

# Vital Signs

*Thank you for your support*



## Our Voice

### Media

Dr Kate Baddock, NZMA Chair [talked with The Dominion Post/Stuff](#) on the shortage of ENT doctors and specialists. Kate also talked with [NZ Doctor](#) on NZMA's submission and support for decriminalisation with respect to the Abortion Bill.

Dr Jan White, NZMA GPC Chair talked with the NZ Herald on measles - this has yet to be published.



## TEACHING AWARDS NOMINATIONS NOW OPEN

The New Zealand Medical Association and New Zealand Medical Students' Association are pleased to open nominations for the [New Zealand Medical Teaching Awards](#).

*We seek nominees who:*

- create/facilitate a positive learning environment
- are innovative in teaching
- are engaging in teaching
- provide a unique contribution to teaching
- show commitment and passion to education
- exemplify professionalism
- are excellent clinical role models
- provide constructive feedback in an appropriate manner
- go above and beyond their normal duties
- actively seek feedback for continuous improvement
- display other exemplary characteristics not covered by the above criteria.

Do you know someone like that? If so [fill in the nomination form here](#).

**Nominations close 4pm, Friday 8 November 2019.**



## YOUR FEEDBACK SOUGHT

MPI is consulting on a proposal to strengthen folic acid fortification of food. Feedback is being sought on whether the government should:

- continue with the current voluntary approach of fortifying up to 50% of packaged sliced bread
- ask industry to enhance the voluntary approach to fortify 80% of packaged sliced bread, or
- introduce mandatory fortification of bread, bread-making wheat flour, or all wheat flour.

Further details of the consultation including supporting documents and a schedule of public meetings are available [here](#).

Please send your feedback to inform our response to [Sanji](#) by **Monday 21 October**.

You can also send in an individual submission.



## SUBMISSIONS: NEW ZEALAND CANCER ACTION PLAN 2019–2029

NZMA has published online our most recent submission to the Ministry of Health regarding the New Zealand Cancer Action Plan 2019-2029. In the submission we have expressed strong support for the plan and welcome the focus on equity as well as the system-wide approach and attention to the prevention of cancer.

[Click here to read NZMA's submission](#)



## CALL FOR NOMINATIONS: PGY1 ELECTIONS 2019

*Are you PGY1 in 2020?*

*Are you interested in medical policy in New Zealand?*

*Do you want to witness decision making processes in medical education and vocational training?*

*Keen to advocate for your colleagues and peers?*

### **Run for the PGY1 representative position on the NZMA Doctors-in-Training Council (DiTC)**

This role is open to all NZMA members who will be PGY1 in 2020 (i.e. trainee Interns who are graduating in November 2019). It offers a unique opportunity to experience and learn part of the work that NZMA does - a great opportunity to interact with senior colleagues from various medical and surgical fields.

Refer to the [information handbook](#) or [email the elections officer](#) for more information.

**NOMINATIONS CLOSE**  
**4pm FRIDAY 1 NOVEMBER, 2019**



## MEDICAL STUDENT REPRESENTATIVE ON NZMA BOARD

**"In this position you will have the aptitude to invoke change and influence the most powerful leaders in our health system..."**

***Jibi Kunnethedam, NZMA student representative***

*Are you a medical student?*

*Are you interested in medical policy in New Zealand?*

*Are you keen to understand more about medical policy and medical governance?*

*Do you want to be part of the governance of the NZMA?*

If you answered yes to the above then put your name forward to be the student representative on the NZMA Board.

#### **What to do.**

Write a 200 word bio on why you want to be the next student representative and what you can bring to the NZMA Board. Email this, with your contact details along with a head and shoulder image of you to the [elections coordinator](#).

#### **What happens next?**

If there is more than one nominee there will be an election held using Simply Voting an independent electronic ballot system.

#### **Nominations Close**

**4pm Friday 1 November 2019**

Refer to the [information handbook](#) or [email elections](#) for more information.



## **2019 TRAINEE INTERN PRIZE - BE IN TO WIN: \$500 VOUCHER**

### **Calling all Trainee interns**

Upgrade your NZMA membership from TI to RMO status **before Friday 8 November 2019** and be in the draw to win one of two \$500 Noel Leeming gift cards.

Only \$10 per month for your PGY1 year if you sign up by direct debit payment - less than buying a coffee/ tea per week.

[Sign up here](#) or [email to enter directly](#) and be in to win.

## SEEKING FEEDBACK ON HEALTH & DISABILITY SYSTEM REVIEW

### Survey closing soon

We are seeking your feedback in two parts: in our first survey (Part One) we are asking you to rate the importance of each question on a scale of 1 (least important) to 5 (most important). There are 34 questions so it is lengthy, however it is necessary to get your feedback on this so that in the second survey we can drill down and give you space to comment on the questions that matter most. (You can [click here](#) to be taken to the survey.)

In our second survey (Part Two) we will prioritise the questions based on your feedback on Part One. This will then inform our collective feedback to the Health and Disability System Review panel.

*Survey (Part 1) will close on Monday 14 October.*



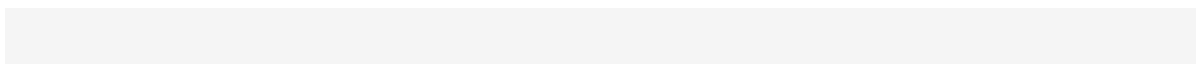
Te Kaunihera  
Rata o  
Aotearoa

**Medical  
Council of  
New Zealand**

## CONGRATULATIONS

The Minister of Health, the Hon Dr David Clark, has appointed four new members to the Medical Council of New Zealand. Our congratulations to Dr Stephen Child, an Auckland specialist in the fields of general medicine and respiratory medicine, previous NZMA Chairman and recipient of the NZMA Fellowship award.

We also acknowledge and congratulate the other new members, Dr Charles Hornabrook, a Wellington psychiatrist and the two new lay members, namely Mr Richard Aston and Ms Giselle McLachlan.





Te Kaporeihana Āwhina Hunga Whara

## YOUR CHANCE TO HELP ACC IMPROVE DIGITAL SERVICES

*Do you love giving feedback?*

*Not afraid of being honest?*

*Do you want to see ACC's digital services improve?*

ACC is currently looking for people to assist them in improving online services and digital content. ACC is setting up a user testing group to help test out new website features and content and make sure it is user friendly.

This may be an opportunity you would like to share with those in your wider networks – a link containing further information about this can be found [here](#).



## NZRGPN RURAL NETWORKER

New Zealand Rural General Practice Network has released their latest [Rural Networker](#) e-zine. Topics addressed include:

- Rural Health Careers Promotion programme – request for donated medical equipment
- Interim Health and Disability System Review – request for feedback
- RSLAT survey reminder and much more



## GETTING BETTER WITH EVIDENCE: EXPERIENCES OF PUTTING EVIDENCE INTO PRACTICE

10 December 2019

Auckland Medical Research Foundation Auditorium  
Grafton Campus, University of Auckland

With a focus on the needs of a New Zealand audience, the conference will explore:

- gathering and disseminating better evidence
- translating evidence into action, including increasing equity and reducing over-diagnosis and over-treatment
- building solutions, the roles of big data, randomised control trials and real-world experience.

International and New Zealand expert clinicians, policy makers, scientists, researchers and consumer advocates will discuss putting evidence into practice. Attendees will be part of the discussion addressing the challenges currently being faced in health care.

See more information in the conference flyer [here](#).

**Early bird registration closes 1 November 2019.**

**Ministry for Primary Industries**  
Manatū Ahu Matua



## FROM THE FOOD STANDARDS AUSTRALIA NEW ZEALAND BOARD

The Ministry for Primary Industries (MPI) is seeking candidates for nomination to the Food Standards Australia New Zealand (FSANZ) Board. The Chair of the FSANZ Board has advised that a nominee with experience in areas of food policy, regulation and industry-regulatory interface would be useful to the Board at this time. A background in food science would be ideal.



If you are interested or have any questions about the FSANZ or the nomination process, please contact [Michael Thorn](#)

### *Quote of the week*

*The best way to find yourself is to lose yourself in the service of others.  
Mahatma Gandhi*

## **CLASSIFIED ADS and situations vacant**

*NZMA offers members free classifieds and vacancy advertisements.*

*Check out NZMJ website's [Vacancies page](#) and you may just find your dream opportunity.*

**Latest vacancies and classifieds include the following - just click on the vacancy/classified ad to be taken to the full ad:**

- [Locum GP wanted | Auckland \(Closes 4 November 2019\)](#)
- [Contacts and Growth Manager | Auckland \(Closes 6 November 2019\)](#)
- [GP Required | Te Puke \(Closes 20 October 2019\)](#)
- [Medical Practitioner, Royal Flying Doctor Service | Australia \(Closes 18 October\)](#)
- [Locum GP Required | Eastbourne, Wellington \(Closes 11 October\)](#)
- [1-2 GPs Required | Mission Bay \(Closes 13 October\)](#)
- [Consultant Physician | New Plymouth \(Closes 30 November 2019\)](#)
- [Part-Time GP Required | Mapua, Nelson \(Closes 31 October 2019\)](#)

### **Classifieds**

[For Sale | GP Practice Central Auckland Suburb](#)

Members advertise for free - [classifieds](#) and/or vacancies [via Hotline](#).



# UPCOMING EVENTS

View our upcoming health sector events - go to the [NZMA events page on our website](#) for the full list.



## **MENTAL HEALTH TRANSFORMATION**

**4 - 5 December 2019, Te Wharewaka  
Tapere, Wellington**

Gain practical insights from the  
Conference on how to:

- Set your own organisational journey & vision on mental health and addiction
- Create a strategic vision around the recommended standards and Inquiry implementations
- Build from the ground up with synergy across the sector
- Strengthen personal identity and connection to community for Maori & Pacific Communities.

Including specific case studies about:

- Building links between addiction, mental health and social disconnection
- Increasing diversion from criminal justice to MH & addiction related pathways
- Building ongoing relationships with a new type of mental health patient
- Digital Health & Patient Panel – get to know the other side.

## **DOCTORS WELLNESS RETREAT AT FALCONS RISE ALPACA FARM**

**21-24 November 2019**

**The Doctors Wellness Retreat at Falcons Rise Alpaca Farm** is a three-day programme designed by health professionals for health professionals. The venue is a 30-acre alpaca farm set high above the vineyards in Marlborough, New Zealand in which to interact with a small group of up to five doctors from a range of specialties. Issues which confront medical practitioners in today's environment are discussed with a focus on learning practical tools to reduce stress and to enhance well-being. There is a diverse range of interactive sessions and activities including discussions on values, burnout, vicarious trauma and self-care, with practical sessions including yoga, mindfulness, art and bushwalking, leading to the development of individual wellness plans.

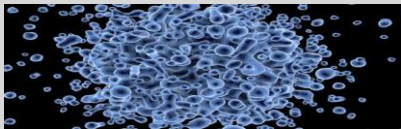
Dr Helen Austin leads the Retreat team and is a consultant psychiatrist with a long-standing interest in the areas of reflective supervision and physician health, and all the facilitators are mental health professionals with health and wellbeing qualifications.

Visit [www.falconsrise.com](http://www.falconsrise.com) for further information, to book your place or to express interest in future Retreats.

[Click here](#) for more information or to Register.



## MEMBER BENEFITS



### **NZMA MEMBERS NO COST ADVERTISING**

NZMA offers members the opportunity to place vacancies for personnel in the NZMJ and Vital Signs free of charge.

Reach the medical professionals you want as many do week on week.

### **NZMA GROUP MEMBERSHIP RATE**

*The NZMA is offering a special, discounted group membership rate to groups of doctors that become NZMA members.*

**Save 15% (5 - 9 doctors), 25% (10 - 19 doctors) or 50% (20+ doctors).**

In addition to a discounted and single transaction subscription, the group will be able to engage with the NZMA on a group basis on matters of importance to them. You will of course also enjoy the same rights and privileges as individual members.

The discount applies to full membership subscriptions and payment is made via the group rather than the individual doctor. At least 75% of the doctors in the group must be members to be eligible to receive the discount.

To find out more about this special offer please contact Robyn Fell on 0800 656 161 or email [robyn@nzma.org.nz](mailto:robyn@nzma.org.nz).

## Recording of Consultations by Patients

Have you had a patient ask to record a consultation? The NZMA recommends that practices consider developing a policy on recording of consultations and we have developed a simple draft policy for you to use. This can be downloaded from the [NZMA advisory service](#) on our website. You must be logged in to view and/or download these flyers, or you can email [Robyn Fell](mailto:Robyn.Fell@nzma.org.nz) for copies.

Vital Signs is your weekly bulletin about the NZMA and 'what's hot'.  
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