



## 1. Early Pregnancy Assessment Clinic (EPAC)

The EPAC service has been streamlined and from 4 May the clinic is re-located to the Women's Assessment Clinic, Level B2, Elizabeth Rothwell Building.

New referral forms have been sent to all practices. Please use these to make referrals and fax the referral to the Women's Assessment Unit (WAU) on 0800 843 521. The patient and referrer will then be notified of the appointment time and date. If for any reason an appointment cannot be provided the referrer will be notified with the reason.

Please be sure to include all the required information. You will be contacted if essential information is missing but the referral cannot be triaged until all information is available. However, the service does not want to delay access unnecessarily and does understand that some information, such as laboratory results, may not be back to the GP at the time of referral. In this case please indicate on the form which results are awaited so that investigations will not be repeated unnecessarily when the patient is seen at EPAC. Following attendance at the clinic you will be notified of the outcome and any follow-up necessary.

Extra copies of the referral form are available from Waikato DHB Printshop by faxing 07 858 0922 with the name of the leaflet and your delivery name and address. Please ask for the order to be charged to Cost Code 1967.

## 2. Good news for cataract patients

The Ophthalmology Service encourages you to refer patients for cataract surgery.

A national cataract assessment tool was introduced in 2008 which prioritises patients using a points scoring system, based on results from individual quality of life questionnaires as well as clinical information. The points threshold for accessing the cataract surgery waiting list has recently been significantly reduced, meaning more patients will be eligible for surgery. Once on the waiting list, most patients are waiting less than three months for their operation.

Optometrists are able to refer patients directly onto the waiting list. To avoid delays it is recommended that you refer patients with cataracts to an optometrist first. There will be the normal charge for patients to see an optometrist so they still have the option of being referred directly to Waikato Hospital ophthalmology clinic should they so wish.

## 3. Smokefree inpatient adult mental health services

From 31 March 2009, patients admitted to adult mental health wards in Henry Rongomau Bennett Centre will no longer be able to smoke in the facility, the hospital or associated grounds. It would be appreciated if you would draw this to the attention of patients likely to be coming to Henry Rongomau Bennett Centre.

Support for inpatients who smoke is available:

- Advice on the Smokefree Policy and coping without cigarettes.
- Nicotine Replacement Therapy (NRT) treatment to prevent nicotine withdrawal symptoms including nicotine patches, gum, lozenges and inhalers will be prescribed for all patients.
- Quit Cards will be supplied for subsidised NRT for people who want to continue to be smokefree after discharge.
- Referral to community cessation providers or self-referral to Quitline.
- Cessation providers can work with the person before and after their stay at Henry Rongomau Bennett Centre but generally do not offer visiting services for in-patients.

NB: Smoking causes induction of some liver enzymes (CYP 1A2 in particular). People on medicines (such as Clozapine and Olanzapine) metabolised by these enzymes will have increased levels of these medicines when they stop smoking. Monitoring and dosage reduction may often be required (NZ Smoking Cessation Guidelines 2007 page 50).

The current list of Waikato cessation services and what they offer can be printed from [www.waikatodhb.govt.nz/gp](http://www.waikatodhb.govt.nz/gp) under referral information. Hardcopies of this list (in pad format) are available from Waikato DHB Printshop, fax 07 858 0922, with the name of the leaflet (Waikato Quit Smoking Options) and your delivery name and address. Please ask for the order to be charged to Cost Code 1011.

## 4. Hepatitis B immunisation for babies of Hepatitis B positive mothers

A flow chart to guide management of babies born to hepatitis B positive mothers has been distributed by the district immunisation facilitator for the Immunisation Advisory Centre. For your convenience these are also available on [www.waikatodhb.govt.nz/gp](http://www.waikatodhb.govt.nz/gp) under primary care management guidelines

## 5. Welcome...

Deon Tredoux, general physician. Deon has come to Waikato having, he says, survived private practice in South Africa for 20 years. He completed undergraduate and specialist training at Stellenbosch University. He worked as part of a multi-associate private practice in Somerset West and solo for 10 years in Hermanus. He has always worked in areas with aging populations and had vast exposure to geriatric care. Other clinical interests include diabetes, preventive care for cardiovascular risk and rheumatology. Above all he says he believes in having an empathic contact with patients and strives for effective therapist/patient communication.

He is married with two children, both university students in Auckland, and enjoys outside activities such as mountain biking and nature walking.





# OUTREACH

A newsletter for general practitioners

May 2009 edition

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	2 months
	Semi-urgent	4 month
	*BCC Imaging Urgent only	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	Within 4 months
	Routine	6 months
Diabetes Consultant (2)	Urgent	1 month
	Semi-urgent	6 months
	Routine	6 months
Diabetes Nurse Educator	Urgent	1-4 weeks
	Semi-urgent	2-3 Months
Endocrinology	Urgent	6 weeks
	Semi-urgent	Within 6 months
Endoscopy/Colonoscopy Medical	Urgent	2-3 weeks
	Semi-Urgent	4-5 weeks
Surgical	Urgent	2-3 weeks
	Semi-urgent	4-6 weeks
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	1-6 weeks
	Semi-urgent	2-4 months
	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	Within 6 months
	Routine	
Older Persons & Rehabilitation Service	Assessment & Outpatients	1 week
	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
	(Neuropsychologist)	
	Urgent	1-3 weeks
Semi-urgent	1-6 months	
Routine	2 years	

Clinic	Category	Waiting Time
Oncology and Medical	Priority 1	1-2 days
	Priority 2	5-10 working days
	Priority 3	25-30 working days
Radiation	Priority 1	1-2 days
	Priority 2	5-10 working days
	Priority 3	10-15 working days
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
	<small>NB: referrals may be initially seen by a Generalist Orthopaedic Surgeon</small>	Within 3 months
	Paediatric Gait Clinic CDH/DDH Assess	1-6 weeks
Paediatric Medicine	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	Within 4 weeks
	Semi-urgent	3 months
	Routine	5 months
Plastics Lesion clinic	Urgent	2 weeks
	Semi-urgent	2 months
	Routine	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
<b>Adult Mental Health Waiting Times</b>		
Triage (face to face or phone triage)	Crisis referrals Non-crisis/routine	Within 24 hours 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

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Waikato District Health Board