

# On the move



## Mobile Health Group Newsletter - September 2024

Kia ora koutou,

I have been fortunate to have a few weeks off recently, which gave me the chance to reflect on our journey and look ahead to the future.

In early July, we hosted our first inaugural Awards Dinner to recognise and celebrate our long-serving staff. Our team is a crucial part of our 'secret sauce,' and it's truly remarkable that within such a small team we have six staff members with over 10 years of service and another six with over 20 years. Their dedication and motivation to provide fresh ideas are a testament to the strength of our team.

Our long-standing relationships with suppliers and partners, such as the team at Forestaire in Rotorua, are also vital to our success. It was a rare and special moment to see all our vehicles together in Rotorua earlier this year.

I am also inspired by stories like that of Judy Nelson from Clutha Health First in Balclutha in this newsletter. Her commitment, along with that of many others at host sites and Health New Zealand, ensures the smooth operation of our services.

Thank you all for your hard work and dedication. Your contributions are vital in ensuring the safe and efficient running of our services. While the road ahead may sometimes be uncertain, we can be confident that our services will continue to grow, providing the



essential care that our communities rely on.

I hope you enjoy this newsletter, and please encourage the next generation of rural health professionals to apply for the [Mobile Health Hauora Taiwhenua Rural Health Scholarships](#), which will close soon.

Ngā mihi,

**Mark Eager, Chief Executive**

**Mobile Health Group**



**Mobile Health Group**

## Rural Health Scholarships - closing soon

Applications for the **Mobile Health Group | Hauora Taiwhenua Scholarships** are closing soon, on September 30th! These scholarships provide \$5,000 in financial support to four rural students to pursue their health studies. By incentivising and supporting young individuals from rural areas to pursue careers in healthcare, we aim to help build and cultivate a sustainable solution to the longstanding issue of healthcare workforce deficits in rural communities, encouraging them to pursue their studies and return to their communities as qualified healthcare professionals.

The closing date for applications is **30 September 2024 at 5pm**. Apply and see the eligibility criteria [here](#).

Apply now



Hauora Taiwhenua Rural Health Network

MOBILE HEALTH GROUP

# Rural New Zealand Health Scholarships

Applications for 2024 **NOW OPEN**

**FOUR \$5,000 RURAL HEALTH SCHOLARSHIPS**

*Applications now open* to Secondary school students entering first year of tertiary study.

MORE INFO PLEASE! **CLICK HERE**

## Pétanque for prostate cancer

'Blue September' is Prostate Cancer Awareness Month, and Mobile Health Group will be taking part to raise vital funds for Prostate Cancer Foundation NZ who support Kiwi men and their families living with prostate cancer.

Our team will be taking part in **Pétanque for Prostate Cancer** on **Friday 27th September** at the Mobile Health Group head office in Christchurch from 2.30pm - 4.00pm.

We have set up a fundraising page and encourage you all to support our charity event for a deserving cause: [mobilehealth.co.nz/blueseptember](https://mobilehealth.co.nz/blueseptember)

Read the news article [here](#).



DO SOMETHING **BLUE** TO HELP A MATE THROUGH

**BLUE SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH**

We're fundraising for a great cause by supporting Blue September. Head to: [mobilehealth.co.nz/blueseptember](https://mobilehealth.co.nz/blueseptember) to donate, or text 'Blue' to 2449 to donate \$3 today!

mobile imaging

## Prostate cancer webinar

We are teaming up with the Prostate Cancer Foundation to run a webinar on [Prostate Cancer: Early detection and patient services in NZ](#).

Prostate cancer is New Zealand's most diagnosed cancer and people in rural communities suffer disproportionately poorer outcomes from the disease.

Our guest presenters are Wellington consultant urologist Mr Jim Duthie and chief executive of the Prostate Cancer Foundation NZ, Mr Peter Dickens. They will cover the latest research and guidelines on screening and early detection and explore the diagnostic and treatment pathways, in addition to outlining services available in the community for men and their whānau.

This webinar will be of particular use to rural GPs, nurses, physiotherapists and allied healthcare providers.

**Monday 30th September 7pm - 8pm**

[Register now](#)

YOU'RE INVITED TO A  
**ZOOM WEBINAR**

Prostate Cancer  
Foundation NZ

**PROSTATE CANCER**  
EARLY DETECTION AND PATIENT SERVICES IN  
AOTEAROA NEW ZEALAND

**MONDAY 30 SEPTEMBER,  
7PM - 8PM**

**MR JIM DUTHIE**  
Consultant Urologist, Precision  
Surgery, Wellington

**MR PETER DICKENS**  
CEO, Prostate Cancer  
Foundation NZ

September is Prostate Cancer Awareness Month.

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This webinar will be of particular use to rural GPs and Nurses, Physiotherapists and Allied Healthcare providers.

**REGISTRATIONS REQUIRED**  
Use the link:  
<https://tinyurl.com/BLUESEPT>

health  
hub

## Mobile Imaging

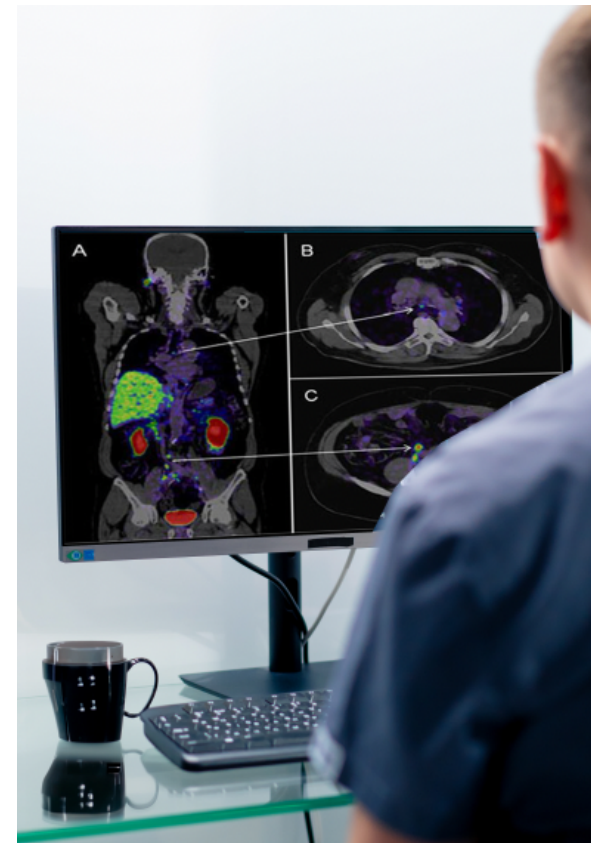
## Specialist Imaging for prostate cancer

Prostate cancer patients who visit the Mobile Imaging unit are scanned using a specific radioactive tracer called PSMA (prostate-specific membrane antigen). This tracer binds to proteins on prostate cancer cells, precisely detecting cancerous areas and revealing their location during the PET-CT scan, aiding in prostate cancer identification.

The initial staging of prostate cancer is essential for determining the most suitable treatment plan. After undergoing a scan, many patients have their treatment plans adjusted based on the clinical team's review of the PET-CT scan results. Better imaging leads to better outcomes.

Prostate Cancer Foundation NZ chief executive Peter Dickens said about 42,000 men in New Zealand were living with a prostate cancer diagnosis, and another 4000 a year joined them. "Geographical disparities in New Zealand healthcare have long prevented timely diagnosis and treatment. The launch of Mobile Imaging is a game changer — ensuring that no matter where you live, you can access vital diagnostic services."

More information on our mobile PET-CT service is available [here](#).



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## Palmerston North and Lower Hutt joins our regular circuit

**Palmerston North:** Mobile Imaging recently added Crest Hospital in Palmerston North to our regular circuit. We began scanning our first patients in August performing mainly PSMA PET-CT scans for prostate cancer staging. A big thank you to the team at Crest Hospital for their warm welcome! Read the article [here](#).

**Lower Hutt:** From October, our service will regularly visit the Hutt Valley Health Hub in Lower Hutt. "The location will be very accessible for patients living north of Wellington and will dovetail in well with other established sites such as Palmerston North," Richard MacDonald, logistics manager says.



**Referrals:** We are accepting referrals for FDG and Gallium 68-PSMA PET-CT from self-funded patients or people with health insurance. "We are actively working with Health New Zealand to extend these services through public funding, providing accessibility for all. Hopefully we will have positive news soon," Andrew Panckhurst, commercial manager says.

Our team is here to help with the pre-approval process and can outline the cost patients can expect. 0800 001 185  
[booking@mobileimaging.co.nz](mailto:booking@mobileimaging.co.nz)

For Mobile Imaging news and schedule updates, stay in the loop [here](#).



*Pictured above: Lyn Horgan, chief executive, Crest Hospital and Andrew Panckhurst, commercial manager, Mobile Health Group, stand outside the mobile PET-CT unit parked at the hospital.*



# Mobile Surgical

## Annual staff clinical summit: A week of learning and connection

Each week on the mobile surgical unit a clinical nurse leader and an anaesthetic is responsible for the safe clinical operation of the unit. But with five different teams working on the unit during our five-week circuit around New Zealand its important that once a year, our clinical team comes together to collaborate together.

The team recently enjoyed a productive week in Christchurch filled with workshops, training, case studies and discussions related to safety protocols, process enhancements, and other aspects of the clinical environment. They also listened to engaging presentations on 'Paediatric considerations for PACU nurses', 'Theatre/PACU nurse educator at Wellington hospital', cyber security, and principles of patient care presented by our cultural advisor.

The week was more than just workshops, presentations and notetaking, the staff returned to their roles with a renewed sense of purpose, knowledge and enthusiasm to continue providing a high level of exceptional and quality health care to our patients.



*Pictured above: The clinical team pose for a photo on the deck outside Russley Golf Club and Function Centre in Christchurch.*

## Seeking experienced clinical nurse manager

Our wonderful clinical nurse manager Liz Grant is leaving her full time role in the New Year. Liz's dedication and leadership have been invaluable to our team, and her commitment to patient care and staff development has left a lasting impact on our organisation. We're pleased to hear that she will continue to work for us in a smaller capacity onboard the surgical unit.

We are now seeking a new **Clinical Nurse Manager** who shares our passion for excellence in healthcare and can continue to lead our team with the same level of commitment and compassion. The clinical nurse manager is responsible for leading a safe, efficient and patient-focussed



day surgery service that brings the operating theatre to the doorstep of 25 rural communities.

[View the job description and apply](#)

## 22 years of partnership achieves exceptional healthcare in Balclutha

Strong partnerships create a supportive network that prioritises patient wellbeing, ensuring comprehensive, co-ordinated and high quality healthcare services. When healthcare providers, patients, whānau/families and communities work together, they can address health challenges more comprehensively. **Clutha Health First** in Balclutha is a good example of working together to achieve the best health outcomes. This rural site has been integral to our journey since the inception of Mobile Surgical in 2002. Read the full story [here](#).

*Pictured right: Judy Nelson, outpatients/medical records/mobile surgical services co-ordinator, Clutha Health First, stands outside the Mobile Surgical Unit - Te Waka Hauora.*





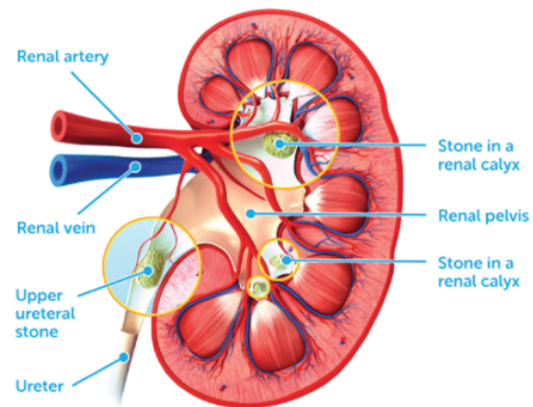


## Mobile Medical

## What are kidney stones?

Kidney stones are a solid mass of tiny crystals that form when there is a decrease in urine volume, making the urine more concentrated or when the urine contains too much of certain substances. These substances can create small crystals that adhere to each other and form kidney stones.

In the majority of cases, the precise cause of a person's kidney stones remains unknown. Some of the general factors that can increase the risk of developing kidney stones include not drinking enough fluid, becoming dehydrated, urinary tract infections, whānau/family history of kidney stones and mineral imbalances in your tinana/body. Some of the things you can do to prevent kidney stones include staying adequately hydrated and eating foods that are low in salt.



## Treating kidney stones

There are a few different options to treat kidney stones, but this depends on the type of kidney stone and treatment is determined by a urologist.

A **ureteroscopy** procedure uses a ureter scope (a tiny light source and camera inserted into the urethra to the bladder) that can be manoeuvred up the ureter to locate the stone and carefully removed by a urologist.

If the stone is large, a **Percutaneous Nephrolithotomy** may be required. This is a procedure where a small incision is made in the patient's back to get direct access to the kidney, allowing removal of the stone.

**Extra Corporeal Shock Wave Lithotripsy** is a less invasive procedure and is provided onboard our mobile unit. The stone is targeted using x-ray or ultrasound and then the shockwave is focussed onto this point which breaks the stone up. A lithotripter machine sends a focussed shock wave through the body to break up the stone into tiny pieces that will later pass in urine.





## My Health Hub

### **In-person education: Elevating healthcare standards and patient care**

We are passionate about upskilling health professionals who have limited access to training due to living and working in remote locations. In April, 16 nurses from Ngāti Porou Oranga attended a two-day Acute Nursing Assessment and Management course at Te Puia Springs Hospital. These nurses work along the East Cape often in remote locations. My Health Hub has been partnering with Dr Kiri Bird, medical director, to provide a programme of mātauranga for their clinical staff.

Our in-person Rural Emergency Skills Training also came to Hokianga Health to provide a stimulating skills-based CME/CPD day. Rural doctors and nurses spent a rainy Saturday at the Whare Mātauranga at the hospital in Rawene and thoroughly enjoyed refreshing their knowledge



on handling various ED emergencies, as well as practising IV techniques, airway management and respiratory distress. Quality time was spent honing their skills and getting pointers and advice from our expert tutors, in addition to being able to have team discussions on improving practice and scenario planning.

Christine Dorsey, Hokianga Health Hospital services manager, who attended the day, said: "Being based rurally we don't get many opportunities to attend training elsewhere and often it proves difficult to attend events in the cities, so to have the team to visit us here, where we can connect and work as a team to improve our practice is an incredibly valuable learning experience."

*Pictured top: Acute Nursing Assessment and Management course held at Te Puia Springs Hospital.*

*Pictured middle: Jared practising finger thoracostomy to relieve tension pneumothorax at the Rural Emergency Skills Training course held at Hokianga Health.*

*Pictured bottom: Wei practising airway management techniques at the Rural Emergency Skills Training course held at Hokianga Health.*



## Health education team spotlight

At My Health Hub, crafting engaging and informative content that resonates with audiences fosters learning and growth. Our education co-ordinator, Pauline Proud, is our facilitator who assists speakers to present on a wide range of health topics, ensuring they are comfortable onscreen, using the technology and equipment to present well, introducing speakers to the audience (large and small), and generally ensure a positive experience for both speaker and audience. Read her story [here](#).

We would like to welcome Rae Gulbransen to the rural education team, who started her role as rural online education co-ordinator in May this year. Rae has worked in primary care in Whanārei for more than 16 years. She is passionate about supporting rural health professionals to enable them to have access to the learning that they need to grow and provide the best possible service to their communities. When Rae is not working, she can be found exploring our beautiful country in her motorhome. Please join us in welcoming Rae to our team!

"Wow!!! I am in awe of our fabulous team and the wonderful work they do. Everyone I met was welcoming and generous with their knowledge, eager to share and help others," Rae said.

"What a slick operation! I observed seamless, patient-centred teamwork, with great care for patients and each other – a true example of "TEAM." I loved talking to the team and hearing their stories about how they joined Mobile Health Group."

*Pictured top: Pauline Proud, education co-ordinator.*

*Pictured bottom: Rae Gulbransen, rural online education co-ordinator, in our office studio.*



## Upcoming webinars on My Health Hub

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**QUALITATIVE RESEARCH 101**

TUESDAY 8 OCTOBER, 7PM - 8PM

REGISTER NOW



**ASSESSING & MANAGING MILD TRAUMATIC BRAIN INJURY - CONCUSSION**


WEDNESDAY 9 OCTOBER, 7PM - 8PM

REGISTER NOW



Recent webinars available to view on My Health Hub

**FOCUS ON MACULAR DEGENERATION**

  
**DR AINSLEY MORRIS**  
Senior Lecturer  
MRCOphthalmology





**SKIN CANCER UPDATE FOR PRIMARY CARE**

  
**CHELSEA LANGMAN**  
Dr Chelsea Langman, General Practitioner,  
Member of the Royal College of General Practitioners,  
London and GP, Essex





**MANAGEMENT OF HEART FAILURE**

  
**RACHEL HALL**  
Senior Lecturer / Consultant  
NHS Heart Failure & Atrial Fibrillation







## Our values and mission

As we grow, we have taken the time to capture our vision, mission and values for the company. These serve as the guiding principles that drive everything we do so that we continue to create value and make a difference. Our shared identity reflects our commitment to bringing only the best healthcare services to New Zealanders.

Our company's vision is unchanging – we strive for a future where no matter where you live, healthcare services are accessible to everyone. It's the future we need to build to sustain a healthcare system that doesn't leave anyone behind.



## Our Values Ō Mātou Whananga Pono



## Our Vision | Te Paetawhiti

We envision a future where specialised healthcare and hauora services are accessible everywhere in Aotearoa New Zealand. No matter where they live, people will be able to access the medical care they need.



### Our Patients | Ā Mātou Tūroro

We put our patients and their whānau first in everything we do. We care for each individual with dignity, kindness, and aroha, honoring their diverse cultures, beliefs, values, opinions and mana. We treat people as whānau.



### Our Community Tō Mātou Hapori

We value the communities that embrace and support us, and to give back, we offer support, and encouragement to help them achieve their goals. We care about our environment, and this motivates us to take steps to minimise harm to our precious taiao (environment).



### Ourselves | Mātou

We act with honesty, authenticity and integrity. We strive for continuous improvement, innovation, and excellence, but we do so with openness and humility. We embrace tika (right, just, fair and appropriate) and pono (honest, genuine and sincere).



### Our Team | Tō Mātou Whānau

Our team is the foundation of our success. We believe in kotahitanga and that we are stronger together, so we work collaboratively to support, empower and recognise others. We foster a flexible, positive, and whānau-like spirit in our workplace, usually celebrating our successes with kai.



## Our Mission | Tō Mātou Whāinga

We partner with health providers to deliver equitable access to high quality specialised healthcare services. Using our mobile units we seamlessly link between healthcare providers and their patients.



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Where to find us:

Mobile Health Group



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New Zealand

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