

# Vital Signs

*Thank you for your support*



## Our Voice

### Media

Dr Jan White, Chair of GPC talked with [Libby Wilson from Stuff](#) on shared medical appointments.

There has been a high uptake of NZMJ articles in the media - see below.

### DIARY

NZMA CEO Lesley Clarke attended the Annual Meeting of Medical Colleges and both Lesley and NZMA Chair Kate Baddock met with the NZ Nurses Organisation.



## NZMJ VOL 132 NO 1503

[Latest medical research in the NZMJ.](#)

[Editorial](#) on Medicinal Cannabis Scheme in New Zealand.

Articles including:

[The projected burden of knee osteoarthritis in New Zealand...](#)

[Infectious pulmonary tuberculosis in a New Zealand cancer centre](#)

**Open access**

[Mate wareware:](#) *Understanding 'dementia' from a Māori perspective and more...*



**YOUR FEEDBACK SOUGHT**

## 1. ARMS LEGISLATION BILL

## 2. PODIATRIST BOARD PROPOSAL

1. Submissions are being called on the [Arms Legislation Bill](#). This omnibus Bill introduces tighter controls on the use and possession of arms and ammunition and follows on from the Arms (Prohibited Firearms, Magazines, and Parts) Amendment Act. It would re-state the purpose of the Arms Act to make it clear that owning a firearm is a privilege, and that people with that privilege have a responsibility to act in the interests of personal and public safety.

As an organisation our focus in on page 3 of the Bill namely:

*'... Health Practitioners will have a responsibility to consider notifying Police if, after seeing or being consulted about a patient, they consider the person should not be permitted to use or possess firearms or should only do so subject to limitations that may be warranted by their mental or physical condition . Part o this notification will include and assessment of whether they believe the person poses a risk of harm to themselves or to others. Licence holders may then be required to undergo a further medical assessment or surrender their licence. To assist with this, applicants for firearms must provide contact details for their health practitioner to Police.arms legislation bill..."*

To help inform our response, please email [Sanji](#) by close of play Tuesday 8 October.

2. The Podiatrist's Board is [consulting on a proposal](#) that will enable appropriately trained podiatrists to prescribe from a list of medicines relevant to their clinical practice including: a limited range of analgesics, antibacterials, antifungals, corticosteroids, parasiticial preparations, emollients and local anaesthetics.

To help inform our response, please email [Sanji](#) by close of play Tuesday 8 October.



**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 NOMINATIONS FOR NZMA BOARD POSITION NOW OPEN**

**"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 officer](#).

#### **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 the elections officer](#) for more information.



### **2019 TRAINEE INTERN (TI) PRIZE - BE IN TO WIN: \$500 TO NOEL LEEMING**

#### **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.



### **LATEST FROM THE MINISTRY OF HEALTH**

[Read](#) about September's biggest medical events and news items. Topics include:

- Measles update

- Suicide Prevention Strategy and Action Plan launched
- Livestream set to connect disabled people, whānau, and providers with Ministry during community conversations
- Cancer Action Plan 2019 – 2029
- Ministry leaders talk about how achieving health equity makes Aotearoa New Zealand fairer and more just
- Language Assistance Services Programme



## ZANTAC PHARMACY LEVEL RECALL

GlaxoSmithKline (GSK) NZ Limited has initiated a pharmacy level recall for all batches of ZANTAC Solution for Injection 25 mg/mL in New Zealand. *Please note this is not a patient level recall.*

Global GSK has been contacted by regulatory authorities regarding the detection of genotoxic nitrosamine (NDMA) in medicines containing ranitidine. NDMA is a potential carcinogen that is commonly found in some foods, air and water. There is a small risk that NDMA may cause cancer if taken long term, however there is no known immediate health risk associated with ranitidine medicines\*.

GSK has made the decision to initiate a recall (pharmacy level recall) of Zantac products manufactured using active pharmaceutical ingredient (API) sourced from Saraca Laboratories Limited and Dr Reddy's Limited as a precautionary action. This recall affects Zantac Injection in New Zealand.

**The recall is effective 30 September 2019.**



## ROAD SAFETY: RESPONSE TO CHANGES IN MEDICATION FUNDING

**Pharmac** has recently announced there will be changes to funded brands of Epilepsy Medication, **effective 1 October 2019**.

The Transport Agency's primary concern is road safety and want to share their position on this with health professionals.

*"The Transport Agency's primary concern is road safety, and while we will not be*

*enforcing a mandatory stand-down period from driving as we do when licence holders undergo a withdrawal of treatment, as a precaution we will be recommending that health practitioners whose patients have or will be transferring brands consider a voluntary stand down from driving during the eight-week early transition period after switching medications, should they have any concerns when considering an individual patient's medical history and other relevant factors. "*

*"Additionally, we encourage anyone with concerns about the potential side effects as a consequence of changing brands to consult with their health practitioner or specialist before continuing to drive. Health professionals are often best placed to make a determination in respect of a person's driving ability, by considering the patient's medical history and other relevant factors that may only be known by their health practitioner."*

Read more on driving safely with medications [here](#)

### **Quote of the week**

*We can evade reality, but we cannot evade the consequences of evading reality*  
*Ayn Rand*

### **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 \(Closes 4 November 2019\)](#)
- [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 \(Closes 13 October\)](#)
- [GP wanted / Queenstown \(closes 10 October 2019\)](#)
- [Consultant Physician | New Plymouth \(Closes 30 November 2019\)](#)
- [GP Wanted | Whangarei \(Closes 3 October 2019\)](#)
- [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.

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



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

**21-24 November 2019**

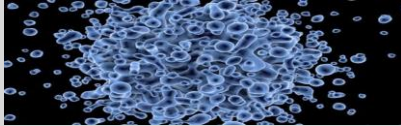
**The Doctors Wellness Retreat at Falcons Rise Alpaca Farm** is a three-day programme designed by health professionals for health professionals. The venue is a 30-acre alpaca farm set high above the vineyards in Marlborough, New Zealand in which to interact with a small group of up to five doctors from 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.



## 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.



### MEDICAL FINANCIAL ADVISORS

MFAS offers NZMA members a free review and financial plan worth \$1500. Make the most of this opportunity to talk with their experienced financial advisors. Discuss how to make your investments work for you and what personal and business insurances are optimal to cover those unexpected times.

With over 50 years of combined experience in dealing with medical practitioners, this exclusive offer will help you achieve what you want whether wealth accumulation, KiwiSaver/Superannuation, insurances, retirement planning, mortgage or something else.

As a special offer: receive your first month's premium free on personal risk policies. MFAS is proud to financially support the NZMA advocacy programme. [Contact MFAS here](#), providing your NZMA number.

### Are you employing new staff?

The Employment Relations Act sets out a process that an employer must follow when employing new staff. This process differs depending on whether the employer uses a collective employment agreement in their business or not, and whether the employee is a union member. The NZMA has a member resource on these processes. Also, all employees must have a written employment agreement. If you employ staff that are not covered under the Primary Health Care Multi Employer Collective Agreement (PHC MECA) we have a generic individual employment agreement with explanatory notes and a casual individual employment agreement. These advisory service flyers are available for NZMA members to download from our

website. You must be logged in to view and/or download the following advisory service resources.

- [New Employee Checklist](#)
- [Sample employment agreements](#)

Or you can email [Robyn Fell](#) for copies.

- *Employment Agreements for New Employees*
- *Individual Employment Agreement and Explanatory notes*
- *Casual Employment Agreement*

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

[unsubscribe](#) | [update subscription preferences](#)

New Zealand Medical Association  
Level 5 NZMA House, 26 The Terrace  
Wellington, Wellington 6140  
New Zealand

[Add us to your address book](#)

| Ph (04) 472 4741 | Fax (04) 471 0838

Email: [communications@nzma.org.nz](mailto:communications@nzma.org.nz) | Visit our website: [www.nzma.org.nz](http://www.nzma.org.nz)