

In today's Franklin Locality Clinical Partnership column, **Geoff Smith** talks about protection from preventable illness.

In my last column we reported there were more than 700 deaths in the Auckland region last year which were entirely preventable.

That startling fact brings Jim Rohn's quote about our individual responsibility into sharp focus.

# Quick jab to prevent illness

"Influenza causes more illness each year than any other vaccine-preventable illness," noted researcher Dr Sue Huang

We humans are an odd lot. Even when we know a quick jab will likely save us from up to 10 days of winter-time misery, most still choose to do nothing.

Unless there's a remarkable

change in behaviour, more than 75 per cent of our population won't bother to protect themselves or their families from a disease that can kill.

During the 2009 influenza pandemic, 1508 people were hospitalised at a conservative estimated cost of about \$30.5 million.

Another contagious illness is whooping cough. A free vaccine is now available to all pregnant women to help protect their new born babies from this disease.

When pregnant women get vaccinated, not only are they helping protect their own health, they're helping to protect their baby too.

From January 1 this year and until the current whooping cough outbreak finishes, all pregnant women can get a free whooping cough vaccine between 28 and 38 weeks of pregnancy from their GP.

If you have any questions or concerns, contact your GP for advice and information.

In other new developments, two general practices in Franklin will be part of a pilot programme being run across the Counties Manukau Health District to improve the management of the health high risk individuals.

This will include identifying people who have a high risk of admission to hospital and work with them to make sure their care is well planned and coordinated by bringing together a best practice model of care from



Marilyn Morrison

Take care of your body. It's the only place you have to live.

— Jim Rohn

both primary care and hospital services.

A patient's needs will be assessed and smooth co-ordination of services will ensure patients are kept well and supported in the community.

The intention of this programme is to strengthen Primary Care as a patient's "home base" where services outside of the Medical Home (GP) can help in the management of care.

Marilyn Morrison represents the local community pharmacists in Franklin area and is a member of the Locality Leadership Group.

Marilyn is very much a local; having attended Pukekohe High School before going on to train as a pharmacist. Marilyn has been based in the Franklin area

most of the time since her registration.

She works in a number of local pharmacies and tutors future pharmacists at the School of Pharmacy at Auckland University and the Pharmaceutical Society of New Zealand.

She also works with the Open Polytechnic assessing trainee pharmacy technicians.

Recently Marilyn provided in-service training to staff in residential care facilities.

From Marilyn's community perspective, a pharmacist's role in health management is improved by building relationships with the various health providers. Community pharmacists often find themselves in the middle, helping patients interpret directions from both hospital and community doctors. The local community pharmacists meet regularly and liaise with pharmacists from Middlemore Hospital and work hard with their customers to ensure they are optimising the benefits of their medicines.

The Franklin Locality Clinical Partnership is a joint venture led by Counties Manukau Health and ProCARE Health Ltd encompassing a network of general practices, health services providers and the Franklin community. For more information about the Locality go to [cmdhb.org.nz](http://cmdhb.org.nz) and click on "Localities Planning". Geoff Smith is the partnership's general manager.

## Boizel Winemaker's Dinner at Bracu Restaurant

Enjoy canapés in the Simunovich Olive Estate garden to start, followed by 5 courses matched to excellent artisanal champagnes from Boizel, including a glass of 1996 Joyau Vinatge Champagne to accompany dessert.

Wednesday 27th March  
\$150 per person

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