddhb.org.nz/NoP/videos/general-videos/)

**Support for Whanau:**

**Check out the 5-step Programme through Te Ara Oranga for affected family members where they have loved ones with addition problems.**

<https://community.northlanddhb.org.nz/NoP/programmes/community-whanau-resources/>

**Step 1 Tell your story**

**Step 2 Education**

**Step 3 How are you coping?**

**Step 4 Support**

**Step 5 What’s next?**

**More information Noleen Chaney – AOD Educator AODEducator @northlanddhb.org.nz**

# Queries or ideas

Hopefully your team are all enrolled in Medinz, as we advertise clinically relevant courses by email each week at 10am Thursday.

Any queries or comments on this Education update or any training or education ideas you may have; please contact Education@Mahitahihauora.co.nz or Phone Rae Jones on 021 869 712



Sneaker Friday is happening on Friday 17 November! It's a key activity in Diabetes Action Month, so **save the date** now!

Supporting Sneaker Friday is a fantastic way to show your support for the more than quarter of a million Kiwis living with diabetes.

Get involved by wearing your sneakers at work or play and [donating $5 to Diabetes New Zealand](https://diabetes.us17.list-manage.com/track/click?u=336e47dfc845b4e6af43ca021&id=7df289783f&e=38cee4be52)[.](https://diabetes.us17.list-manage.com/track/click?u=336e47dfc845b4e6af43ca021&id=030ed3bb4a&e=38cee4be52)

Click here to sign up [Sneaker Friday (grassrootz.com)](https://diabetes-new-zealand.grassrootz.com/sneaker-friday)

* [Donate as an individual](https://diabetes.us17.list-manage.com/track/click?u=336e47dfc845b4e6af43ca021&id=c9accb1df4&e=38cee4be52) or set up a team!
* Share with your friends, whānau, workmates and on social media - ask them to support you and/or get involved themselves!
* Take lots of photos 📸 on the day and share on social media #SneakerFriday and tag us on Facebook @DiabetesNZ (FB) and Insta @Diabetes\_NZ!

**Diabetes NZ**
info@diabetes.org.nz
0800 342 238