

# Collaborating for Rural Health

Auckland University Grassroots Student Visit

HAURAKI  
PHO HAURAKI  
PRIMARY  
HEALTH  
ORGANISATION  
NETWORK



*Matua  
Rōpu  
Haurora*

March  
2018

- Background
- Setting the scene
- The collaboration partners
- The Grassroots weekend
- Grassroots Students' views



# Background

- The Waikato profile of health professionals was getting older
- Difficulty to attract new staff to older premises and older practices  
Challenge.
- Drop off in the health needs particularly amongst its Maori and Pacific Island communities.
- Diabetes, cardiovascular disease, congestive heart failure, and rheumatoid arthritis are all at a higher prevalence than the national average.

## 5 years ago

- two unused wards were transformed into modern facilities that house two family GP practice's
- a pharmacy
- a wide range of other primary health services:
  - Tokoroa Medical Centre
  - Community Dental Clinic
  - Tokoroa Family Health
  - DHB's hospital and community physiotherapy team (and gym)
  - Plunket
  - Independent midwives
  - Te Puawaitanga o te Pua room "time shared" by Raukawa's mirimiri massage, a community podiatry clinic and some South Waikato Pacific Islands Community Services (SWPICS)
  - DHB blood test collection and sample drop-off
  - Unichem Pharmacy

# Setting the scene

- Geographical area
- Demographics
- Rural sustainability plan (Hauraki PHO)





## Travelling time and distances to other destinations

Travel From	To Destination	Kms	Approx Time
<b>Tokoroa</b>	Putaruru	22.6	20min
<b>Tokoroa</b>	Tirau	31.9	30min
<b>Tokoroa</b>	Hamilton	86.5	1hr 15min
<b>Tokoroa</b>	Rotorua	57.2	50min
<b>Tokoroa</b>	Tauranga	84.6	1hr 15min
<b>Tokoroa</b>	Taupo	66.1	55min
<b>Tokoroa</b>	Whakatane	140	2hr
<b>Tokoroa</b>	Auckland (CBD)	213	2hr 45min
<b>Tokoroa</b>	Wellington (CBD)	440	5hr 30min

## South Waikato

- Population 22,071 (census 2013)
- Major ethnic groups: European 70.4%, Māori 32.6%, Pacific peoples 12.1%, Asian 3.1%, Other 1.7%
- 16% over 65
- 24% under 15
- Life expectancy: Males 77 yrs Females 81 yrs
- 66% of the 0 to 14year olds live in NZ social dep 9 & 10
- 1 in 2 people visit the emergency department each year
- 1 in 4 admitted to hospital each year
- 65 plus will increase by 18% by 2026
- Under 14 year olds will decrease by 12%

Includes all people who stated each ethnic group, whether as their only ethnic group or as one of several. Where a person reported more than one ethnic group, they have been counted in each applicable group. As a result percentages do not add up to 100.



## Matamata Piako District

- Population 31,536 (census 2013)
- Major ethnic groups: European 86.3%, Māori 14.8%, Pacific peoples 7.4%, Asian 3.9%, Other 2.4%
- 18% over 65
- 21% under 15
- Life expectancy: Males 80 yrs Females 83 yrs
- 12% of the 0 to 14 year olds live in NZ social dep 9 & 10
- 1 in 5 people visit the emergency department each year
- 1 in 4 admitted to hospital each year
- 65 plus will increase by 27% by 2026
- Under 14 year olds will decrease by 7%

Includes all people who stated each ethnic group, whether as their only ethnic group or as one of several. Where a person reported more than one ethnic group, they have been counted in each applicable group. As a result percentages do not add up to 100.



# Hauraki PHO Rural Sustainability Plan 2015 - 2016

## Workforce

- Survey of HPHO rural GP and Practice nurses: Result 41.7% GP's intended to retire within 10 years and 33% of practice nurses
- RNZGP workforce survey (2014) 36% of the GPs who responded to the survey indicated that they intended to retire within 10 years.
- The age of the GPs in the survey ranged from 28 to 68 & the practice nurses from 25 to 68
- RNZGP workforce survey in 2014 indicated an aging GP workforce with the average male GP aged 53.6 years.



# The collaboration partners

- South Waikato service improvement group
- Raukura Settlement Trust
- South Waikato Pacific Islands Community Services
- Tokoroa Family Health
- Tokoroa Medical Centre
- Tokoroa Hospital (Waikato DHB)
- Hauraki PHO
- Pinnacle Midlands Health Network
- Matamata Medical Centre
- Raungaiti Marae
- Raungaiti Marae Clinic
- Beez Neez backpackers
- Clinical Pharmacist (joint contract between PHOs and DHB)
- MWOK team (Hauraki PHO)
- Tokoroa St John and Fire brigade



# The Grassroots Weekend

- 20 Auckland University Grassroots Club students (all medical)
- Providers presented an overview of their services and tour of their premises and a warm welcome 😊
- Facilitation and organisation, petrol vouchers and catering provided by Hauraki PHO
- Accommodation provided by Beez Neez backpackers (generously donated 2 nights free accommodation) 😊
- Koha at Powhiri provided by Grassroots students

# Agenda

## Day 1

- Welcome at Tokoroa Hospital (Waikato DHB Maori Unit)
- Divide into 4 groups, ED, Tokoroa Family Health, Tokoroa Medical Centre, Clinical Pharmacy (rotate groups through each area)
- Visit South Waikato Pacific Island Community Services
- Lunch at Raukawa headquarters
- Presentation of Raukawa Settlement Trust history and services
- Free time
- BBQ at Beez Neez backpackers talk with Nigel and Helen



## Agenda

### Day 2

- Presentation from GP at Matamata Medical Centre (tour of clinic)
- Manawanui Whai Ora Kaitiaki (MWOK) presentation
- Vida group presentation
- Lunch
- Welcome Raungaiti Marae
- Tour Raungaiti Marae clinic and meet wellness clinic participants
- Evaluation , farewell and home





# Grassroots Student Views

# Greetings



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# Greetings



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# What we knew

- Rural communities have worse health outcomes
- There is a struggle to attract health professionals to these communities, exacerbating this issue
- There was a free trip going where we would learn about rural health



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# What we learnt

- Reinforcing what we had been told:
  - Rural communities have worse health outcomes
  - There is a struggle to attract health professionals to these communities, exacerbating this issue
- Learning new things:
  - These are unique and beautiful communities
  - With specific health needs
  - With more of a desire to help themselves than is often purported



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# Experiences we had

- Very fun!! Great way to meet people and to experience rural health and to some of NZs health inequities first hand. Also great to hear from rural gps about their work since we don't get that exposure in Auckland
- Fabulous to be able to hear about the difficulties faced by rural GPs – yet witness their passion for their practice in their place of work



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# Experiences we had

- Fantastic experience to learn about the realities of rural health and what it entails. A good look into the different issues and health problems that effect rural communities in comparison with the city. Everyone we met during the weekend was really enthusiastic and passionate about what they do which made it a really enjoyable time with lots of interesting information.



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# Putting it all together

- There is a struggle to attract health professionals to rural communities. These are communities that face worse health outcomes and increased difficulty in accessing healthcare
- There are a number of programmes to support health practitioners into rural communities
- There are very few programmes focusing on the ruralisation of medical school: exposing medical students to rural medicine and its numerous benefits



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# What can you do?



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# To finish

- A huge thank you must go to Gytha, and the Hauraki PHO.
- The PHO and in particular Gytha are seminal in making these trips happen, and their innovation, contacts, and problem solving skills are invaluable.
- Grassroots as an organisation is so proud to work with you, and the students of the University of Auckland health professional programmes are grateful to have your support



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