Vital Signs

Thank you for your support

Our Voice

Media

Dr Kate Baddock, NZMA Chair talked with NZ Doctor on NZMA’s latest submission to the Podiatrist Board. You can read our full submission here.

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

DIARY

NZMA Chair, Dr Kate Baddock and NZMA CEO Lesley Clarke are in attendance at the General Assembly of the World Medical Association.
Image is of Jocy Wood, Kate Baddock and Lesley Clarke.

NZMA also hosted the medical practitioners policy forum.

LATEST NZMJ: VOL 132 NO 1503

Your latest medical research in the NZMJ - Read the full journal

Editorial - measles and how we can prevent it occurring.

Articles on diabetes, alcohol, Wintertime Vitamin D and rTMS.

Viewpoints include:
The motivations behind science denial by Alan McLintic and more...
PGY1 ELECTIONS 2019: NOMINATIONS CLOSE IN 1 WEEK
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.

Here’s what the current PGY1 representative says:
“This year in my role as PGY1 Rep for the DiTC I have had the opportunity and privilege to be involved in matters bigger than my day-to-day house officer job. I have worked with the Medical Council in the development of a new curriculum to replace the existing learning outcome framework on ePort, as well as the new Multi-source feedback tool the MCNZ has set up. I have been working closely with NZMSA and ACE with regards to the ACE Roadshow and other ACE process matters. I was privileged to sit in on the DiTC’s Trainee Forum - a day where RMOs from different training colleges spoke about key specialty trainee matters. I have been a part of a group creating a new forum for prevocational RMOs (non-training RMOs, e.g. PGY1s and 2s, and senior HOs and registrars not in training colleges) to discuss and share ideas around RMO education, support and teaching - starting in 2020. In addition to these roles, I have had the opportunity to be part of larger discussions with the rest of the NZMA council members around huge issues such climate change, gun law reform, abortion, euthanasia, the Budget and many other issues related to the health system.”

Refer to the information handbook or email the elections officer for more information.

Email DiTC Chair if you have any questions you want to ask with your cell number and we’ll put you in touch.

Nominations close 4pm Friday 1 November 2019
REVIEW OF FOLIC ACID FORTIFICATION BY MPI
SUBMIT YOUR SUPPORT FOR MANDATORY FORTIFICATION

Folic acid is an essential B vitamin important for the healthy development of babies early in pregnancy. There is overwhelming evidence that consuming sufficient folic acid before conception and during early pregnancy can prevent many cases of neural tube defects such as spina bifida.

MPI is seeking feedback on options for strengthening fortification of bread or fortifying wheat flour. The consultation runs from 1 October to 12 November 2019.

NZMA is strongly supporting mandatory fortification.

We encourage you to make individual submissions on this important issue to the Ministry for Primary Industries. You can find out more here.

SUBMISSION - ARMS LEGISLATION BILL

Read our latest submission to the Finance and Expenditure Committee on the Arms Legislation Bill.

We are supportive of the Bill’s main provisions, including the following:

- Creation of a firearms registry
- Strengthening licensing regimes to filter out high-risk people (though we have concerns at the reference to mental health issues – see paragraph 3)
• Improving the tools available to the Police to enable them to function better as a regulator
• Introducing an advisory group
• Enabling more robust and transparent information-sharing and cost-recovery regimes and more...

YOUR FEEDBACK SOUGHT- PART 2

In 2018, the Minister announced a large scale review of the health and disability system to identify changes that could improve the performance, structure, and fairness of the sector. The Review Panel has now released its interim report which has no recommendations.

For more information about the Review click here.

Previously....
In the Health and Disability System Review Survey - Part One, we asked you to rate 32 questions and their importance to you, our profession and the health of all New Zealanders. Thank you to everyone who responded.

Part Two - what we need now.
From your responses there were 10 questions identified as being most important. We now need more detailed information from you on what steps need to be taken to achieve the objectives / outcomes / solutions that the panel is seeking feedback on.

Your responses to these question will inform our collective feedback to the Health and Disability System Review panel and help us build a picture of the future and the steps we need to take to achieve it.

You can access the survey here.

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.

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.

Nominations close 4pm Friday 1 November 2019

Refer to the information handbook or email elections for more information.
HRC SCHOLARSHIPS NOW AVAILABLE FOR 2019 INTERNATIONAL INDIGENOUS HEALTH RESEARCH WORKSHOP

The Health Research Council of New Zealand, in partnership with the Canadian Institutes of Health Research and the National Health and Medical Research Council of Australia, is hosting a workshop in indigenous health research, being run under the umbrella of the trilateral agreement between the three agencies. This workshop, which will be held in Auckland on 2 to 4 December 2019, will focus on international indigenous health research capacity and capability building/strengthening.

To find out more and apply for a scholarship, see HRC Gateway.

Applications are now open and close on 5 November 2019 at 1pm

GOVERNMENT CREATING CROWN ENTITY TO REGULATE DRINKING WATER

Independent regulator to make drinking water safe

The Government will create a standalone Crown entity to regulate drinking water in New
Zealand.

This decision by Cabinet signals the Government’s determination that the new regulator responsible for ensuring supplies of safe, clean drinking water for all New Zealand households and communities should operate with a high level of independence.

The new regulator will:

- deliver a strengthened approach to drinking water regulation and have a clear focus on drinking water safety
- have an organisational structure that prioritises drinking water regulation
- help build and maintain public confidence in drinking water safety
- build capability among drinking water suppliers by promoting education and training
- ensure that tikanga Māori, kaitiakitanga and Te Mana o te Wai with regard to drinking water will be enabled and supported
- contribute to improved environmental outcomes for fresh water by providing central oversight and guidance for the sector’s wastewater and stormwater regulatory functions.

Cabinet papers and associated documents can be found [here](#).

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**Quote of the week**

*A thing is right when it tends to preserve the integrity, stability and beauty of the biotic community. It is wrong when it tends otherwise.*

*Aldo Leopold*

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**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 November 2019)
- Consultant Physician | New Plymouth (Closes 30 November 2019)
• **Part-Time GP Required | Mapua, Nelson (Closes 31 October 2019)**

**Classifieds**

**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.*

**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
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.

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

[Click here](http://example.com) for more information or to Register.
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.

VOLVO CARS

Volvo is NZMA’s Exclusive Vehicle Partner, offering NZMA members up to 8% discount on selected models. $500 for every car sold will be donated to NZMA to support our advocacy programme. To find your local dealer, please call 0800 4 VOLVO or visit www.volvocars.co.nz

Performance management

A resource is available on how to manage the performance of employees in a procedurally fair manner, thereby reducing the employer’s exposure to personal grievances (worst case scenario). An employee cannot be expected to overcome his or her employment problems if the employer does not tell the employee that their conduct/performance is unsatisfactory and gives that employee a chance to improve. A warning system, and sample letters are included in the resource, which is useful to employers who are embarking on a performance management process, or have noticed issues emerging with a particular employee. These flyers are available for members to download 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.