



Simon Everitt Acting CE
Healthy, thriving communities, Kia Momoho Te Hāpori Ōranga.



30 April 2019

Thank you to staff during strike

I would like to take this opportunity to thank all of our staff who are once again going the extra mile this week during the latest period of strike action by the junior doctors.

Thank you to all staff who are assisting in patient care delivery and those who have been involved in contingency planning. These staff members are helping maintain the safety of our patients and colleagues and are ensuring we continue to deliver quality care for our patients.

Thanks also to the administration and scheduling staff, the Senior Medical Officers, and non-striking junior doctors for re-organising their workloads to provide this care.

The Bay of Plenty Community Pharmacy Group

Recently Helen and I had the opportunity to meet with the Bay of Plenty Pharmacy Group (BOPCHG) which represents 53 pharmacies across the BOPDHB area, from Waihi Beach through to Opotiki and down as far as Kawerau. Our community pharmacies provide a vital service for the people of the Bay of Plenty and are part of the range of health services funded by the BOPDHB. I thought it would be helpful to explain a little more about what some of these services are, and introduce the organisation which represents the Bay's pharmacies.

Pharmacists are often described as the health professional patients see most often. With most community pharmacies conveniently located and many offering extended hours, this makes it easier for patients to access health services.

The BOPCHG holds contracts with the DHB for the delivery of health services such as the Free Emergency Contraceptive Pill to those under 25 years of age. The group also delivers a Rheumatic Fever Rapid Response Sore Throat Service. There are 37 pharmacies providing this free, no appointment necessary service covering all high incidence areas. The aim of this service is to provide at risk children, young people and their families timely and effective treatment of sore throats caused by Group A Streptococcus (GAS) bacteria.

Other services provided by community pharmacies include free sharps containers and disposal for injectable medicines, free medicines destruction including cytotoxic medication, free smoking cessation and a complex long-term condition service, an antibiotic (Trimethoprim) for Urinary Tract Infections, Sildenafil for Erectile Dysfunction and free Flu Vaccinations for over 65 years or women who are pregnant.

There are eight pharmacies within the Bay of Plenty that are offering the Community Pharmacy Anticoagulant Management Service, or CPAMS for short, as an option to manage warfarin dosages. These services are

under specific criteria and must be provided by an Accredited Pharmacist or a Trained Vaccinator.

The BOPDHB is interested in exploring how we can further utilise our community pharmacy workforce to provide more integrated care working with other community care providers such as general practice and our network of NGO providers across the Bay of Plenty.

To find more information on the range of services offered by our local pharmacies visit: www.bopcpng.co.nz

OXFAM Trailwalker (23-24 March in Whakatāne) - Surgical Services Medical Leader Troy Browne

The 100km OXFAM Trailwalker (OTW) is an event I have become addicted too, and strongly support. Our team this year was Don't Worry BEE Happy, as we were not going to worry if the bees were happy. Last year was a bee sting extravaganza.

This was my fourth OXFAM 100km. I had some colleagues from last year (Patrick White and Lauren Assink), with a newbie James Chancellor - a young doctor. James is very fit and noted where I fitted in. We had an awesome support crew (Dot McKeown and her daughter Kate), who made our team of six.

My challenge was that I dropped a massive tree on my left foot 4 January this year and could not train much for the event. But I have learned that being a member of a strong team will always result in good outcomes.

All four team members delivered in our own special way – by leading in every area where we were individually expert. Patrick spiritually and motivationally (with a ton of mobile music), Lauren as the coach too all, James by demonstrating how easy it was, and me by knowing how best to get the weakest body over 100km as fast as possible and still able to run at the end. A highlight was stopping in about the middle to remember the Christchurch massacre, with Patrick leading the prayer in fluent Te Reo.

Other highlights were rejoicing the marathon mark, the 58km mark (only a marathon to go), and the 79km mark (only a half marathon to go).

My only leadership moment was to state that if we passed the team ahead of us, we should do it politely, and then run and don't look back ('Mission Impossible' style). So, we did pass them, and the other three started running, and I got to enjoy running about 3+ km of the Bird and Boardwalk track to the 100km mark. This track is no joke and running it at night is another story, as it is steep and made of tree root steps; very unforgiving if you get it wrong. Luckily our best falls were on the flat stuff.

A race highlight was being cheered on near the end as we emerged from

continued over

"Alone we can do so little; together we can do so much."

Helen Keller (1880-1968) American author, activist and lecturer; and the first deaf-blind person to earn a Bachelor of Arts degree.



the forest, followed by a sudden shutdown when the cheering crew realised we were not their team!

We completed in 17hr 45 min. We were never going to win. We were aware of a team that was set up to beat us. However, we came second, but by only one hour. In my heart, we beat all the teams we intended to, and won our race. Personally, I had just about recovered a few days out. This beats last year, when the bees nearly finished me off (literally). My thanks to our team.