



# Vital Signs



Meri Kirihimete me te Hape Nū



## **Our Voice**

### **IN THE MEDIA**

NZMA Chair, Kate Baddock spoke to a number of media outlets this week including Newstalk on the latest medicinal cannabis regulations [announcement](#).

### **NZMA Office Hours over Christmas and New Year**

NZMA's National Office will be closed from Tuesday 24 December 2019 re-opening Monday 6 January 2020.

We wish everyone a safe and Happy Christmas and New Year.



## CHRISTMAS MESSAGE FROM KATE BADDOCK, CHAIR OF NZMA

*It is getting very close to Christmas and for some of you, a quiet time for work, and for others a hectic time (like myself who have the mixed fortunes of living where others want to holiday!). I hope you all have a chance to spend time with family and friends and actually enjoy yourselves.*

*This year, with the tragedies of the Christchurch shootings and more recently Whakaari /White Island eruption we have seen our medical profession at its best during the worst of times. Our thoughts are with all the family and whānau affected by these events as well as the doctors and other health professionals who were part of the response and who continue to care for those involved.*

*2019 has been another busy year for the NZMA. We have been cited over 220 times by the media, and we have a host of important issues that both unite us and - at times - divide us. The medicinal cannabis scheme, the legalisation of recreational cannabis, abortion bill amendments, conscientious objection, euthanasia and the Health and Disability System review. We all have a personal view, we may also have a professional view, and the referenda next year together with an election will challenge us all.*

*This year the NZMA has made 35 submissions and included appearing before the Finance and Expenditure Committee, Environment Select Committee, Health Select Committee, Abortion Legislation Committee and Māori Affairs Committee.*

*We have been very involved with the Health and Disability System review. We have held workshops and presented several times to the Chair of the panel Heather Simpson. NZMA remains committed to putting forward the views of its members and working actively toward workable solutions for the health system.*

*NZMA continues to strongly advocate on your behalf on many crucial issues such as climate change and the impact on health, antimicrobial resistance, oral health, health literacy, workplace matters, doctor health and wellbeing and more. We also will be inputting to the Budget bids that go to the Minister of Health which will be presented in May.*

*2020 will be a very very busy year with the referenda, the general election and the health*

*and disability system review report being presented in March.*

*Do let us know your views and please consider responding when we ask specifically for your input as we are only as strong as you make us.*

*Your NZMA is a voice to be reckoned with - help us make it even more.*

*Have a great Christmas, New Year and whatever holidays you can.*

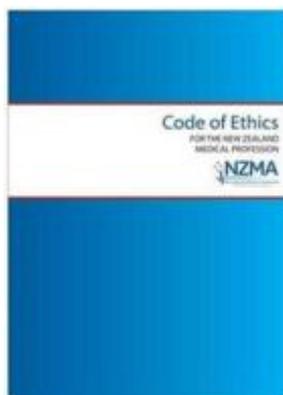


## **LATEST POSITION STATEMENT**

### **Objection on the Grounds of Freedom of Conscience (Conscientious Objection)**

NZMA has released its latest position statement derived from the AMA Position Statement on Conscientious Objection. An objection on the grounds of freedom of conscience (more widely known as conscientious objection) occurs when a doctor, as a result of a conflict with his or her own personal beliefs or values, refuses to provide, or participate in, a lawful treatment or procedure.

Read the full position statement [here](#)



## NZMA CODE OF ETHICS REVIEW YOUR VIEWS SOUGHT

The NZMA Ethics Committee has completed consideration of all feedback received from the second round of feedback and is conducting a third round of consultation on a proposed [final draft](#) of the Code.

### Note

- Amendments that have been made following the second round of consultation are shown in red.
- All feedback will be passed to the Ethics Committee who will convene again early next year to finalise the Code which will be presented for adoption at the NZMA Council in May 2020.

Please provide your comments to [Sanji](#) by **Friday 31 January 2020**.



## NZMA OFFERS CINEMA DISCOUNTS

NZMA is offering discounted movie vouchers through [cinematickets.co.nz](#).

**Discount prices: Adult \$13.50 & Child/senior \$11 (Minimum purchase 2 tickets)**

### How to access the discounted tickets

1. Go to [cinematickets.co.nz](#)
2. Enter your ACCESS CODE: **nzma1**
3. Add vouchers to cart
3. Checkout and pay
5. Vouchers will be emailed to you
6. Then go to [eventcinemas.co.nz](#) or [rialto.co.nz](#) and use the e-voucher code number and pin at the top of your vouchers when booking (there may be a booking fee if booking online) or go to the cinema and present your e-voucher on your phone or printed hardcopy when purchasing tickets
7. *Enjoy!*

PLEASE NOTE: Vouchers are valid for 12 months.  
Upgrades apply for 3D/VMAX/IMX/Cinema Deluxe



## PATIENTS AND HOLIDAYS AND EMERGENCY SUPPLY OF PRESCRIPTION MEDICINES

### Emergency supply of prescription medicines

With the holiday season on us, it is important that patients on regular medication make sure they have enough supplies if going on holiday.

In the event that a patient needs an emergency supply of prescription medicines, [click here](#) to read the Pharmacy Guild's advice on the emergency supply of prescription medicines for patients.



## RANITIDINE UPDATE AND AVAILABILITY OF ALTERNATIVE TREATMENTS

On 23 September, Medsafe issued a safety alert (updated 21 October 2019) regarding medicines containing ranitidine and a potential impurity, Nnitrosodimethylamine (NDMA).

PHARMAC has provided a [letter](#) that contains an update regarding supply of ranitidine and the availability of alternative treatments.

If you have any questions about this, please get in touch with [PHARMAC](#)



## UPDATE ON THIRTYEIGHTIN38 \$30K RAISED FOR CATWALK SPINAL CORD INJURY (SCI) TRUST

Congratulations to **Thirty Eight in 38**, a 13 member party, including Megan de Lambert on the Doctors-in-Training Council for helping raise funds for the CatWalk Spinal Cord Injury Trust.

This group climbed Mt Maunganui last weekend - thirty-eight times in 38 hours a height equivalent to Mt Everest!

Read their story [here](#)



## LOTTERY HEALTH RESEARCH COMMITTEE CANDIDATES SOUGHT

The Minister of Internal Affairs is seeking nominations of suitably qualified candidates to three positions on the Lottery Health Research Committee, for terms of office beginning on 1 April 2020. The Lottery Health Research Committee funds research projects that will improve the health status of New Zealanders. Candidates with a mix of the following attributes are desirable:

- first-hand experience in a community group;
- management skills;

- extensive business knowledge; and
- grant distribution experience.

The following additional specialist knowledge in any of these areas is also desirable:

- experience in the health or biomedical research communities;
- experience in clinical and community research;
- experience in qualitative research methods; and
- experience of post-doc research supervision.

**Nominations close on 17 January 2020.**

Please send [completed nomination forms](#) and your CV to [appointments@dia.govt.nz](mailto:appointments@dia.govt.nz).



## PUBLIC HEALTH LAW COURSE FEBRUARY 2020

On Thursday 27 February, the University of Otago (Wellington) is hosting a summer school public health law course.

Law is a determinant of and a tool for public health. Understanding how law works, and how it underpins public health, is vital to ensure we work effectively. Creative ways of harnessing law will help New Zealand meet new challenges in public health. The course:

- Gives a basic introduction to law: where to find it and how to interpret it.
- Overviews the legal frameworks that govern public health law in relation to communicable disease issues, environmental health, and products such as tobacco, alcohol, and gambling.
- Looks at what's new on the legal front and what's proposed: where are we at with privacy legislation, water regulation, fluoridation?
- Reviews international law that affects public health.

To find out timetables and details for registration, visit their [website](#)

### Quote of the week

*Christmas is a season not only of rejoicing, but of reflection.*  
Winston Churchill

**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:***

#### **Vacancies**

- [Specialist Physician for Older People | Northland DHB \(Closes 12 January\)](#)
- [Physician - Internal Medicine | Hawkes Bay \(Closes 12 January\)](#)
- [GP Wanted | Wellington \(Closes 11 January\)](#)
- [GP Wanted | Whakatane \(Closes 12 January 2020\)](#)
- [Public Health Physician Dunedin | Otago](#)
- [GP Wanted | Whitby \(Closes 6 January 2020\)](#)
- [Associate GP wanted - New Lynn, Auckland \(Closes 30 January\)](#)
- [Junior House Officers or Senior House Officers, Medical Workforce Services- Various locations \(Closes 6 January 2020\)](#)
- [Staff Specialist Paediatric Rehabilitation | Sydney \(Closes 23 Dec 2019\)](#)
- [Associate Editors for the NZMJ](#)
- [GP Required | Te Puke \(Closes 6 January 2020\)](#)
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#### **Classifieds**

- [GP partnership for sale – Nelson City](#)
- [Shareholding for Sale in Auckland Medical Centre](#)

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.*



AUSTRALIA & NEW ZEALAND GENERAL MEDICINE UPDATE

## ANZGMU - Annual General Physician Education Conference

20-22 March 2019

*How do you keep your knowledge and skills up to date?*

The world of medicine is evolving more rapidly than ever before.

The annual 'Australia and New Zealand General Medicine Update' (ANZGMU) has been specifically designed to showcase a curated selection of relevant topics in internal medicine with updated information about new strategies, evolving best practise and recent guidelines.

Over a period of three days, national and internationally renowned sub-specialty experts with strong academic backgrounds will discuss the common diseases seen by a general physician in everyday practice. With over 21 interactive lectures covering the core areas of various subspecialties of internal medicine, this 2020 update will be of immense value to the busy practising General Physician, General Medicine Advanced Trainee and Basic Physician Trainee who wish to update their clinical acumen.

[Click here to learn more and register](#)

- A comprehensive programme to update your medical knowledge on recent trends in diagnostic and treatment modalities in various subspecialties of internal medicine.
- A platform to showcase your original work of research and



## Med Can 2020 | New Zealand's first medicinal cannabis summit

18-19 March 2020

“Connecting medicine, science, industry and technology for a new frontier of care.”

Wednesday 18th – Thursday 19th March 2020

SkyCity Convention Centre, Auckland, New Zealand

[www.medcansummit.co.nz](http://www.medcansummit.co.nz)

The purpose of MedCan 2020 is to educate and enable the New Zealand medicinal cannabis sector. We want to ensure that New Zealanders are equipped to maximise the opportunities that medicinal cannabis brings – improving quality of life and fuelling economic growth.

MedCan 2020 will bring together leading experts, scientists, clinicians, entrepreneurs, investors, policy makers and thought leaders to share first-hand insights and up-to-date information about the world of medicinal cannabis. The summit has been created to inspire and inform:

- Healthcare professionals
- Patients
- Academics
- Researchers
- Government officials
- Business
- Investors
- Entrepreneurs and innovators
- Growers

For further information please contact:  
Donna Clapham, Workz4U Conference Management

phone: +64 9 917 3653,

[conferences@w4u.co.nz](mailto:conferences@w4u.co.nz),

[www.w4u.co.nz](http://www.w4u.co.nz)

unique case through Poster or  
Mini Oral presentation.



## MEMBER BENEFITS



### INTERNATIONAL MONEY TRANSFERS

[OFX](#) are experts in international payments who have transferred more than \$100Bn to date whilst offering highly competitive exchange rates across 55 currencies. Opening an [OFX](#) account is free and enables safe, secure, quick and easy transfers to more than 190 countries.

#### **NZMA members enjoy:**

- \$0 OFX transaction fees on all transfers over NZD\$250
- bank beating exchange rates across 55 currencies
- 24/7 Telephone & online support to book your transfer

To register, visit [OFX's NZMA](#) page to get started.



Any questions then [email](#) or call +64 9 886 0245 *Albert Ton* your dedicated account manager.

## **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 Advisory Service**

### **HOLIDAYS ACT 2003**

The NZMA has a member resource on the Holidays Act 2003. The document looks at the four types of holidays and leave that the Act requires employers to provide to employees. It also outlines and provides examples of the three different pay calculations required when calculating payment of leave.

These 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](#) for copies.

- *Holidays Act*

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

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