



EAST HEALTH TRUST
primary health organisation

East Health Trust
Primary Health Organisation

ANNUAL REPORT 2016

Caring for our Community

ABOUT US

East Health Trust is a primary health organisation with medical provider teams across the Howick, Pakuranga, Botany, Half Moon Bay, Beachlands, Maraetai, Clevedon and Manukau areas.

Through our general practice clinics, with 98 general practitioners and over 81 practice nurses, we provide healthcare services to over 100,000 enrolled patients.

East Health's enrolled population continues to grow.

East Health Trust PHO strives continually to deliver high quality healthcare based on core strategic initiatives, to:

- Improve health and wellbeing especially for those with the greatest health needs
- Provide a collaborative coordinated response in community health care
- Commit to continuously improve quality services
- Promote leadership and innovation
- Develop and support the primary care workforce
- Secure viability and sustainability of health initiatives

Values

- empowerment of individuals, providers and the community to improve health and wellbeing
- integrity
- fairness
- respect for the individual
- collaboration
- professionalism, skills and knowledge
- cultural diversity

Mission Statement

East Health Trust primary healthcare organisation for its enrolled and potential population and community will:

- Empower personal and community health & wellbeing by promoting quality information, facilitating innovative programmes and endorsing healthy lifestyle choices.
- Ensure the provision of quality preventative and interventional medical care.
- Enhance the skills and knowledge of personnel and providers.
- Ensure that everyone is treated with respect and dignity, their culture is valued and the principles of the Treaty of Waitangi are acknowledged.

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CHAIRMAN'S REPORT

The year ending 30 June 2016 has been a year of consolidation for East Health Trust. Successful programmes that were previously established continue to be further developed and more of our community are benefiting from participation in these programmes.

East Health Trust PHO has maintained the high standards of care for its community. There continues to be a healthy relationship and cooperation at all levels of the Trust as we continue to strive to improve the health and wellbeing of our community and provide locally based cost effective, high quality medical care.

Health Target Achievements in New Zealand

Our general practice teams have continued to work hard together to maintain the high standards which have been demonstrated in the Integrated Performance Incentive Framework (IPIF) results.

I am proud to say that all practices in East Health Trust have now either achieved or are working towards Cornerstone Accreditation. This has been a result of long dedicated hours from the general practice clinics with the assistance of staff at East Health Trust PHO.

Programme Expansion

Self-Management Education has become an integral part of the provision of healthcare to our community and empowering people to take more responsibility for managing their health.

The At Risk Individual (ARI) Programme use continues to grow. It is heartening that many of our community are benefiting from the programme. Overall the Trust has enrolled 4% of its enrolled population and are working toward the overall target of 5% next year.

Building Capacity Through Innovation

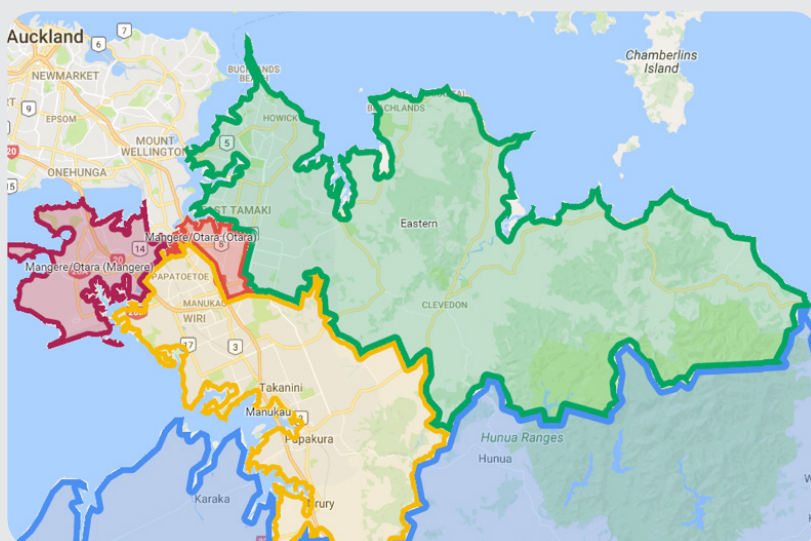
The development of innovative business intelligence to assist our general practice teams with integrated, centralised data analytics has continued. It is now starting to show benefits from the initial investment and along with a Combined Predictive Risk algorithm data analysis is assisting us to identify and manage patients who are at risk of hospital admission.

Building Strong Foundations for Better Health of our Community

East Health Trust PHO, a partner in the Counties Manukau Health District Alliance, is the lead PHO for the Eastern Locality supporting the district governance group's plans for improved integration between primary and secondary services, and more 'joined-up' planning around local health needs and local models of care. As a result East Health was chosen to be the test site for Community Central and then later the pilot site for Counties Manukau, working with the successful POAC programme that is run from East Health. The role of the Community Central service is to receive, triage and coordinate all referrals for community based services provided by Counties Manukau Health and their strategic partners, and facilitate the appropriate pathway and work force within an agreed timely response.

The Eastern Locality includes urban areas of Howick, Pakuranga, Dannemora, East Tamaki and Ormiston and extends to the rural areas of Beachlands, Maraetai, Clevedon, Kawakawa Bay and Orere Point.

Planning for the development of a community health hub on Botany Road has continued in conjunction with Counties Manukau Health.





Governance and Leadership

The Board of Trustees continues to function well contributing their skills and experiences to the effective governance of the Trust. Members of the Trust have continued to contribute their skills to various committees, programmes and organisations at Counties Manukau Health, regionally and nationally.

The Board thank and acknowledge Sheila Alexander for her tremendous commitment to East Health where she has represented practice nurses on the Board for the past 8 years. Sheila has retired as Trustee from June 2016.

The success of the Trust undoubtedly could not have been but for the dedicated and hardworking management staff. Like the Trustees, they have also developed reputations and skills that have enabled them not only to contribute to the Trust but also to Counties Manukau Health and nationally.

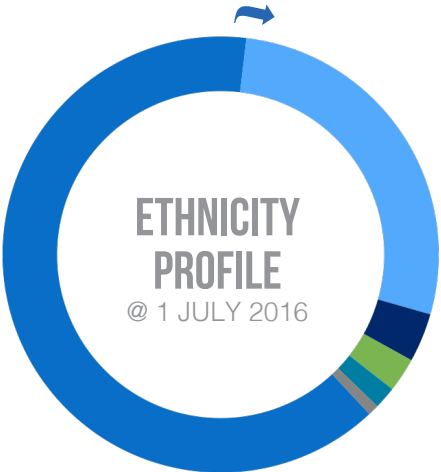
The Clinical Advisory Committee continues to set high standards towards which practices and practitioners endeavour to reach. The Community Advisory Committee continues to remind us of the needs of our community.

In the midst of information of the high percentage of our ageing workforce contemplating retirement in the years to come, I would applaud the ongoing hard work of our general practice teams. They are continuing to provide high standards of care and improvement of the health of our community. However we are aware of the need to more integrate our healthcare teams so that we are better able to manage the demands of health in the years to come.

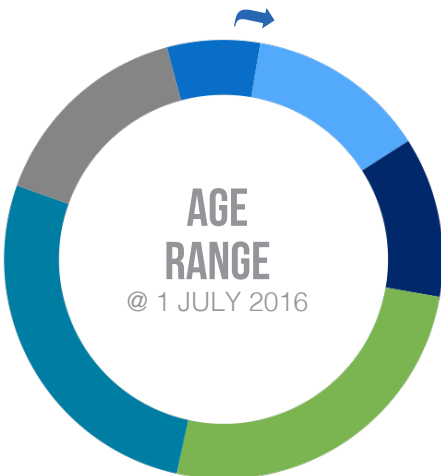
It is with great pleasure to present this 2016 Annual Report on behalf of the East Health Trust PHO Board of Trustees.

Dr Denis Lee
Chairman
East Health Trust PHO

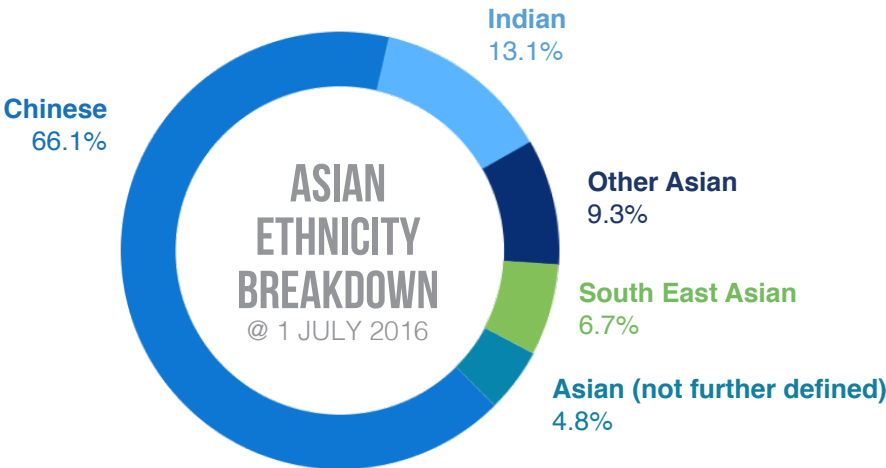
OUR PEOPLE



	PERCENTAGE BY POPULATION	SUM OF ENROL COUNT
European	64%	64,017
Asian	27.5%	27,605
Maori	3.6%	3,640
Pacific	2.5%	2,546
Other	1.6%	1,662
Not Stated	0.8%	812



	PERCENTAGE BY POPULATION	SUM OF ENROL COUNT
0 - 4 years old	6.9%	6,881
5 - 14 years old	13.2%	13,272
15 - 24 years old	11.8%	11,847
25 - 44 years old	25.7%	25,763
45 - 64 years old	27.0%	27,109
65+ years old	15.4%	15,410



CLINIC TEAMS

East Health Trust PHO has 22 general practice clinics with 98 General Practitioners and 81 Practice Nurses.

Beachlands Medical Centre

44 Wakelin Road, Beachlands

Botany Doctor Medical Practice

564 Chapel Road, Botany Downs

Botany Junction Medical Ltd

110 Michael Jones Drive, Flat Bush

Botany Terrace Medical Centre

301/F Botany Road, Golflands

Botany Town Centre Medical Practice

564 Chapel Road, Botany Downs

Clevedon Medical Centre

27 Papakura-Clevedon Road, Clevedon

Crawford Medical Centre

4 Picton Street, Howick

Eastern Family Doctors

Unit L, 17 Aviemore Drive, Highland Park

Eastside Family Doctors

98 Ti Rakau Drive, Pakuranga

Highgate Surgery

139 Millhouse Drive, Howick

Highland Park Medical Centre

14 Highland Park Drive, Highland Park

Howick House Medical Centre

43 Moore Street, Howick

Juliet Ave Surgery

59 Juliet Avenue, Howick

M.I.T Health Centre

Gate 9, S Block, South Campus, Otara Road, Otara

Marina Medical

Level 1, Compass Building, The Marina, Half Moon Bay

Millhouse Integrative Medical Centre

128 Millhouse Drive, Howick

Pakuranga Medical Centre

17 William Roberts Road, Pakuranga

Picton Surgery

2/2 Fencible Drive, Howick

Selwyn House Medical Centre

1/46 Wellington Street, Howick

Sommerville Surgery

E3 119 Meadowlands Drive, Howick

The Doctors Ti Rakau

316 Ti Rakau Drive, East Tamaki

Vincent Street Family Doctors

80A Vincent Street, Howick

73.8
FULL TIME
EQUIVALENT GP'S

1,358
PATIENT NUMBER
TO GP RATIO



GOVERNANCE & LEADERSHIP



East Health Trust PHO is governed by a team of dedicated and experienced Trustees, Chief Executive Officer and two appointed sub-committees with delegated duties and responsibilities.

Board of Trustees

Name	Provider Representative	Portfolio Held	Role
Dr Denis Lee (Chair)	Management Services Organisation: East Health Services Ltd	Operational Strategy Finance Clinical Governance Clinical Programmes Organisational Relationships	General Practitioner
Dr Brett Hyland	Principal General Practitioners	Strategy Finance Operational	General Practitioner
Dr Richard Coleman	Principal General Practitioners	Clinical Governance Clinical Programmes Finance	General Practitioner
Dr John Betteridge	Associate General Practitioners	Organisational Relationships Operational	Locum General Practitioner
Sheila Alexander	General Practice Nurses	Clinical Governance Clinical Programmes Organisational Relationships	Practice Nurse
David Bryant	Community	Community Liaison Finance	
Kitty Chiu	Asian Community	Community Liaison (Asian Population) Strategy Operational	

SUB-COMMITTEES

Clinical Advisory Committee

East Health Trust's appointed Clinical Advisory Committee provides clinical leadership, support and governance to the PHOs programmes and health practitioners involved in the care of people in the East Health area.

Name	Role
Anna Stevenson	Clinical Advisory Pharmacist, East Health Trust
Cathy Martin	Practice Operations & Quality Manager, East Health Trust
David Harrison	Nurse Leader, East Health Trust
Denis Lee	General Practitioner, Pakuranga Medical Centre
Eileen Sables	General Practitioner, Pakuranga Medical Centre
Karen McCormick	Practice Nurse, Beachlands Medical Centre
Kulvant Singh	General Practitioner, Eastside Family Doctors
Loretta Hansen	Chief Executive Officer, East Health Trust
Marcus Hawkins	General Practitioner, Botany Doctor Medical Practice
Mel Beattie	Practice Nurse, Pakuranga Medical Centre
Orna McGinn (Chair)	Clinical Director, East Health Trust
Richard Coleman	General Practitioner, Millhouse Integrative Medical Centre
Simon Russell	General Practitioner, Pakuranga Medical Centre

Community Advisory Committee

East Health Trust's Community Advisory Committee responds to and provides advice to the board on community perspective of health, planning and implementation in respect to community initiatives and provision of health services. This committee is also an opportunity for our community to bring their concerns and suggestions about community health to the Board of Trustees.

Name	Role
Chris Bolton	Disability Representative
David Bryant (Chair)	Trustee, Community Representative
Kitty Chiu	Trustee, Asian Representative
Lance Watene	Auckland Council
Loretta Hansen	Chief Executive Officer, East Health Trust
Penelope Frost	Regional Manager, Stand Children's Services

ACHIEVEMENTS & HIGHLIGHTS

Enhanced Primary Care

Two EHT PHO clinics are re-designing their general practice model to provide an improved patient experience and increased service for those patients with complex health need under the Enhanced Primary Care pilot, a collaborative with Counties Manukau Health.

This programme is trialling integrated and coordinated care structures to better support patients to self-manage their health and reduce demand on hospital based services for unplanned and low acute care. Clinics will adopt new technologies to assist their developing model.

Learnings from the pilot will inform new health care delivery models across our 22 general practice teams.

Patient Portal Health Care Online

Patient Portals are a secure and convenient online tool helping patients interact and communicate with their healthcare providers. This year a continuing focus has been to grow portal implementation across our clinics to further encourage patients and whanau to self-manage their health and engage as partners in their own health care.

8

Clinics now **provide electronic portal access** to core health information

50%

of East Health Trust patients now **have access to a portal**

16,743

enrolled patients are now accessing their own portal

Under 13's

All East Health clinics opted to take up the governments Free GP visits for U13s scheme to improve access to healthcare for this group. From 1 July 2015 this programme is nationally funded through capitation based funding by the Ministry of Health.

16

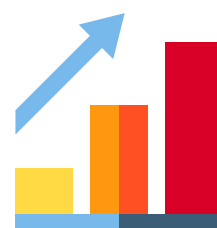
Clinics offering free visits to under 13 year olds **from 1 July 2016**

22

Clinics offering free visits to under 13 year olds **from 1 October 2016**

Data Warehouse

Quality in clinical practice is a strong focus for EHT PHO underpinned by our innovative data platform, driving better health service analysis and enhanced information for our front line clinicians. Integrated, centralised data gives us the flexibility to support proactive patient care planning and decision making for better health outcomes. Business intelligence tools help our general practice teams gain valuable data driven insights.



Data warehouse development while in its final stages, is already delivering speedier reporting to assist practitioners to better understand their patients' health needs, including:

- Support for patients with Diabetes and Cardiovascular disease
- Early detection and treatment for patients with chronic kidney disease
- Prescribing (antibiotic and other medications) reviews to reduce unnecessary medications and improve health outcomes for patients.

The project supports:

- Planning aggregate services to meet future population needs
- Identification of individuals at risk of high-impact/high-cost diseases, for pre-emptive intervention and proactive patient care planning
- Understanding performance of programmes in achieving health policy goals
- Quality improvement and feedback to individual services.

REDESIGN

Early Pregnancy Care, Reducing Unplanned Pregnancies & Newborn Enrolments

This year a new service redesign initiative was launched to:

Ensure pregnant women are engaged with maternity care providers by 12 weeks of pregnancy.

Provide advice and timely access to contraceptive care, when needed.

Ensure all newborns are enrolled with general practice within 2 weeks of birth.

83%

Newborns enrolled with an East Health GP within 2 weeks of birth

20

Tubal Ligation First Specialist Assessments (FSA) in general practice (avoiding need for hospital based assessment)

Clinician education was delivered to our GP teams and local school nurses on Long Acting Reversible Contraceptives. Localised resources developed to support antenatal and contraceptive care included new patient antenatal packs in general practice clinics and contraception information in local colleges.



Virtual Clinic

GPs now electronically refer for general physician/diabetologist advice ‘virtually’ from our Locality Senior Medical Officer (SMO) when specialist guidance is required for a patient with a medical problem. GPs can also consult with our SMO directly at their clinic.

All Eastern Locality patients on the Very High Intensity User list are reviewed by our Eastern Locality SMO in collaboration with other members of the Locality team (Nurse, Clinical Advisory Pharmacist, Mental Health and Addictions Co-ordinator, Integrated Care Coordinator and ElderCare Coordinator).

445

Virtual specialist consultations and patient reviews **by the multidisciplinary team**

Refugee Services

A new service introduced this year provides GP and nurse health interventions for people with refugee status and is a key component in the wider Counties Manukau wrap around service aimed to improve the health of refugees and support their settlement into our community.

On arrival to NZ refugees often have high health needs due to pre-migration experiences and this programme enables our general practice teams to provide tailored, culturally responsive health services for early intervention and improved access and to essential health care.



44%	Middle Eastern
18%	Other Asian
13%	Afghanistan
10%	Egyptian
10%	Other
2.5%	Other European
2.5%	South East Asian

QUALITY

Provider Education & Professional Development

Our 2016 programme delivered 32 education sessions to general practitioners, nurses and administrators aimed to maintain and grow skills related to provision of primary health care throughout the community, and included local school nurses and aged residential care nursing staff.

6

Additional Mental Health specific education delivered via South Auckland Special Interest Group (SASI) to primary & secondary care

Nursing Professional Development Programme

East Health advises and supports our practice nurses to maintain their professional development under the district-wide Professional Development and Recognition Programme (PDRP) including:

- nurse portfolio assessment
- leadership and support
- evaluation of competency for Primary Care Nursing to meet Nursing Council requirements

33

Practice Nurses participating in the PDRP Programme at June 2016

28

GP, NURSE OR
COMBINED MEDICAL
EDUCATION
SESSIONS

4

PRACTICE
ADMINISTRATION
WORKSHOPS

Health Target Performance 15/16

The Integrated Performance Incentive Framework (IPIF) is designed by primary care representatives, DHBs and the Ministry of Health to support the health system to improve health and reduce inequalities.

East Health Trust PHO provides clinical leadership, education and assistance to individual practices to develop their internal processes and implement a range of innovative supports. Examples include telephone call centre support, arranging additional service providers for cervical screening to meet patient preferences and provision of patient level data.



More Health & Diabetes Checks

Target | 90% East Health Achieved | 91.32%



Better Help for Smokers to Quit

Target | 90% East Health Achieved | 89.20%



Childhood Immunisations - 8 month olds

Target | 95% East Health Achieved | 95.71%



Childhood Immunisations - 2 year olds

Target | 95% East Health Achieved | 93.35%



Cervical Screening

Target | 80% East Health Achieved | 82.55%

Cornerstone

Aiming for Excellence and Cornerstone Accreditation

is an ongoing commitment to improvements in the quality of care provided by general practices. East Health clinics are supported through the accreditation process via our practice facilitation team, and receive accreditation fee funding from the PHO.

20

clinics
accredited

2

clinics working
towards
accreditation

Safety in Practice

Safety in Practice (SIP) is a new reflective learning and improvement approach to reduce the number of events causing avoidable harm to people from healthcare delivered in primary care.

The programme is a collaborative between the three metro Auckland DHBs based on the hugely successful project in use throughout Scotland. This programme uses a range of tools, resources and learnings to improve safety for patients.

5 CLINICS

participating in the Safety
in Practice programme

- 3 clinics improving Cervical Screening and Smear Results processes
- 1 clinic working on COPD Management
- 1 clinic streamlining blood test results handling

Optimal Prescribing Programme

Mission

To reduce drug related morbidity and mortality and improve health benefit through optimal use of medicines. (Minimum medicines for maximum benefit)

Aim

- Improve the contribution of medicines to health outcomes and quality of life for people
- Reduce medication related morbidity and mortality with a reduction in acute demand
- Improve collaboration between community pharmacists and other health providers (including GPs) to improve patient care and time efficiencies.
- Avoid unnecessary or low value expenditure

33,412

patients audited in a comparison
of cardiovascular risk to
cardiovascular prescribing

25

babies <6 months identified with
unnecessary prednisolone or salbutamol
prescribing for bronchiolitis

552

Medicines Therapy
Assessments

27

Medicines Information
Responses

12

Education sessions presented as part of
self management, practice sessions and
pharmacy peer group

Community Pharmacy

A new Community Pharmacist peer group has started with 2 monthly meetings

Immunisation Services

Clinical Vaccinator Assessment

A new role established this year supported healthcare staff, pharmacists and nurses providing immunisations to ensure they comply with their 2yearly competency requirements.

25

Vaccinator Assessments

5

Immunisation Provider Audits

Cold Chain Accreditation (CCA)

East Health's specialist CCA assessor ensures all clinics achieve and maintain their Cold Chain accreditation standard and manage any cold chain failures. Ongoing quality improvement for this service includes regional collaboration across Auckland PHOs, pharmacies and other immunisation providers, sharing expertise to further develop quality immunisation services in primary care.

7

Cold Chain failures managed to
ensure vaccine integrity

PLANNED PROACTIVE CARE

Integrated Care Coordinator

This is a unique and highly responsive service providing integrated care coordination and support designed to improve patient experience and reduce the number of acute admissions or re-admissions to hospital for high risk people. The service also supports people with an early hospital discharge to remain safely in the community. The ICC is a part of the general practice team and works as directed by the GP.

168

patients referred for additional support interventions



Physiotherapist Service

A range of interventions are delivered via this service for proactive early intervention, working one-on-one with patients to support them achieve a wide range of physical therapy goals, utilising EHTs Osteoarthritis early intervention, Otago Exercise Programme and the Joint Replacement pathway.

93

people at high risk of falling received home based strength & balance retraining on the **Otago Exercise Programme**

62

patients took part in the **Osteoarthritis Early Intervention** 7-week self management course

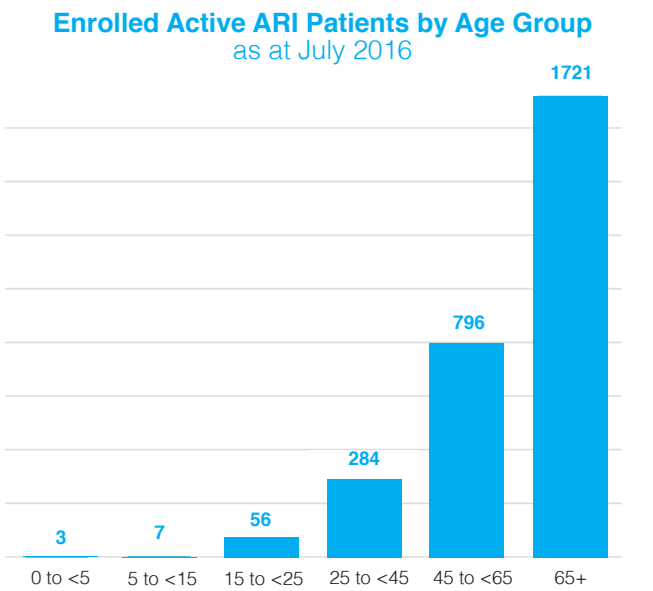
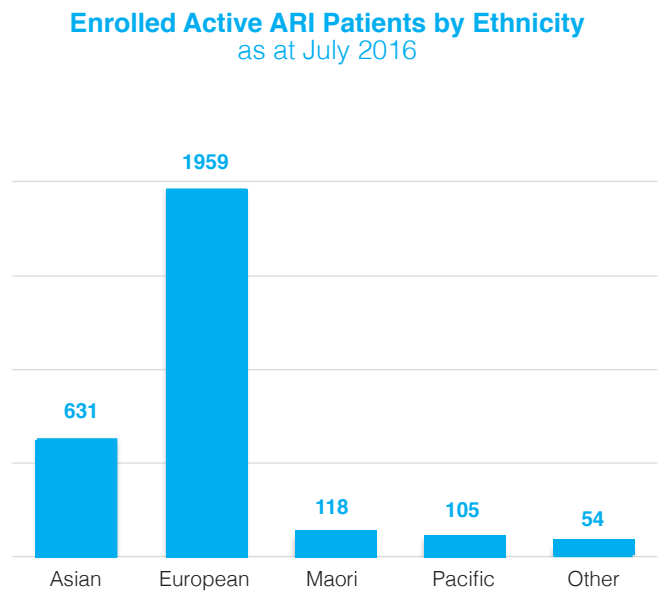
23

people supported under the **Joint Replacement Alternative Pathway** to self manage their osteoarthritis

At Risk Individual (ARI) Programme

ARI provides access to more innovative health services that are tailored to support and encourage our patients and family to self-manage their health and stay well.

Proactive care planning is a key focus for patients enrolled in ARI. Patients develop their own personalised goals and care plan, supported by their health care team with on-going assistance to achieve their priorities. Care plans are created in the e-Shared Care platform to enable core health information to be available electronically to them and their treatment providers.



- 95** Dietitian Consults
- 159** Psychology Interventions
- 47** Physiotherapy Sessions
- 12** Podiatry Consults
- 15** Health Psychology Sessions
- 14,802** Practice Based Interventions

Diabetes Care

Targeted care to improve health outcomes for people living with diabetes also assists them to improve their blood sugar control and reduce their risk of developing diabetes complications.

- 2177** diabetes patients received an annual review
- 48** of our diabetic patients commenced insulin treatment
- 586** received funded podiatry consultations
- 311** received funded dietitian advice
- 38** accessed a free health psychology session

PROGRAMMES

Mental Health & Addictions

East Health Trust PHO's Mental Health and Addiction service offers support and coordination of services for people experiencing mild to moderate mental health and/or addiction issues. Through this service we aim to reduce stigma and discrimination by promoting respect, rights and equality for people with experience of mental illness.

East Health's Mental Health and Addiction Coordinator is a skilled resource for our primary care clinics promoting continuity of care, encouraging and strengthening therapeutic relationships and assisting people to access primary mental health services within the community.

In Partnership

A key to improving access to care delivered to our patients experiencing mental health issues are the community partnerships and close working relationships we have established with:

- Counties Manukau Health's Whirinaki and Te Rawhiti Community Mental Health teams, Chronic Care Management Depression Governance Group, ARI Mental Health & Addiction workstream, Primary Care Liaison Group
- Community Alcohol and Drug Service (CADs) Asian and Mainstream
- EHT PHO Asian Health Advisory Network
- Kai Xin Xing Dong (Asian support group, NZ Mental Health Foundation)
- Altered High, Youth Drug and Alcohol Services
- Age Concern Counties Manukau
- Manukau East Council of Social Services
- Manukau Settlement Support Group
- NZ Mental Health Foundation

Alcohol Screening and Intervention

Interventions include increased opportunistic screening, increased availability of brief interventions and advice for patients whose consumption is above screening guidelines and increased referrals to alcohol counselling and treatment providers where required.

26%

of EHT population 12 years+ were screened for alcohol consumption in the past two years

20,759

people were screened on their alcohol use since July 2014

6,980 Non-drinkers
12,749 Light drinkers

232 Moderate drinkers
798 Heavy drinkers



1,039

people were given health education about alcohol use

Education

Education is a significant focus for our MH&A Coordinator role to support our clinic teams build and strengthen their capacity in identifying and responding to those people with mental health and/or addiction issues. Education delivered included:

- Promotion of substance screening tools, alcohol screening tools and other treatment providers
- Clinical supervision
- Mental health Peer Review group sessions
- Intervention and referral pathway education

2015 LAUCH of the new Credentialing Programme for Primary Health Care Nurses

East Health Trust PHO, with partners (Auckland Metro DHBs and PHOs) launched this new programme to primary care nurses across the region based on Te Ao Maramatanga New Zealand College of Mental Health Nurses.

The programme aims to enhance the competencies and confidence of registered nurses to apply skilled assessment, referral and interventions to respond to people who have mental health or substance use issues.

24

nurses credentialed to undertake primary mental health and addiction screening and brief intervention

E-Version for Alcohol and Substance Use Screening for Young People

EHT PHO has developed an electronic version of the Substances and Choices Scale (SACS). The SACS tool is designed to be administered by health professionals who are working with young people aged 13-19 years. The tool asks questions on alcohol and substance consumption and behavior and provides a focus for alcohol and other drug interventions.

163

young people were screened using the substances and choices scale

Chronic Care Management Depression

The CCM Depression Programme offers extended general practitioner or practice nurse time of up to twelve sessions over an 18 month period for the care of patients with mental health issues. These sessions are free to eligible people.



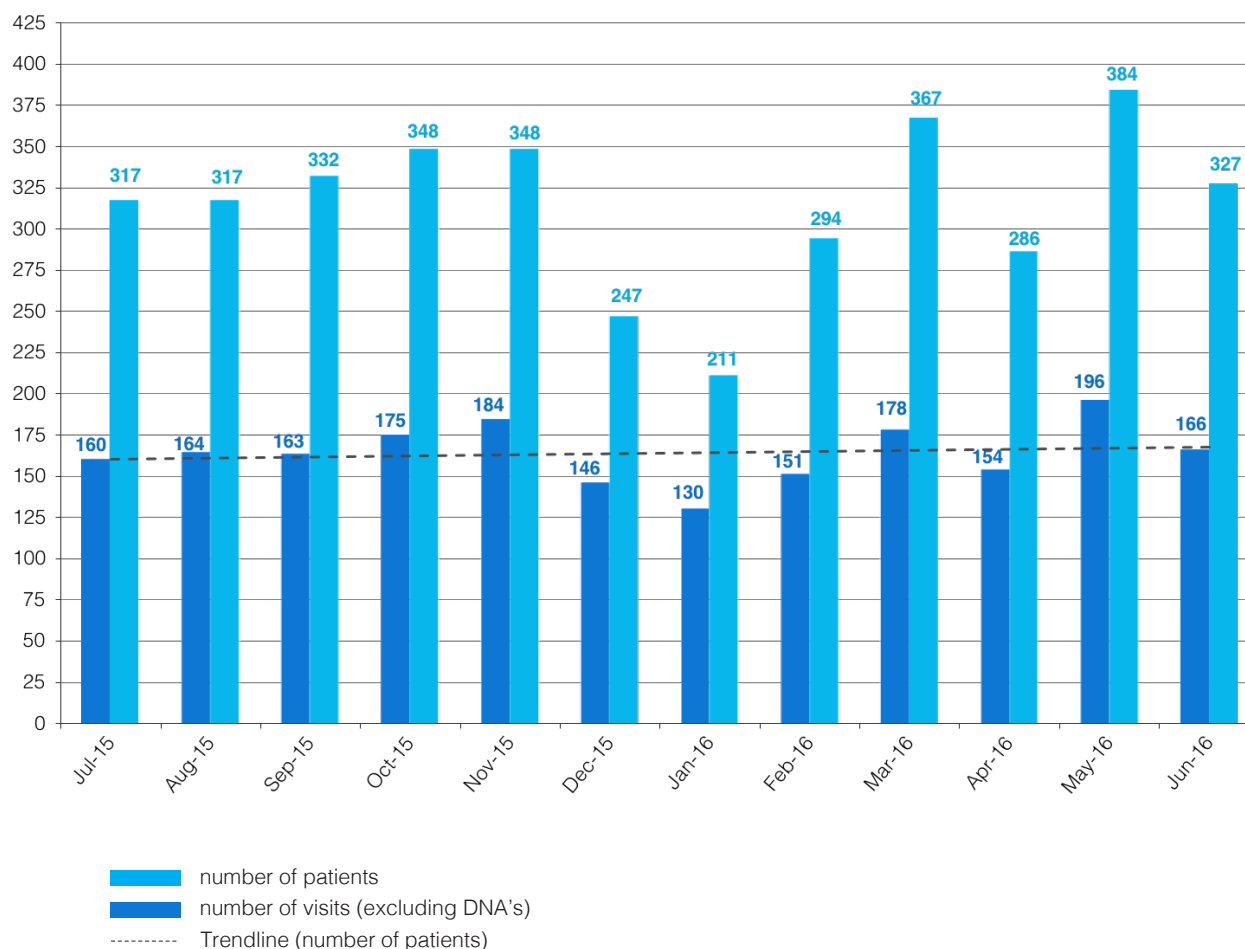
Cognitive Behaviour Therapy

Cognitive Behavioural Therapy, a successful approach of structured, specialised therapy, provides people with techniques and skills that can help reduce and control depression and lower occurrence of future episodes of depression.

East Health clinicians can refer eligible patients for up to six fully funded CBT sessions provided by accredited psychologists in the local area.



Cognitive Behavioural Therapy Sessions
as at June 2016



Health Promotion

The Health Promotion Coordinator works collaboratively across the community with health providers and other organisations to improve health outcomes and promote health awareness.

Community Partnerships

Improving health outcomes for our population is supported through EHT PHOs community partnerships developed to work together to support a healthy and thriving community. Relationships with local networks include:

- Counties Manukau Asian Mental Health and Addictions Forum
- South Asian Sub-group
- Ormiston Community Network
- Howick and Pakuranga Networks

EHT PHOs Health Promotion Coordinator is a member of Howick Local Board's Ethnic Affairs Consultative Committee who represent our area's diverse ethnic communities.

Goal for a Smokefree Population by 2025

Smoking continues to make a significant contribution to disparities in health outcomes. Nationally tobacco kills about 5000 people annually and is our greatest preventable cause of death and illness.

Achieving a Smokefree Counties Manukau by 2025 is one of Counties Manukau Health's major population health priorities. East Health Trust PHO supports key initiatives to provide better help for smokers to quit:

Smoking Cessation advice and support

Clinics are supported to record, offer brief advice and encourage every smoker to use cessation support (a combination of behavioural support and stop-smoking medicine).

'Motivational Telephone Interviewing' and cessation referral pathway education continues to be delivered to our clinic teams to further develop their call centre staff capabilities.

Smoking Cessation Group Based Treatment Programme

7 week group based smoking cessation treatment programme at East Health Trust to assist people to quit smoking. This programme is delivered by East Health's smoking support facilitators, who this year achieved the NZQA Level 3 Smoking Cessation qualification.

EHT PHO is also an active partner with the Counties Manukau Smoke Free Services Network.

Mindfulness

The 8 week Mindfulness Based Stress Reduction programme has proved to be very popular with East Health Trust enrolled patients. A short video has been developed to reduce anxiety prior to people attending the programme.

The Health Promoter has presented Mindfulness to Counties Manukau Nurses annual forum, Howick College in-service teacher training session, Counties Manukau DHB's Te Rawhiti carer's support group, Botany Junction Medical and Millhouse Integrative Medical practice.



Watch the Video Here <http://video214.com/play/IApyJlyo7gAmZBLiEZ5F0Q/s/dark>

OPTIMAL CARE

Assisting clinic teams in the care of their older patients

EMPOWERING

Enabling people to retain their health, independence and lifestyle for as long as possible

STAYING WELL

Interventions supporting reduced hospital and residential aged care admissions

ElderCare service is targeted to people over 75 years, Maori 65 years and over, and those who have age related relevant health and/or disability issues. All people aged 65 years and over, and their families may also seek information from ElderCare on health and disability related issues.



- Advice and support with navigation of community and secondary services and referral processes
- Home visiting - assisting clinics to assess patients at-home situation and understand any underlying issues that may be preventing optimal health
- Pre and post hospital planning assistance, including medication reviews and access to Needs Assessment Services
- Access to a range of physiotherapy interventions to improve strength and function, and reduce falls
- ElderCare also supports the Age Concern Handyman Fieldworker Service in Counties Manukau assisting older people with their household tasks.



	PERCENTAGE BY POPULATION	SUM OF ENROL COUNT
European	77.8%	11,983
Chinese	14.5%	2,232
Other Asian	2.5%	379
Maori	1.0%	164
Pacific	1.0%	167
Indian	1.7%	261
Other	1.5%	224

In Partnership

Integration of services for older people across primary, secondary and community services is supported through ElderCare’s close working relationships established with:

- Adult Rehabilitation and Health for Older People Service
- Community Geriatric Service
- Home Health Care
- Koropiko - Mental Health Services for Older People
- Age Concern
- Positive Ageing Network

Ongoing contact helps strengthen relationships and builds collaboration and trust amongst service providers, including:

- Alzheimer's
- Stroke Foundation
- Community Alcohol & Drug Service (CADs)

The ElderCare Coordinator is also a member of the Age Concern Elder Abuse and Neglect Advisory.

Key areas of work have been assisting with the localisation of the Auckland Regional Pathways for falls prevention and continence services, initial work with ACC and CMHealth falls initiative and membership on the Palliative Care Clinical Working Group for the CMHealth review of palliative care services.

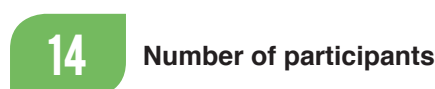
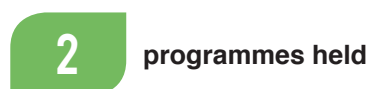
Improving People's Health through Self Management Education

East Health Trust's funded self-management (SME) education programme supports people with the tools to develop their skills, knowledge and increase their confidence to manage their health better and stay well. These local sessions are delivered by trained leaders.



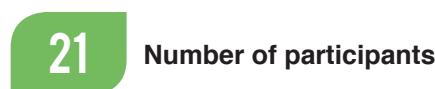
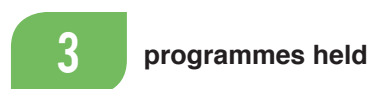
Regional Diabetes Self Management Education

A programme designed to help people living with diabetes to maintain improved glycaemic control and lifestyle modification to reduce complications.



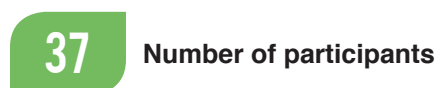
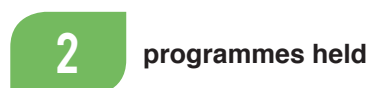
Stanford Generic Self Management Education

For people with a long term condition this programme is designed to help them manage their symptoms and introduce healthy behaviours for greater independence and quality of life.



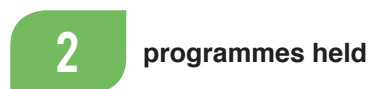
Weight Self Management Education

Nutrition, eating behavior, physical activity and goal setting programme for people with a body mass index (BMI) of 30 and over.



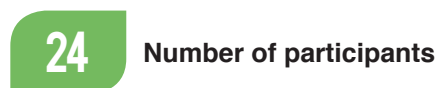
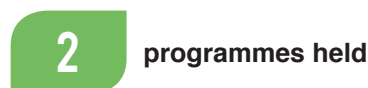
Pain Self Management Education

Tools and support to improve health outcomes in people living with chronic pain.



Healthy Eating Active Lifestyles

A holistic programme of health information, mental health and wellbeing, and physical activity for people wanting to maintain or improve their own health and wellbeing.



Smoking Cessation Group Based Treatment

Group based programme for people wanting to quit smoking provides treatment, including nicotine replacement therapy (NRT), and support for a successful quit outcome.

3

programmes held

18

Number of participants

Mindfulness Based Stress Reduction

MBSR uses a range of mindfulness practices to teach people experiencing stress, anxiety and those not coping as well as they would like to skillfully respond rather than react. Participants may also gain benefits in mood, immune function and cardio-vascular health.

9

programmes held

166

Number of participants

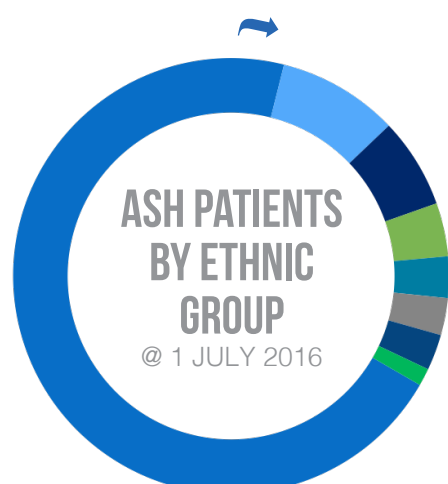


SERVICES TO INCREASE ACCESS

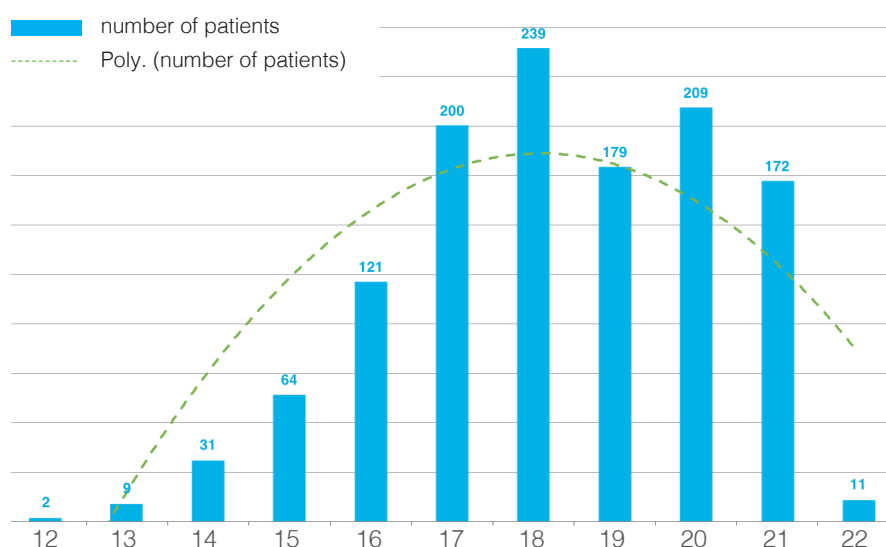
Adolescent Sexual Health (ASH)

The ASH programme provides three free sexual health visits for any person under the age of 22 years old when attending any East Health Trust PHO clinic.

Adolescent Sexual Health Summary	Number of Patients	% of Visits
Number of patients with 1 visit	999	81%
Number of patients with 2 visits	214	17%
Number of patients with 3 visits	24	2%

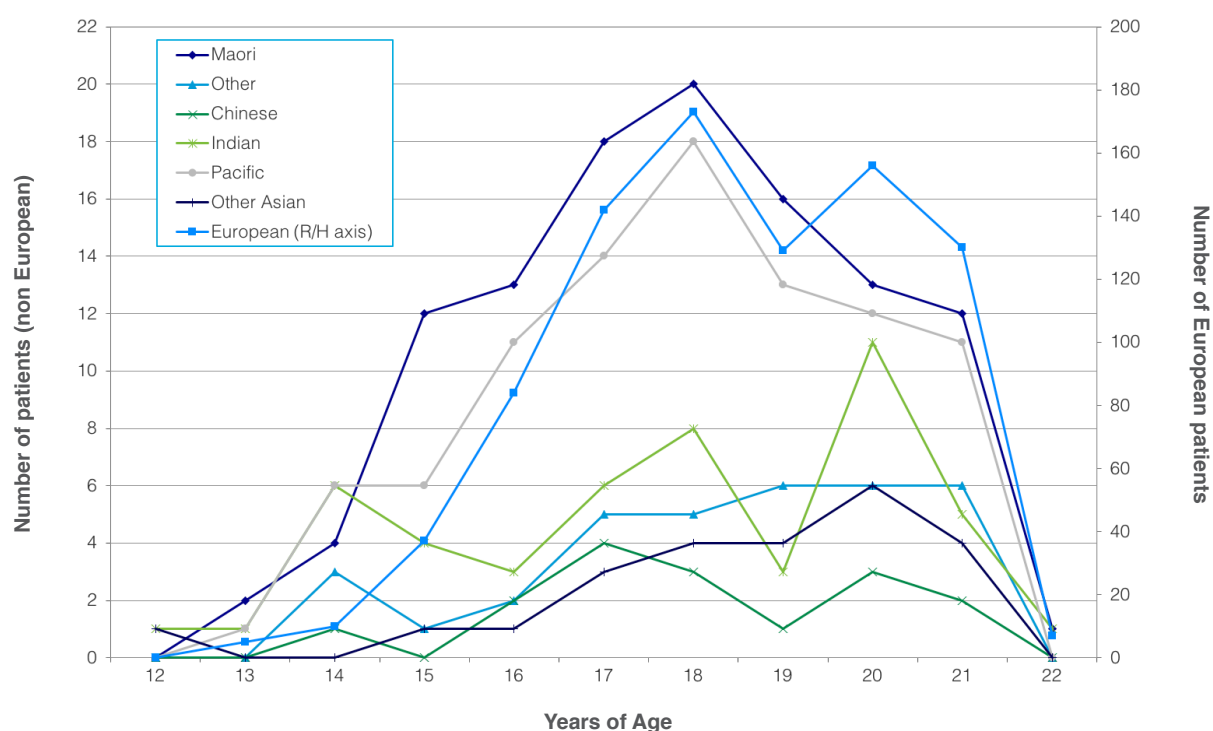


ASH patients by Age
2015/16



	PERCENTAGE BY POPULATION	SUM OF ENROL COUNT
European	70.0%	873
Maori	9.0%	111
Pacific	7.0%	83
Indian	4.0%	49
Not stated/blank	3.0%	38
Other	3.0%	34
Other Asian	3.0%	33
Chinese	1.0%	16

Ethnicity & Age of ASH Patients at Time of Visit 2015/16



The Adolescent Sexual Health template and database allows us to capture the reasons for a sexual health visit and provides a basis for further review and evaluation of the programme.

Adolescent Sexual Health Reason For Visit	Number of Patients
Cervical Screening + full sexual health assessment	173
Contraception (under 20 years of age)	557
Emergency Contraceptive Pill	17
Emergency Contraceptive Pill Follow Up Visit	21
Other	2
Sexual Health Advice	719
Sexually Transmitted Infection Screen	344
Treatment of Sexually Transmitted Infections*	75
Unprotected Sexual Intercourse	13
Total Funded Visits	1921

* Treatment of Sexually Transmitted Infections	Percentage of Patients
Treatment of Chlamydia	76%
Treatment of Gonorrhoea	9%
Treatment of Other Sexually Transmitted Infections	15%

FINANCIAL SUMMARY

Statement of Comprehensive Revenue and Expenses for the year to 30 June 2016.

Revenue

Revenue from Non-Exchange Transactions	2016	2015 (Restated)
Provider Funding	\$14,996,615	\$13,656,434
Management and Administration	\$673,066	\$642,213
Health Projects	\$5,201,223	\$4,771,286
Revenue from Exchange Transactions	2016	2015 (Restated)
Other Income	\$300	\$8,075
Total Revenue	\$20,871,204	\$19,078,008

Less Expenses

Provider Funding	\$14,996,188	\$13,658,296
Management and Administration	\$586,893	\$526,615
Health Projects	\$4,858,195	\$4,007,676
Expenses	\$237,109	\$265,276
Total Expenses	\$20,678,385	\$18,457,863

Operating Surplus	\$192,819	\$620,145
Finance Income	\$98,729	\$89,761
Share of Profit of Associates	\$66,863	\$58,365
Total Comprehensive Revenue & Expenses for the year	\$358,411	\$768,271

Statement of Changes in Net Assets/Equity

	2016	2015 (Restated)
Trust Equity at the beginning of the year	\$2,729,311	\$1,961,040
Net Surplus for the year	\$358,411	\$768,271
Total Comprehensive Revenue & Expenses for the Year	\$358,411	\$768,271
Trust Equity at the end of the year	\$3,087,722	\$2,729,311

Statement of Financial Position

Current Assets	2016	2015 (Restated)
Cash and Cash Equivalents	\$351,851	\$388,214
Short Term Deposits	\$2,622,025	\$2,009,512
Trade & Other Receivables from Non-Exchange Transactions	\$341,919	\$934,515
Total Non-Current Assets		
Investment in Associates	\$389,762	\$330,421
Total Assets	\$3,705,557	\$3,662,662

Current Liabilities	2016	2015 (Restated)
Trade & Other Receivables from Non-Exchange Transactions	\$612,335	\$868,367
Accruals	\$5,500	\$2,000
Eastern Locality Partnership	-	\$62,984
Total Liabilities	\$617,835	\$933,351
Net Assets	\$3,087,722	\$2,729,311

For a more detailed breakdown of our financial statements please go to:
easthealth.co.nz > About > Publications > Annual Report 2016

East Health Trust PHO financial statements are prepared in accordance with New Zealand law and audited by RSM Hayes Audit NZ.

