

1. Orthopaedic opportunity

The Orthopaedic Department encourages you to refer any patient who wishes to be considered for, and who you believe would benefit from, orthopaedic surgery including hip and knee replacement. Please include all appropriate information in referral letters, including recent x-rays. Patients referred for joint replacement should have a BMI of 35 or less. The service is happy to provide advice as an alternative to a face to face consultation where that is requested or is the most appropriate action.

Patients who are fit for hip or knee replacement are being operated on expeditiously with much shorter waiting times than in the past. However many patients who would benefit from, and could be offered, joint replacement are not fit for surgery due to co-morbidities. The Orthopaedic Department is unable to manage non-orthopaedic co-morbidities and your assistance in managing these so that patients are fit for operation is appreciated.

2. Ophthalmology update

Over the last five years the cataract initiative has doubled the number of funded cataract operations from 600 to 1200 per year. Cataract patients in the Waikato are now receiving a very responsive service as a result of the increased funding and other changes introduced by the service.

- A direct referral process from optometrists enabling direct access to the in-patient waiting list if recommended national criteria are met. The average waiting time for assessment is 2 months. Once waitlisted many patients are receiving their cataract operations with 2 months.
- A new national assessment tool introduced on 1 April 2008 includes assessment of daily living needs as well as clinical information. This results in more patients being offered surgery than the previous system which relied heavily on visual acuity.
- Nurse facilitation of referrals assessment ensures assessment in a timely manner and provides a resource for advice to general practitioners and optometrists.
- All patients referred by a general practitioner for cataract are given the option of seeing an optometrist to expedite their waiting time for assessment.

3. Free membership: join the Medical Library at Waikato Hospital

The Medical Library offers FREE membership to GPs.

Membership benefits include:

- access to a variety of electronic resources including Medline and Cinahl (medical and nursing research articles) and DynaMed, an evidence-based point of care tool
- books borrowing
- document (article) delivery
- literature searches
- training to use the electronic resources effectively.

If you are interested please contact the Library. Phone 07 8398880 Fax 07 8398897 Email: library@waikatodhb.govt.nz

4. Bodywise – a programme targeting childhood overweight and obesity.

A reminder about 'Bodywise', a weight management programme for overweight or obese children between the ages of 5 -12 years with the aim of improving the long term outcomes relating to weight management through a holistic family approach.

The programme includes parent education covering nutrition, physical activity and lifestyle, and increasing children's nutrition knowledge, level of involvement in physical activity and promoting greater self-esteem, through a multidisciplinary approach.

'Bodywise' is a six-week programme involving twice-weekly group sessions with parents and children. One session will focus on education and therapy, while the other involves the family participating in physical activity. Follow-up is for 15 months.

Criteria for inclusion in the programme

- Aged 5 -12 years
- Current BMI for age >95th percentiles
- Willingness to commit to the programme.
- Able to attend all aspects of the programme.

Refer to Bodywise via Referral Coordination Centre, Waikato Hospital.

5. Outreach going electronic

Outreach is moving with the times! From February 2009 it will arrive in your email inbox rather than an envelope. Your PHO or practice network will be used to get it to you, but please let me know if by any chance your copy does not arrive.

As another busy year draws to a close, thank you all for your support in 2008. I hope you have a Merry Christmas, the opportunity for some well earned rest and wish you a happy, health and successful 2009.

Clinic	Category	Waiting Time
Audiology	Children 9-32 mths	4 months
	Under 17 years	4 months
	Children's hearing aids	4 weeks
	Adult diagnostic tests	6 months
	Adult hearing aids	6 months
	Central auditory processing test	6 months
Breast Care	Urgent	3 weeks
	Semi-urgent *BCC Imaging Urgent only	3 month 2 weeks
Cardiac Surgery	Urgent	1-3 weeks
	Semi-urgent	3-6 weeks
Cardiology	Urgent	1-2 months
	Semi-urgent	2-6 months
	Routine	6 months
Colposcopy	Invasive	Within 7 days
	High grade	4 weeks
	Low grade	26 weeks
	Non cervical	26 weeks
Dental	Urgent	24 hours
	Semi-urgent	3 weeks
	Routine	3 months
Dermatology (1) Fax urgent referrals to 07 839 8670	Urgent	Within 5 days
	Semi-urgent	4 months
	Routine	6 months
Paediatric Dermatology		5 months
Dermatology Lesion Clinic	Urgent	7 days
	Semi-urgent	4 weeks
	Routine	6 months
Diabetes Consultant (2)	Urgent	1-4 weeks
	Semi-urgent	2-3 months
	Routine	Within 6 months
Diabetes Nurse Educator	Urgent	1-4 weeks
	Semi-urgent	2-3 Months
Endocrinology	Urgent	6 weeks
	Semi-urgent	6 months
	Routine	Within 6 months
Endoscopy/Colonoscopy Medical	Urgent	4-6 weeks
	Semi-Urgent	4-6 weeks
	Urgent	4-6 weeks
	Semi-urgent	12-18 months
ENT	Urgent	1-6 weeks
	Semi-urgent (children)	6 months
	Semi-urgent (adults)	6 months
Gastro-enterology	Urgent	2-4 weeks
	Semi-urgent	2-6 weeks
General Medicine	Urgent	1-2 weeks
	Semi-urgent	2-4 weeks
	Routine	2-3 months
General Surgery	Urgent	1-4 weeks
	Semi urgent	2-6 months
Gynaecology	Urgent	2 weeks
	Semi-urgent	3 months
	Routine	6 months
Haematology	Urgent	2-8 weeks
	Semi-urgent	6-4 weeks
	Routine	4-6 months
	DVT	4 months
Maxillo-facial	Urgent	Within 24 hours
	Semi-urgent	Within 3 weeks
	Routine	3 months
Neurology	Urgent	1-3 months
	Semi-urgent	5 months
	EMG urgent	1-4 months
	Routine	4-6 months
	EEG urgent routine	2-8 weeks 2-6 months
Neurosurgery	Urgent	Within 1 month
	Semi-urgent Routine	Within 6 months
Older Persons & Rehabilitation Service	Assessment & Outpatients	
	Geriatrician Clinic	1-3 weeks
	PT Clinic	1-3 weeks
	OT Clinic	1-3 weeks
	Rehabilitation Clinic	
	PT Clinic	1-3 weeks
	OT Clinic	1-3 weeks
Rehabilitation Physician Clinic	1-3 weeks	

Clinic	Category	Waiting Time	
	(Neuropsychologist)		
	Urgent	1-3 weeks	
	Semi-urgent	1-6 months	
	Routine	2 years	
Oncology and Medical	Priority 1	1-2 days	
	Priority 2	5-10 working days	
	Priority 3	35-40 working days	
	Priority 1	1-2 days	
Radiation	Priority 1	5-10 working days	
	Priority 2	20-25 working days	
	Priority 3		
Ophthalmology	Urgent	within 1 month	
	Urgent laser	1-3 weeks	
	Semi-urgent – Children	within 6 months	
	Semi-urgent – Adults	6 months	
	Semi-urgent (diabetic) Minor Operation Clinic	1 month within 6 months	
Orthopaedic	General – Urgent	1-8 weeks	
	Semi-urgent	Up to 3 months	
	Routine	Up to 6 months	
	Paediatrics – Urgent	1-6 weeks	
	Semi-urgent	Up to 4 months	
	Routine	Up to 6 months	
	Paediatric Gait Clinic CDH/DDH Assess	NB: referrals maybe initially seen by a Generalist Orthopaedic Surgeon Within 3 months 1-6 weeks	
	Urgent	1-2 months	
	Semi-urgent	3 months	
	Routine	3-6 months	
Paediatric Surgical	Urgent	2-4 weeks	
	Semi-urgent	4-6 weeks	
	Routine	8-12 weeks	
Pain clinic	Urgent	Up to 1 month	
	Semi-urgent	Up to 3 months	
	Routine	Up to 6 months	
Physiotherapy	General musculoskeletal	5 days (urgent) 6-8weeks (routine)	
	Respiratory	5 days (urgent) 4 weeks (semiurgent)	
	Rheumatology	4 weeks	
	Women's Health	5 days (urgent) 3-4 weeks (routine)	
	Continence	6 months	
	Plastics (1) Fax immediate / acute referrals to 07 839 8670	Urgent Semi-urgent Routine	Within 2 weeks 3 months 5 months
	Plastics Lesion clinic	Urgent Semi-urgent Routine	2 weeks 2 months 4 months
Renal	Urgent	1-4 weeks	
	Semi-urgent	2-4 months	
	Routine	4-6 months	
Respiratory	Urgent	1-4 weeks	
	Semi-urgent	1-2 months	
	Routine	4-6 months	
Rheumatology (3)	Urgent	1-4 weeks	
	Semi-urgent	1-2 months	
	Routine	2-4 months	
Thyroid	Urgent	6 weeks	
	Semi-urgent	6 months	
	Routine	Within 6 months	
Ultrasound	Very Urgent	1 week	
	Urgent	2 weeks	
	Priority	4 weeks	
	Routine	3 months	
	Non-urgent	6 months	
Urology		Within 2 months	
Vascular	Urgent	1-4 weeks	
	Semi-urgent	2-4 months	
	Routine	4-6 months	
Vascular Surgery	Urgent	1-4 weeks	
	Semi-urgent	2-4 months	
	Routine	4-6 months	
Adult Mental Health Waiting Times			
Triage (face to face or phone triage)	Crisis referrals	Within 24 hours	
	Non-crisis/routine	Within 2 weeks	

1 Immediate & urgent dermatology/plastics cases must be discussed with the specialist or registrar to allow appropriate prioritisation.

2 All urgent diabetes referrals can be seen on the same day.

3 All urgent rheumatology cases should be discussed with the rheumatologist.