

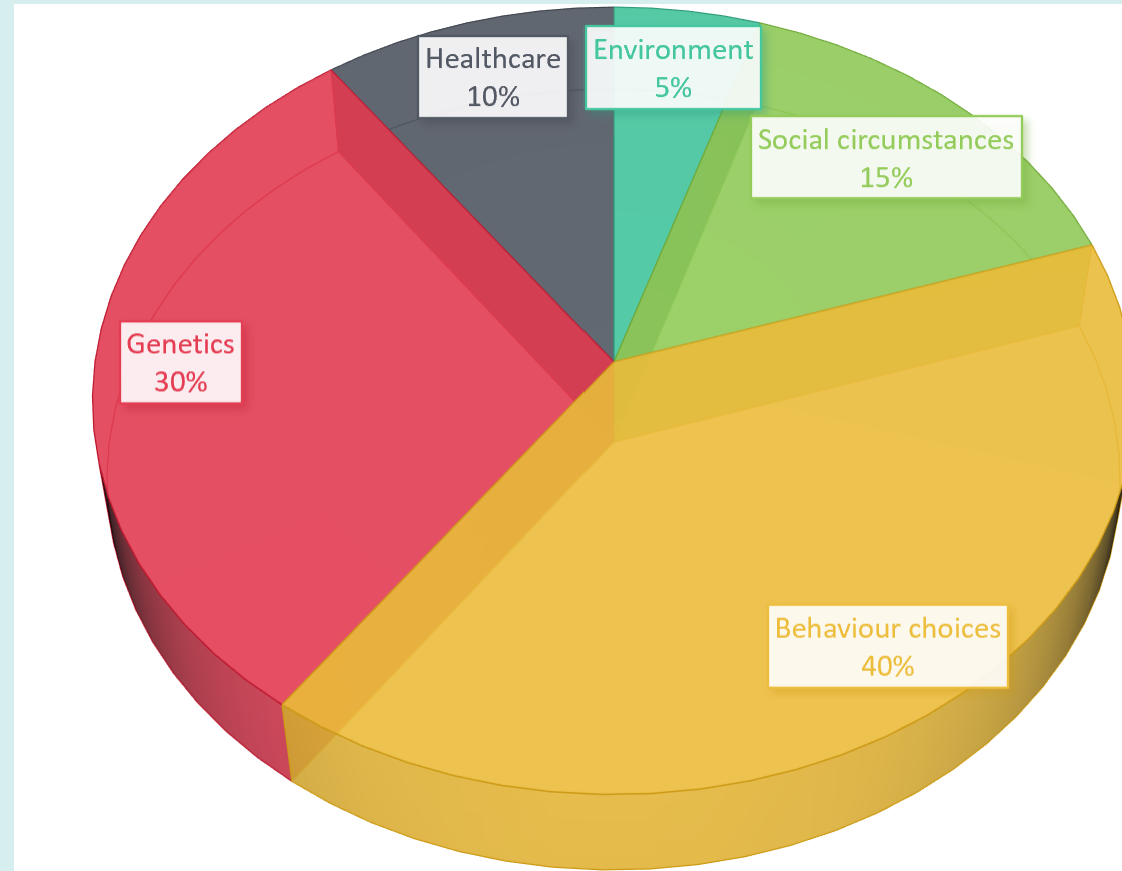
# Working smarter, not harder to improve access

## – partnering with whānau

**Dr Janine Bycroft**

GP and CEO, Health Navigator Charitable Trust

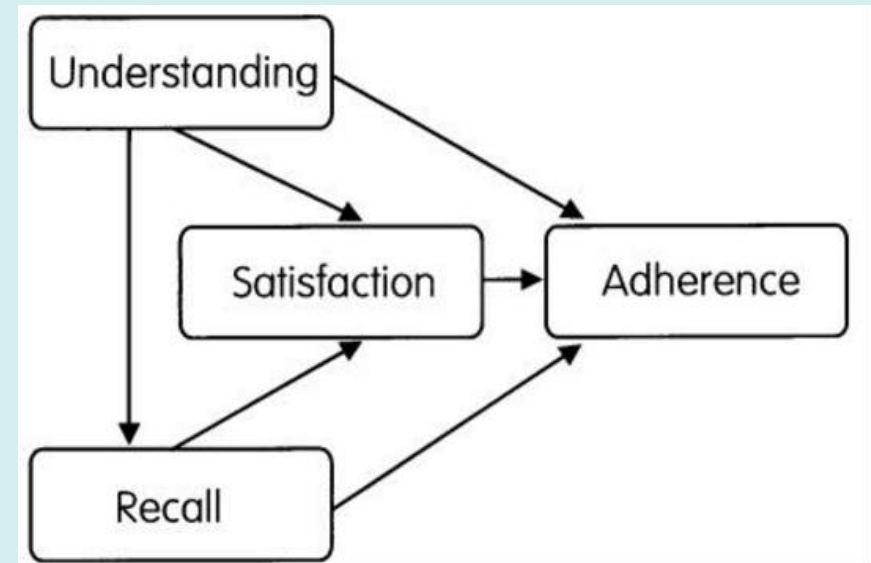
# Determinants of health



McGinnis, J. M., Williams-Russo, P., & Knickman, J. R. (2002). The case for more active policy attention to health promotion. *Health affairs*, 21(2), 78-93.

# What do we actually remember?

- 40-80% of medical information provided by healthcare practitioners is forgotten immediately.
- Volume of information, stress, anxiety, age, language all lower understanding and recall
- Almost half of the information that is remembered is incorrect.



Overview of Ley's model on the interactions between patient-related factors

We are responsible for communicating effectively to meet the needs of each person we see

**Whānau are the largest  
untapped resource in  
the health sector**

What are you doing  
to partner with our  
lived experience /  
context experts?



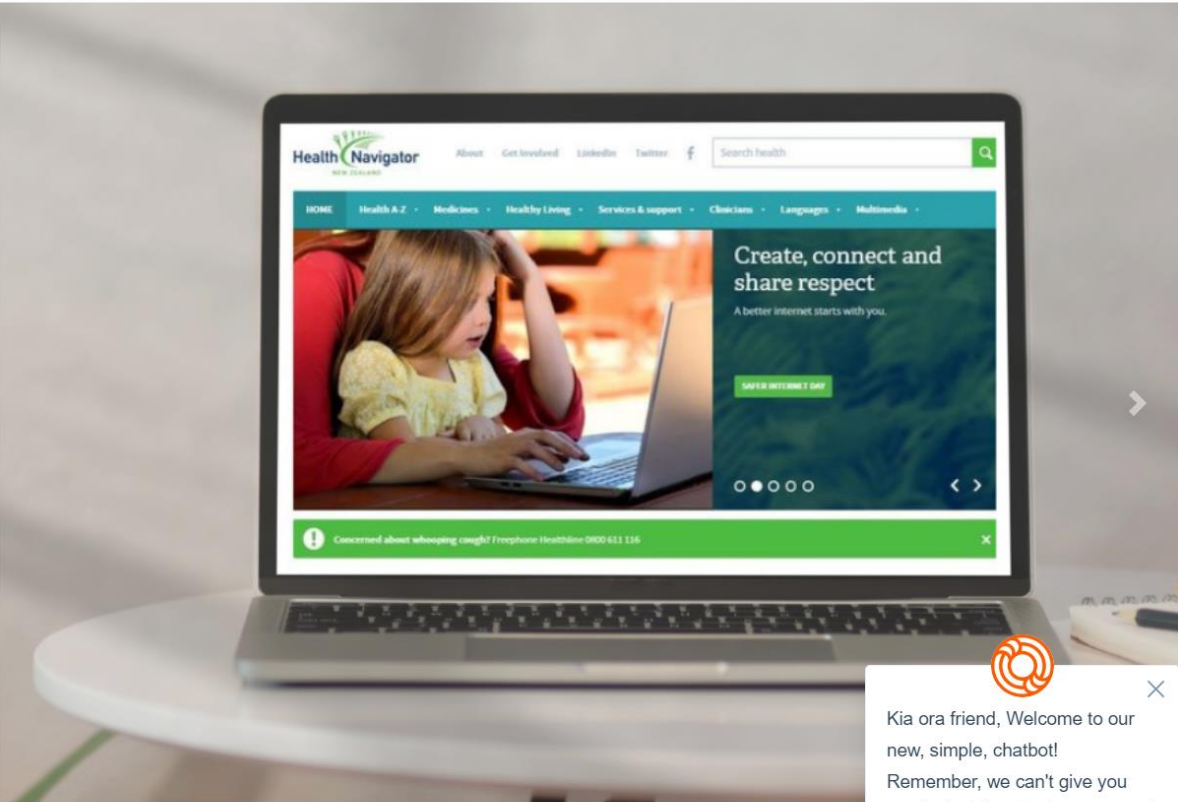
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**Low on data?** Visit [zero.govt.nz](http://zero.govt.nz), scroll down the page then click on our logo to return to our site and browse for free.



**We've had a makeover!**

Health Navigator NZ website is now Healthify He Puna Waiora.  
Learn how to get the most out of our new site.

[Learn more](#)



Kia ora friend, Welcome to our new, simple, chatbot!  
Remember, we can't give you medical advice, for that you need to call Healthline on 0800 611 116.

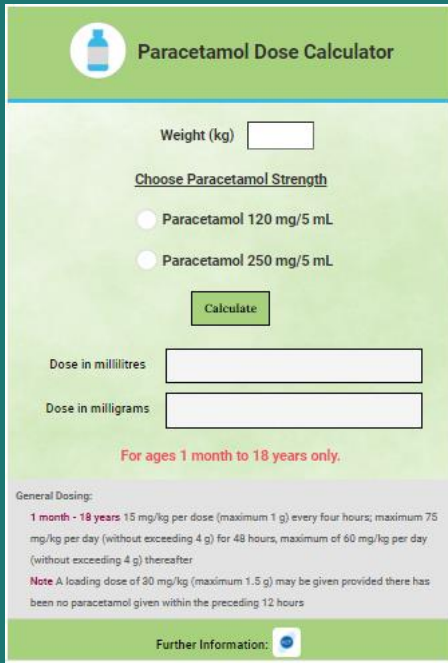
**Healthify makes health information simple for everyone in Aotearoa New Zealand.**



# Start-up routine and short codes

## Tip 1

1. Open [www.hn.org.nz](http://www.hn.org.nz) as part of your start-up routine and share content before, during and after consultations by text or portals using **short codes**



The screenshot shows the 'Paracetamol Dose Calculator' interface. It features a header with a bottle icon and the title. Below the header, there is a 'Weight (kg)' input field. A section titled 'Choose Paracetamol Strength' contains two radio button options: 'Paracetamol 120 mg/5 mL' and 'Paracetamol 250 mg/5 mL'. A 'Calculate' button is positioned below these options. At the bottom of the form, there are two input fields for 'Dose in millilitres' and 'Dose in milligrams'. A red warning message states 'For ages 1 month to 18 years only.' Below the form, there is a 'General Dosing' section with text for '1 month - 18 years' and a 'Note' about loading doses. At the very bottom, there is a 'Further Information' link with a blue icon.

Ibuprofen [www.hn.org.nz/ibuprofen](http://www.hn.org.nz/ibuprofen)

Sleep [www.hn.org.nz/sleep](http://www.hn.org.nz/sleep)

Pain [www.hn.org.nz/pain](http://www.hn.org.nz/pain)

Stress [www.hn.org.nz/stress](http://www.hn.org.nz/stress)

Kessler scale [www.hn.org.nz/kessler](http://www.hn.org.nz/kessler)

High cholesterol [www.hn.org.nz/cholesterol](http://www.hn.org.nz/cholesterol) or  
[hn.org.nz/lipids](http://hn.org.nz/lipids)

## Tip 2

Factsheets, self-care guides, videos, language resources

# Use self-care guides, factsheets and videos



### To support:

1. key messages,
2. and provide safety netting advice,
3. positive behaviour change

Cough [www.healthify.nz/cough](http://www.healthify.nz/cough)

Flu [www.healthify.nz/flu](http://www.healthify.nz/flu)

Asthma [www.healthify.nz/asthma](http://www.healthify.nz/asthma)

Headache [www.hn.org.nz/headache](http://www.hn.org.nz/headache)

[hn.org.nz/turbuhaler](http://hn.org.nz/turbuhaler)


# Medicine factsheets

Easy to understand information about commonly prescribed medicines.

Find out how to take your medicine safely and the possible side effects.

Available in different languages and are printable and downloadable.


## Opioid medicines for short-term pain



**Opioid medicines** are used for severe pain, such as after an operation or serious injury. Opioids can cause serious side effects, so should only be used short-term.







**Examples of opioid medicines include:**

- morphine
- oxycodone
- codeine
- tramadol



[www.healthify.nz/opioids](http://www.healthify.nz/opioids)

### How to take opioids

-  Opioids should only be used for the shortest amount of time, and at the lowest possible dose.
-  Follow the instructions on the label for how much to take and how often.
-  If you're also prescribed paracetamol or anti-inflammatories, you can use them with your opioid medicine. If you're unsure, ask your healthcare provider.
- As your body heals, you should take your opioid medicine less often**
-  You should generally not take opioids for longer than a week.
-  Used long term, opioids increase your chances of side effects and can be addictive.
-  If your pain isn't improving, don't take any extra doses. See your healthcare provider for advice.

### While you are taking opioids


**Opioids can make you sleepy and affect your thinking and judgement**

When taking opioids, it's recommended you:

- Don't drink alcohol.
- Don't drive a vehicle, ride a bike or operate machinery, including power tools.
- Take care with activities such as cooking.
- Don't make important personal or business decisions or sign legal papers.


**Be careful when taking the next dose**

If you're drowsy or sleepy, don't take your next dose until you're wide awake and ask your healthcare provider for advice.


 **Common and serious side effects are listed on the next page**

May 2023


### While you are taking opioids (continued)

 **Eat plenty of fibre and drink more water**


It might be hard or painful to poo (constipation). If this happens, ask your healthcare provider for a laxative, to soften your poo. Eating foods with fibre, drinking water and keeping active can help.

 **Try other ways to manage your pain**

Opioids reduce strong pain but won't take all of your pain away. Try relaxation techniques, gentle exercises and stretches.


 **Tell all your healthcare providers you're taking opioids**

Ask your doctor or pharmacist if it's safe to take any other medicines – especially those you take for pain, anxiety, sleep or depression. Opioids can affect some medicines.

 **If you're breastfeeding**

Don't take opioids if you're breastfeeding, unless advised by a specialist.

Because opioids cause drowsiness, sleeping with your baby is dangerous. Put your baby to sleep in their own bed.

 **Return any leftover opioids to your pharmacy for safe disposal**

### All medicines have some side effects

Opioid medicines can cause side effects, although not everyone gets them.

**Common side effects**


Talk to your doctor if these side effects cause you problems or don't go away:

- feeling sick (nausea) or being sick (vomiting)
- itchy skin
- constipation.

**Serious side effects**

Contact your healthcare team or Healthline on **0800 611 116** immediately if you notice these side effects and tell them you are taking opioids:

- feel very sleepy or have trouble staying awake
- have trouble breathing or are short of breath
- difficulty urinating (passing pee)
- stomach cramps or pain in the tummy area.

 **Note: Keep your opioid medicines in a safe place well out of reach of children and pets.**

Healthify is brought to you by Health Navigator



# Languages

**Paracetamol**

**O nisi o iigoa e aofa ai:**

- Panadol®
- Paracetam®
- Pacimol®

*E fa'afeoina o le 'pa-ro-Si-ta-mol'*

O lo'o fa'aogaina le Paracetamol e togafiti ai le fiva ma tigā e aofa ai le ulu tigā, ma glōi ma tigā tau i le KOVITI-19. E amata ona aogā pe tusa ma le 30 minute tatau ona uma se inumaga, ma me māsani ona amata lona aogā mai i le 4 i le 6 itula.

Afai e inu e pei ona fa'atouina, e aogā tele le Paracetamol. Peitai, e ta'ua ona 'aua nei' sili atu le inumaga nai lo le inumaga fa'atupu'oino mo aso tafasi. Afai ua tele sau inumaga – le taimi lava e tasi poo ni fa'asolaga o aso – e ono fa'atouina ai le Paracetamol iou.

**O le inumaga o le Paracetamol**

O lallā'au Paracetamol e tele ona lallā'au po'u'upu'upu po'le 'u'umi rmg.

O le inumaga māsani mo tagata o 3 po'e le lallā'au le tasi i le 4 pei ona manaoomia mo le tigā poo la fa'afaiti lava se'ia 4 itula e vasa inumaga.

Maia nei inuina pe sili atu ma le 8 i totomu o le 24 itula POO le Agram (kalamā) i le 24 itula.

Afai sa fa'amaumau pe fa' inuina inuina.

**O le ova tagofa o inu fa'alavelave**

Afai e tele sau tele fa'atouina ua i aveve telefoni fua foma'i, fa'asolofa poo:

- AUA NEI FA'ATAU i ni iuga o le ova tasi
- O iuga o le ova tagofa o inumaga o fa'amaumau tasi, sasama le po'u o le tino fa'atouina.
- E pito sili ona tele se a'afaga i tagata.

Mo nisi o fa'amatalaga e uiga i le Paracetamol

**Ibuprofen**

**Ta'u "ai-piu-pro-fen"**

O le ibuprofen o lo'o fa'aogaina e togafiti ai tigā, lalafala mūmū ma le fiva. E saogalemu le Ibuprofen mo le tootele o tagata ae e manaoomia pea ona fa'aetete i nisi o tulaga, o le fa'afaiti'aga pe fa'afai' e te maua i le toto maualuga, gasegase poo fa'alētonu o le fatu ma fatuga'o, fa'afaiti o le manava (e pei o papala poo le punatoto), ma'iseia, e 65 tausaga o le matua pe sili atu, pe taumafa tapai'a. Talanoa i luga foma'i o lo'o saunia iou tausia fa'alesoifua mālooina pe talafetai le ibuprofen mo'oe.

**Inu le ibuprofen fa'atasi ma le vai ma tausami se meaai**

Tausami fa'atasi se meaai ma lau fuā'au e 'alofia ai le manava tigā (indigestion) poo le totō'ava.

la fa'asūsū lava le tino e ala lea i le taumafa tele i le vaiinu au iou lau 'ibuprofen – e fusosonai e pupui ai ou fatuga.

**O nisi o fuā'au e ono iai i totonu le ibuprofen**

E iai foi le ibuprofen i nisi o fuā'au meatigā, tasi i le malulu (cold) ma le fulū, itg., Nurofen®, Nurofen Cold and Flu PE® ma le Maxigesic®.

Siaki ma le fa'aetete mea o lo'o fai ai fuā'au ma vai'au a'o e le'i inuina.

**Ta'u i luga foma'i o lo'o saunia iou tausia fa'alesoifua mālooina**

- Pe afai e te maua i le toto maualuga, gasegase o le fatu, ma'iseia, poo fa'afaiti o fatuga'o.
- Pe afai e le'i oia se vai i luo i tino poo e fa'asūsū.
- Pe afai o inu ni au fuā'au, poo vai laulā'au fa'alēnatura.

**O a'afaga liltata ogaoga o lo'o iai atu i le itula e sosoo ai**

**Dabigatran**

(इसे Pradaxa के नाम से भी जाना जाता है)

आपके लिए दवाइयों के बारे में हमने इसके लिए आपके दवाइयों की सूची है। Dabigatran को उदरगत रक्त के थक्के बनने और रुकना उनमें से एक है जिसे रक्त स्राव का प्रतिरोधक (अधिकांश इदर-स्टॉपर) के कारण रक्त स्राव से भी रोकता है।

**Dabigatran को भोजन और पानी के साथ लें**

एक कैल्शियम स्राव से, और एक कैल्शियम स्राव से।

अपने कैल्शियम को भोजन के साथ लेने से अलग या दूध में जलन सेवन में मददगार शिलाले है।

ममी से बनने के लिए अपने कैल्शियम स्राव स्रोतों में से। उन्हें बदलने से भी ठीक है, जब आप उदरगत रक्त से रक्त स्राव हो।

**Dabigatran की खुराकें न लेने आपके लिए रक्त का थक्का बनना खतरा बढ़ जाता है**

- यदि आप स्राव सेवन शुरू गर्नु है, और आपको ले स्राव 6 घंटे के अंदर लेनी है, जो कुछ ही स्राव न ले।
- यदि आप स्राव सेवन शुरू गर्नु है और आपनी स्राव के लिए 6 घंटे में अधिक स्राव खाकी है, जो 2 से अधिक स्राव खाकी ही है, स्राव सेवन से।
- यदि ही स्राव की भरवाई के लिए एक ही स्राव स्राव खाकी न ले।

**Dabigatran लेंने समय तक चलने वाली दवाई है**

- कैल्शियम स्राव सेवन से पहले ही अपना स्राव स्राव से।
- स्रावगीत और अस्वास्थ्य के लिए अपने एक कैल्शियम की परीक्षा स्राव सुनिश्चित करें।
- जब तक आपका उदरगत आसानी न स्राव, जब तक Dabigatran सेवन से न करें। यदि उदरगत रक्त सेवन के एक से थक्के बन स्राव है और थक्के ही स्राव ही है।

**Fo'i'akau "Rivaroxaban"**

(Tae 'iloa ko e Xarelto)

Kuo 'osi 'oatu ho'io fo'iakau "rivaroxaban" ke tokoni ke holo'i 'a e fakatutu'utāmaki 'o ha'o pā kalava. 'Oku ngāue'aki 'a e "rivaroxaban" ke te'ofi mo fatu'o 'aki 'a e fatu 'a e toto', 'o kua si mo e mahakā 'oku fakatutu 'e he 'atrial fibrillation' (ko e fehakaā) 'a e tā 'a e mafu).

**Folo 'a e "rivaroxaban" fakataha mo e 'akai mo e vai**

Folo 'a e fo'Yakau 'e TAHA 'o'a taha 'i he 'aho.

Folo ho'io fo'Yakau 'i he taimi tatau 'o e 'aho kotote pe.

'Oku sikoni 'a ho'io folo 'a e fo'Yakau fakataha mo e 'akai' he ngāue telei ai 'a e fo'Yakau.

**Fakahā ki he ni'ihī 'oku nau tokangaina ho'o mo'ui lelei**

"E ke ki'ho toketē pe tokotaha hu'iva" pe 'oku malu'lelele ke ngāue'aki ha fatu'o fo'ou pe ha fatu'o ngāue'aki me he 'akau. 'Oku 'ai 'a e ngāue fatu'o 'oku kaunga kovī he "rivaroxaban".

Fakahā kiate kinatolu kotou 'oku nau tokanga' 'a ho'io mo'ui lelei' 'oku he ngāue'aki 'a e "rivaroxaban" (eg, ko ho'io toketē, toketē nifo, tokotaha hu'iva pe tokotaha tokanga) 'o e 'a'pe'. E malava he fema'u ke ta'ofi ho'io folo 'a e "rivaroxaban" kimu'a ha tafa, ngāue nifo pea mo ha toe ngāue sivi.

Fakahā ki ho'io toketē kapau 'oku ke fetema, pē 'oku mo fetiga ke 'i ai ha pēpē pe 'oku ke kamata ke fakahuu.

**Ko e 'ikai ke ke folo 'a e "rivaroxaban" 'i hono taimi totonu' te ne fakalahi 'a e fakatutu'utāmaki 'o fatu ho toto'**

Kapau ni'ē 'i'āi ke le folo ho'io fo' 'akau' pea ke manatu'i 'i he 'aho taita, folo 'a e fo'Yakau', Kapau ko e 'aho hono hoko' 'oua ke te toe folo 'a e fo'Yakau' na'e ngāue ke folo'.

'OUA na'e ke folo fakalahi 'a e fo'Yakau ki he taimi folo 'e ua 'o kapau na'e ngāue ke folo 'a e fo'Yakau' e taha "hono taimi totonu".

**Ko e "rivaroxaban" 'e folo 'a i he taimi lōloa**

- 'Omī ho'io toki me he toketē he mo'ui 'aki mai ho'io fo'Yakau' kimu'a pea toki 'osi.
- Fakapapau' 'oku lahi fe'unga ho'io fo'Yakau' ki he ngāue'aki 'aho fakā'ouinga 'o e uike' mo e ngāue'aki mālooina.
- 'Oua na' a tu'ku ho'io folo 'a e "rivaroxaban" tukutukehe kapau 'e tala'au 'e ho'io toketē ke taku. Ko e tu'ku vave hono folo' 'e malava ke hoko ai 'a e fatu 'a e toto' mo e pā kalava.

**Paxlovid**

(Fakale 'pax-low-vid')

Ko e age e Paxlovid ke he falu tagata ke leli aki e gagao uta fano ko e COVID-19. To liga lagomatai a koe ke malolo vave moe nakai uta kehe fale gagao.

Ko e va e vai ke tulu aki e gagao uta fano nei te taute aki e Paxlovid. Ka inu au'oa, to hifo ki lalo e numela he gagao uta fano nei i loto ia koe. Mitani ni e Paxlovid kaeke ke inu to hoko 5 e tau aho he mōsa e koe e gagao COVID-19 ti ko e tau ekekeko ka fili'i kua lata mo koe e vai nei poke nakai lata.

**Ko e inu he Paxlovid: Inu 3 e aho katau ke inu ai**

Tau mogo pōpōpō eti Inu 2 e sega'i lānu kalakala MOE 1 e sega'i va'a

Tau mogo pōpōpō eti Inu 2 e sega'i lānu kalakala MOE 1 e sega'i va'a

**Talage ke he mataku leveki malolo tino haau e tau vai tulu gagao uti ne fae inu e koe**

Ha fai vai tulu gagao ne nakai iou mo Paxlovid ki kaeke ke inu fakalahi to liga fai kehea lahi ke tupu mai ai.

- Talage ke he ekekeko haau poke tagata gahu he fale ne mōsa mai e tau vai tulu gagao kaeke kua fa inu e koe poke kamata lala ke inu e tau vai tulu gagao, moe tau vai ne mōsa ake e tahi fakatai moe tau vai fakatau, moe tau vai lauke (tuga e St. John's Wort).
- Nakai inu ha vai tulu gagao fouu kae nakai talage ke he mataku leveki malolo tino haau ke tala atu ia koe to mitaki nakai e Paxlovid ke inu fakalahi moe falu vai laka malolo tino kehe.

**E fakalahi 'e he "rivaroxaban" 'a e fakatutu'utāmaki 'o e fāno ho toto' pe he taitina 'i he 0800 611 116 kapau te ke fakatokanga' 'a e ngāue me' ko 'eni'**

- kua pe melomelo 'a e tu'ouki, pe u'ufu'i 'a e tu'umamoa
- takataka'ali
- toto' e u'ufu'i
- tala pea ha 'u' ai 'a e toto pe me' a lānu melomelo
- lānga lāhi e u'ufu'i
- fāno 'a e toto' hili ha lāva pe tō.

**Ko e "rivaroxaban" 'e folo 'a i he taimi lōloa**

'Omī ho'io toki me he toketē he mo'ui 'aki mai ho'io fo'Yakau' kimu'a pea toki 'osi.

Fakapapau' 'oku lahi fe'unga ho'io fo'Yakau' ki he ngāue'aki 'aho fakā'ouinga 'o e uike' mo e ngāue'aki mālooina.

'Oua na' a tu'ku ho'io folo 'a e "rivaroxaban" tukutukehe kapau 'e tala'au 'e ho'io toketē ke taku. Ko e tu'ku vave hono folo' 'e malava ke hoko ai 'a e fatu 'a e toto' mo e pā kalava.

**Molnupiravir**

(Fakapele mo'ui laka'au)

Molnupiravir 适用子感染 COVID-19 病毒的某些患者, 可以帮助患者迅速康复和免于接受住院治疗。

如果在出现 COVID-19 疾病症状后的 5 天内服用, Molnupiravir 可以降低患者体内的病毒量。您的医生将决定您是否需要服用此药物。

**Molnupiravir 剂量: 每天两次, 每次服用4粒胶囊, 持续服用五天**

每天早晨 服用 4 粒胶囊

每天晚间 服用 4 粒胶囊

间隔 12 小时服用一次剂量, 即 4 粒胶囊 (例如, 在早晨 8 点服用 4 粒胶囊, 在晚间 8 点服用 4 粒胶囊)

**如果您漏服一剂**

如果您在正常服药时间的 10 小时内漏服一剂, 请在想起时尽快服用。

如果您的漏服时间超过 10 小时, 请跳过漏服剂量, 在下次正常服药时服用下一剂量。

请勿服用额外 Molnupiravir 剂量以期额外补偿剂量。

**将您服用的所有药物告诉您的医务人员**

在服用新药物、维生素或草药补品之前, 请告知您的医生或药剂师是否安全。某些药物会影响 Molnupiravir。

常见、罕见和严重副作用见下页

**Supply issue: Accuretic (quinapril and hydrochlorothiazide) tablets**

From August 2022, supply of Accuretic tablets (also known as quinapril and hydrochlorothiazide) will be disrupted. This medicine was found to contain small amounts of nitrosamines, an unintended by-product introduced during the manufacturing process (also called a contaminant or impurity).

**The risk to anyone taking Accuretic is low**

You should continue to take this medicine as usual until you have checked with your healthcare provider about alternative treatment options.

It's important you talk to your healthcare provider about other treatment options before your supply of Accuretic runs out.

Accuretic is used to treat high blood pressure (hypertension). Lowering blood pressure reduces your risk of heart attack and stroke.

It's important you talk to your healthcare provider about other treatment options before your supply of Accuretic runs out.

You should not have to pay any extra fees.

**What are nitrosamines?**

Nitrosamines are a group of chemicals. They are common in water and foods, including cured and grilled meats, dairy products and vegetables.

Everyone is exposed to some level of nitrosamines, however these may increase the risk of cancer if you are exposed to them above acceptable levels over long periods of time. So, it's important to talk to your healthcare provider about changing to another medicine.

**Note**

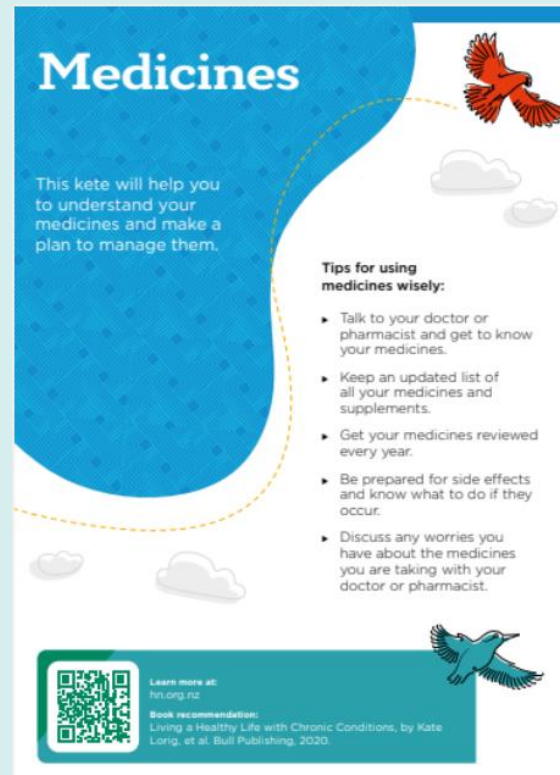
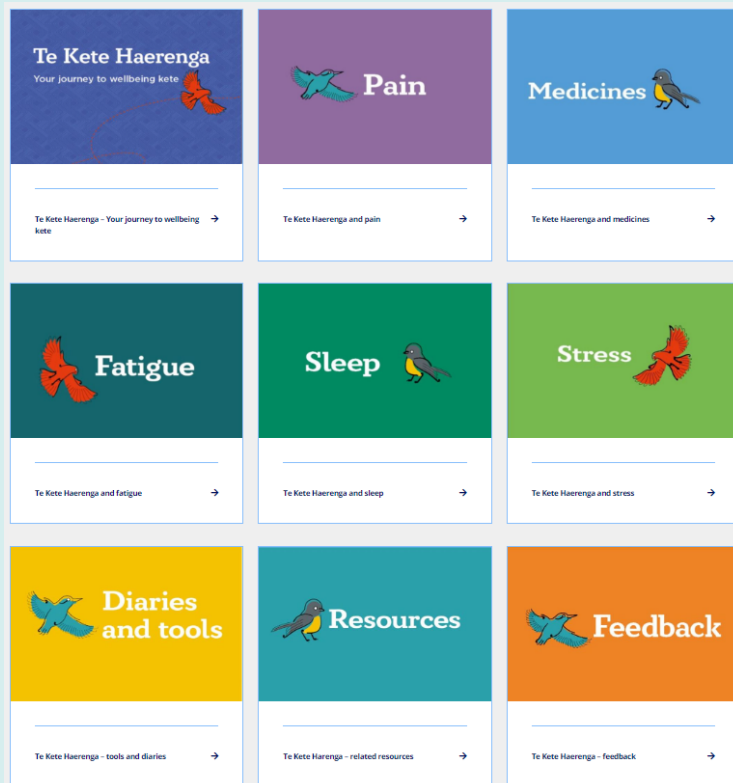
Other brands of quinapril are not affected and will still be available.

For more information about Accuretic, visit [pharmac.govt.nz/accuretic](http://pharmac.govt.nz/accuretic).

- English
- Te reo Māori
- Samoan
- Tongan
- Chinese (simplified)
- Cook Islands Māori
- Niuean

# Te Kete Haerenga – Wellness toolkit

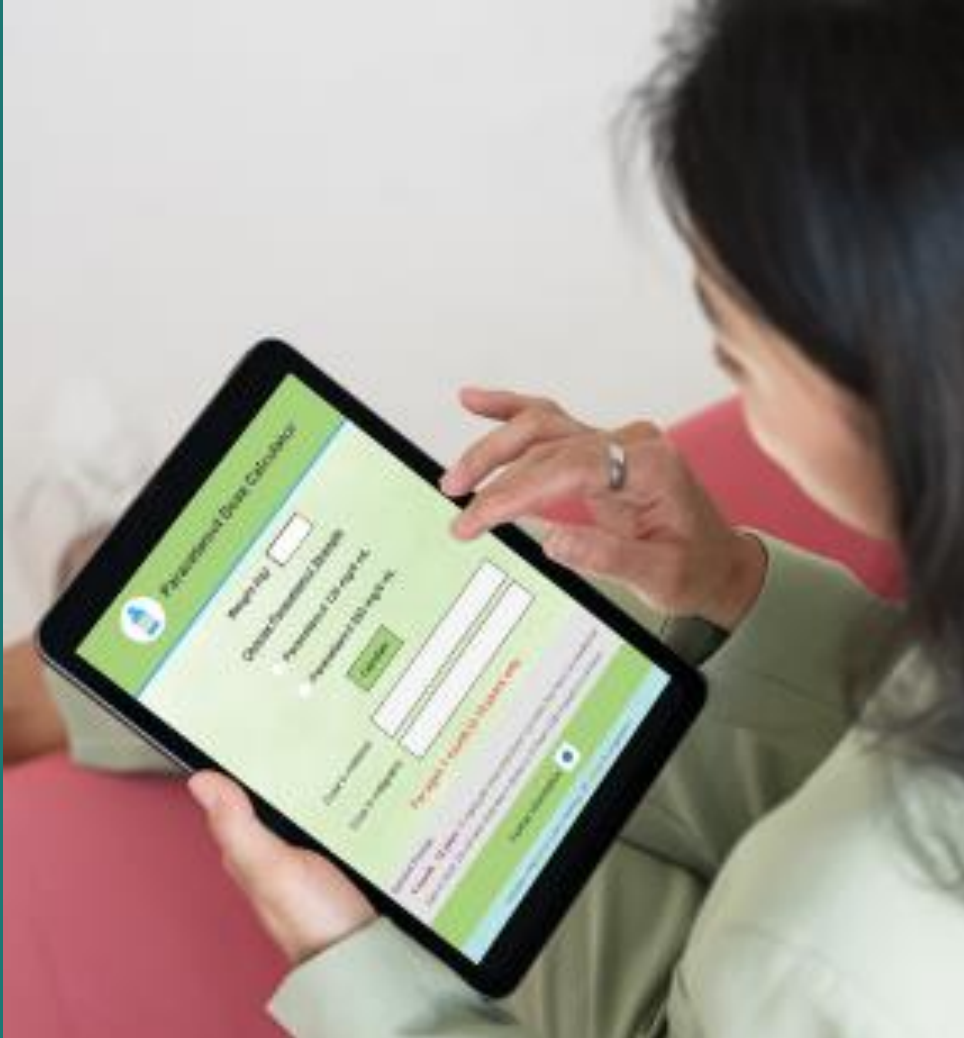
A set of self-management booklets to empower patients in their journey to wellbeing and hauora. People can explore what’s important to them, how their LTC affects their quality of life, and how whānau can best support them.



- [Te Kete Medicines – my check ups \[PDF, 90 KB\]](#)
- [Te Kete Medicines – my medicines list](#)
- [Te Kete Medicines – my medicines](#)
- [Te Kete Medicines – my progress](#)
- [Te Kete Medicines – thoughts, feelings, beliefs](#)
- [Te Kete Medicines – tips about medicine safety](#)

Tip 3:

Save time  
with  
popular  
tools



## Tools

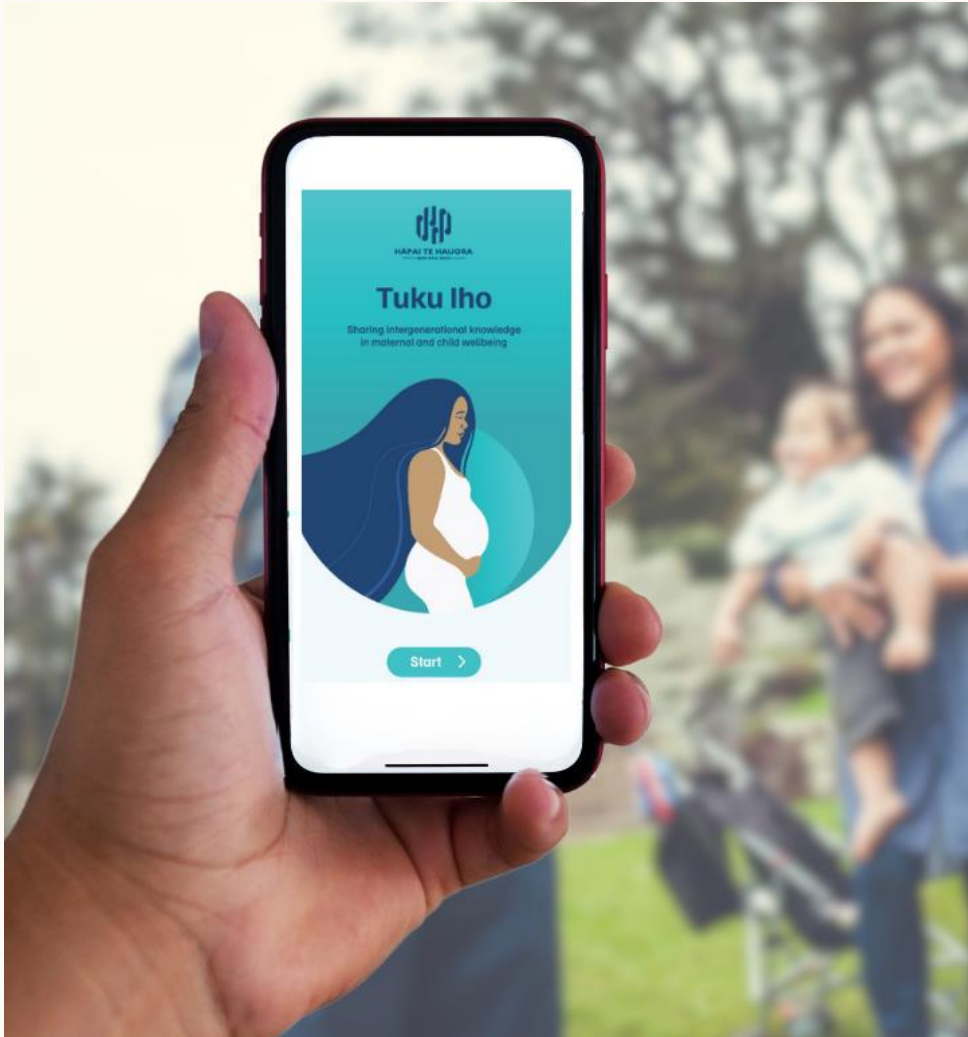
Dose calculators and other tools/resources are in high demand from both consumers and clinicians.

### Dose calculators:

- ibuprofen
- paracetamol
- pediatric antibiotic

### Tools:

- BMI calculator
- anxiety scale
- headache diary
- my medicines list  
(includes adherence questions)
- symptom diary

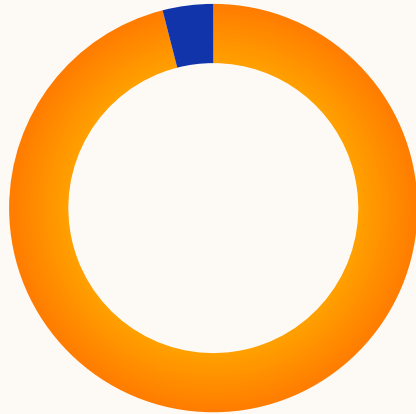


# NZ Health App Library

Funded by the Ministry of Health, the **NZ Health App Library** provides consumers and health teams with independent reviews so they can choose which ones are fit for purpose. **60+ categories, including:**

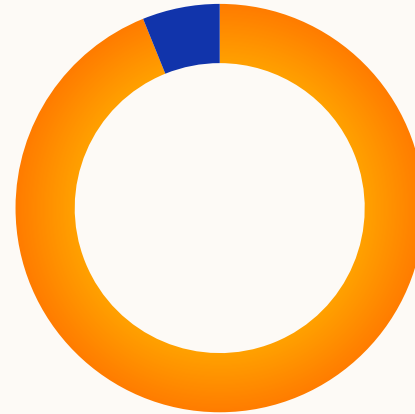
- Alcohol use
- Asthma
- Breastfeeding
- Coeliac
- COPD
- Diabetes
- Gout
- Kidney disease
- Mental health and wellbeing (apps & online programmes)
- Quit smoking

# Annual visitor survey results



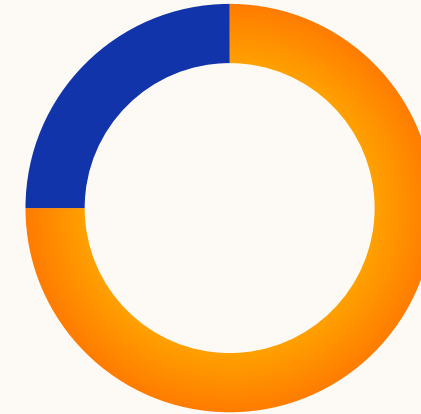
**96%**  
of Pasifika visitors  
rated our site 7  
or above

89% of Māori visitors  
88% health professionals



**92%**  
of Māori visitors  
rated trust  
in our site as  
very high / high

90% visitors overall



**75%**  
of visitors  
were inspired to  
make a change to their  
health

# User feedback

*Easy to use and understand awesome. **Very, very helpful.***

*I was very impressed with the clear and detailed information on a drug*

*I have recently been prescribed.*

*Very informative and it uses real language we can understand.*

*I love your site!  
So many diverse topics, beautiful posters and material to download and use as a tool for my patients.*

***Thank you for making the calculation easier to give meds to the kids.***

*I now understand my medicine better, including the side effects I'm experiencing.*

*Found out I can get an antibiotic for UTI at a pharmacy so saved 3 hours waiting at after-hours medical. Awesome!*

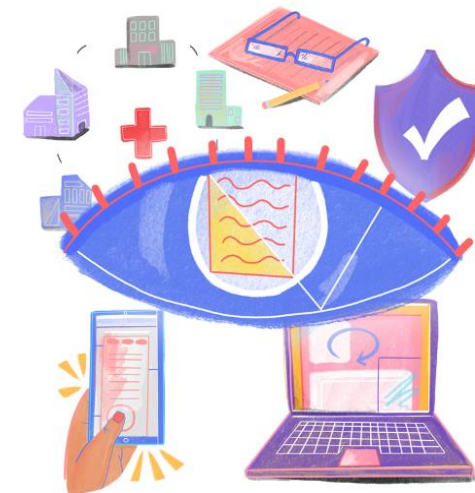
*This site is not trying to sell me their product, it is not biased information and is NZ-applicable information so I will take the advice seriously.*

***I now understand my medicine better, including the side effects I'm experiencing.***

## What is OpenNotes?

OpenNotes is the international movement advocating greater transparency in healthcare. Through research and education, we identify and disseminate best practices for sharing medical information with patients and their care partners.

OpenNotes is not software or a product. **It's a call to action.**



## OpenNotes News and Research



The Light Collective and OpenNotes submit joint



14 New York State Non-Hospital Systems Receive Grants to



Liz Salmi Advocates for Transparency in Healthcare at

# Benefits of Open Notes

Multiple surveys show patients are positive about the experience,

- report many benefits,
- understand their care plans better,3
- greater trust in their provider,13
- enhanced control in managing their health,
- including doing a better job taking their medications.15



# Resources for health providers

# Gout Guide

A website full of practical tools, resources and insights for a fresh take on gout treatment. The Gout Guide is for primary care leaders to rethink strategies and stimulate conversation about gout within their teams and with whānau Māori and Pacific communities.



**goutguide.nz**

Welcome to our dynamic Gout Guide – a must-have resource for GPs, nurses, pharmacists, health coaches and all health care teams in NZ! As leaders, we're on a shared mission to improve equitable gout outcomes.

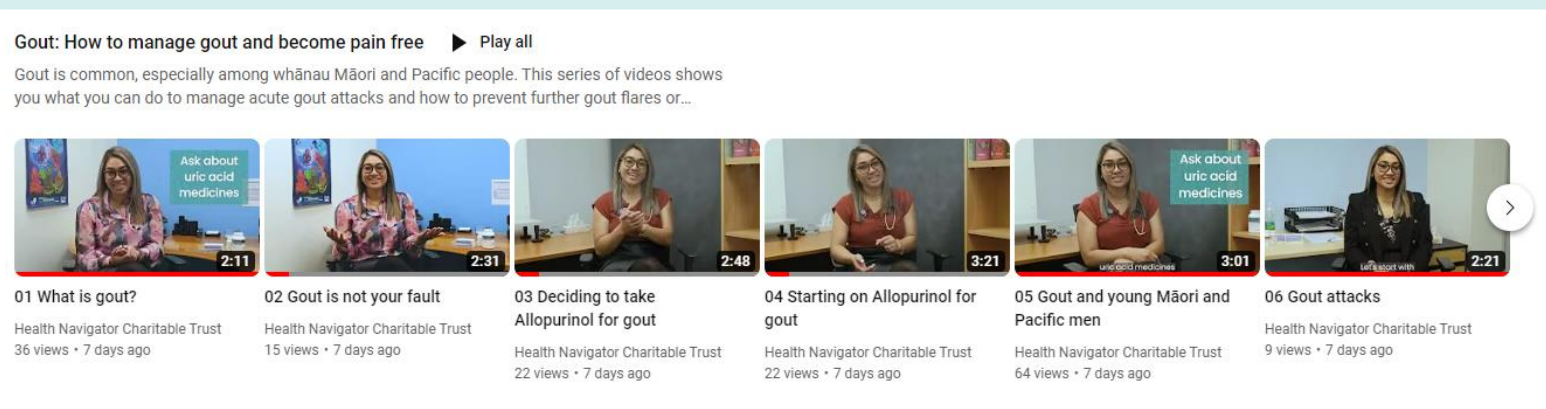
### Tools and resources

- Gout education for your team
- Building your team
- Medicines and prescribing
- Data
- Point of Care testing
- Better conversations about gout
- Care pathways
- Equity
- Patient resources
- Gout and young men
- Removing barriers
- Funding
- Partnership with pharmacists
- Involving whānau
- Raising community awareness
- Shared medical appointments
- Collaborate with other practices
- CQI activities
- Gout initiatives in NZ

healthliteracynz Health Navigator CHARITABLE TRUST NZ Te Whatu Ora Health New Zealand

**Gout: How to manage gout and become pain free** ▶ Play all

Gout is common, especially among whānau Māori and Pacific people. This series of videos shows you what you can do to manage acute gout attacks and how to prevent further gout flares or...



- 01 What is gout?**  
Health Navigator Charitable Trust  
36 views • 7 days ago
- 02 Gout is not your fault**  
Health Navigator Charitable Trust  
15 views • 7 days ago
- 03 Deciding to take Allopurinol for gout**  
Health Navigator Charitable Trust  
22 views • 7 days ago
- 04 Starting on Allopurinol for gout**  
Health Navigator Charitable Trust  
22 views • 7 days ago
- 05 Gout and young Māori and Pacific men**  
Health Navigator Charitable Trust  
64 views • 7 days ago
- 06 Gout attacks**  
Health Navigator Charitable Trust  
9 views • 7 days ago



## Gout Guide

Tools and resources to improve gout outcomes

# Self-Management Support Toolkit

A public website for health providers who are interested in self-management, care-planning, health literacy and working in partnership with their clients, patients and families.

It is a joint venture between HNCT and Health Literacy NZ. Training modules, resources and much more



# Thank you

For more information contact

**Dr Janine Bycroft**

Janine@hnct.nz  
021 869869



@healthifyhepunawaiora



@healthify\_hepunawaiora



@healthify\_nz



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