

# Newsletter

## Waikato Clinical School

Te Kura Rata o Waikato

Newsletter

December 2013

2013 has seen a number of changes at Waikato Clinical School. The largest being the arrival of our first Year 4 cohort of 20 students. This has particularly been a challenge for our physician colleagues running a parallel programme in General and Specialty Medicine for Year 4 under the “invigorated” curriculum introduced this year into the Medical Programme – as well as teaching Specialty Medicine to Year 5 under the old curriculum. Our geriatricians have also had a double up with both 4<sup>th</sup> and 5<sup>th</sup> years – thank you to all our clinical teachers for their input over the year!

Next year, should be more settled but busy with 36 Year 4 students, 48 Year 5 students (sharing some with Rotorua and Tauranga) and the adoption of the new curriculum. The T1 year will remain on the same format but increasing to 36 students.

This year also has seen some changes to our academic staff – we have farewelled Dr Fraser Hodgson, Assoc Prof Peter Jones, Dr Wayne de Beer and Dr Veronique Gibbons. We really appreciate all their contributions to the school and wish them well in their new endeavours. We have also welcomed Lianne and Judy to the team and appreciate the way they have picked up their new roles. We also should acknowledge all the development within the DHB – the new building program is nearing its end and Waikato Hospital is now a fantastic campus to work from. Thanks to all the Senior Executive Team and staff for their support to the Clinical School throughout the year.

Finally, I would like to take this opportunity to extend my appreciation to Raewyn Wooderson for all the support and outstanding work in keeping WCS to a high standard.

Seasons greetings and all the best wishes for a very happy Christmas.

**Professor Ross Lawrenson**  
**Assistant Dean - Waikato Clinical School**

### Waikato Clinical School Office

2013 has been another eventful year with the successful completion of the transition year and new curriculum for the first 4<sup>th</sup> year undergraduate cohort at Waikato and many thanks must be made in particular to the clinical teaching staff involved with the programmes most affected with the overlap. As always, the success of the Waikato and Rotorua teaching programmes is dependent on the goodwill and efforts made by the staff involved at each site and I am personally appreciative

of the co-operation and input by all involved. Our thanks in particular must go to Irene Warren and Nic Crook at the Rotorua site for all their administrative input.



**Raewyn Wooderson, School Manager**  
**Ross Lawrenson, Assistant Dean**

We have sadly waved goodbye to Karen Davies who has moved to work closer to her home after much travelling over the previous years and welcomed Lianne Stephenson and Judy Cunningham into the fold. We have also farewelled Dr Fraser Hodgson and welcomed Dr Liza Lack as our General Practice undergraduate co-ordinators. Thanks must be made to Gillian Hunn for all her incredible support to the postgraduate staff and Ross over the past 12 months. Thank you also to Dr Kadhem Majeed for his longstanding support to TIs in psychiatry.

Trainee intern prizes this year were awarded at the end of year dinner function held for the qualifying group of students which was well attended by clinical teaching staff, students and visitors from both Rotorua and Waikato.

Awards are as listed below.

The David Clews Medical Prize for Overall Excellence and The Midlands Health Network Prize in General Practice to Martin Mikaere  
Te Pae Tata o Te Hauora Hinengaro Award in Psychiatry to Phillip Chau  
The Ellis Dick Prize in Surgery to Ritam Duggal  
The Peter Rothwell Clinical Teacher's Award shared by Dr Chris Lynch and Dr Paul Timmings

**Martin Mikaere** The David Clews Medical Prize for Overall Excellence



*Presented by Dr Eleni Nikolau with Martin Mikaere*

**Ritam Duggal** The Ellis Dick Prize in Surgery



*Presented by Ron Dick with Ritam Duggal*

**Dr Chris Lynch** The Peter Rothwell Clinical Teacher's Award (absent)

**Dr Paul Timmings** The Peter Rothwell Clinical Teacher's Award



*Dr Timmings presented by Prof. Ross Lawrenson*

We were again fortunate in receiving several awards from the Auckland University Medical Students Association and received 'Most Supportive Department MBChB V' and 'Most Supportive Clinical Team MBChB IV- Anaesthesiology Dept.' with an award also being presented to Dr Jamie Harvey for his support to the 5<sup>th</sup> year cohort over the 2013 year.

It has been a great year and I would like to take the opportunity to thank my fellow colleagues and students for their hard work and dedication. Have a Merry Christmas and very happy New Year and I look forward to the challenges with more new initiatives taking place in 2014.

**Raewyn Wooderson**  
**Manager - Waikato Clinical School**

### Skills and Simulation Centre

We have enjoyed another exciting and busy year at the Skills and Simulation Centre with loads of interesting practical courses and workshops for a wide range of health professionals and medical students.

The centre has also continued to provide facilities and course support for a number of national and international college courses. These provided excellent exposure and positive profile for the Waikato DHB and the University of Auckland. By far the most complex course this year was the three-day Vascular Trainees conference and workshop for all fifty Australasian Trainees. This course is held here every three years, rotating between Brisbane, Melbourne and Waikato. The focus of the course at Waikato is ultrasound and as well as trainees having exposure to a wide range of vascular models and simulators, we undertook some live vascular operation demonstrations in the new vascular labs which proved very beneficial. The feedback from the course was overwhelmingly positive and 'we look forward' to the next one here in 2016! Big thanks to Thodur Vasudevan for influencing the Vascular College to bring the course here and to Isabel Wright who did much of the programme planning.

Our recently installed audiovisual equipment and debriefing software has proved a very powerful new learning tool which we have used extensively. In-situ simulation sessions are now gathering momentum with sessions held recently in the Emergency Dept, ICU and Operating Theatre, with on-going sessions planned for 2014.



*Vascular trainees performing aortic aneurysm repair*

I would like to acknowledge and thank all the teaching staff for their excellent contributions and enthusiasm in helping to make the centre an on-going success and a valuable resource for all our health professionals - with special mention once again to Kevin Nation and Renee McKeany for their continued interest, innovation and extra commitment to the centre. Have a great Christmas and a well-deserved break.

**Rob Sinclair**  
**Director - Skills Centre**

### General Practice

I am new to the general practice clinical school role and firstly want to thank Fraser Hodgson for his contribution to the role in the past and for helping me to get started.

2014 is going to be an exciting year. We have a new curriculum. This year the fifth years will have more time in general practice. We are also very much looking forward to running the fourth year simulated GPOPS curriculum in the Waikato for the first time.

I am very grateful to all of the practices who have contributed to the teaching of the registrars this year and in past years and I am really looking forward to meeting most of you over the coming year.

**Martin Mikaere**    The Midlands Health Network Prize in General Practice



***Presented by Dr Fraser Hodgson with Martin Mikaere***

I realise that I have big boots to fill with Fraser's departure but I am keen to make things even bigger and better over time. If you ever have any concerns then don't hesitate to email or call me.

There is a recognition that 50% of the medical students need to be heading for a career in general practice so we have some exciting times ahead.

**Dr Liza Lack**  
**GP & Professional Teaching Fellow**

### Primary Care Research

We have supported a number of projects and proposals through the year, in the areas of exploring antenatal services (with the NZ Institute of Rural Health), Māori palliative care and health literacy (with the School of Nursing), screening for lung cancer (with the Midland Cancer Network), emergency use by palliative care patients (with the Palliative Care team and Hospice Waikato), modelling chronic disease burden and comorbidity in primary care (with Midland Health Network) and a trauma quality improvement programme (with Midland Regional Trauma Service and School of Population Health). Our support included providing advice regarding ethical and locality processes, writing proposals, advising on ethics requirements and developing or bringing together potential collaborators.

In August, Dr Veronique Gibbons, Ross's Research Fellow, who has worked with the Waikato Clinical School since early 2006, reduced her hours to half-time to take up a position with the University of Waikato's National Institute of Demographic and Economic Analysis (NIDEA) as a Research Development Manager. The end of December sees her finishing with the University of Auckland/Waikato Clinical School to take up a new half-time position with the Waikato DHB as their new Medical Education Officer.

Research remains a focus within the department. Research interests include cancer, diabetes, Maori health, heart failure, cellulitis and rural health although as you can see we have branched out to support other areas. The department continues to support and mentor post-graduate students undertaking papers with the University of Auckland.

**Ross Lawrenson &**  
**Dr Veronique Gibbons - Research Fellow**

### Nursing

The Academic Nursing department is represented in the Waikato Clinical School by Kathy Shaw and Dr Jacquie Kidd. We continue to offer several postgraduate nursing courses from the Nurse Entry to Practice (NETP) programmes for the general and mental health areas, through to a rapidly increasing number of Master of Nursing and Master of Health Science students doing dissertations, portfolios and theses.

The number of students accessing the University of Auckland post graduate programmes continues to grow each year. Furthermore working closely with the Waikato District Health Board we are continuing to develop new programmes and one of those was the first cohort of Bachelor of Nursing (Honours) students who are working on completing this programme at the end of 2014. This programme of study is aimed at those nurses who complete the NETP programme with very good grades and wish to complete PhD's in the future. They have also been identified as potential nursing leaders and are completing projects for the Waikato DHB.



**Kathy Shaw**

Kathy has been working with Dr Ann McKillop in a research study titled the evaluation of post graduate education for registered nurses. They are looking at the impact post graduate study has on the Registered Nursing workforce.

We'd like to wish all our current, past and future students a very peaceful and joyful summer. We're looking forward to seeing you all in the New Year.

**Dr Jacquie Kidd and Kathy Shaw**  
**Academic Nursing**

### **Postgraduate Studies**

It's been a great year for the PhD and MD candidates associated with the Waikato Clinical School and wider Midlands region. We hosted visits by the Dean of Graduate Studies, Associate Professor Caroline Daley, and the Associate Dean (Postgraduate) Professor Ross McCormick. Both these events were well attended. We will be running them again in 2014.

Congratulations go to Dr Deborah Harris (PhD), and Dr Jane Morgan (MD) for their successful completions.

A new award will be announced shortly for the Best Publication from a PhD and MD candidate from the Waikato Clinical School catchment. The award will be made at the March research seminar in 2014.

With this newsletter we send best wishes for a productive summer, with clear thinking and fast typing. Please contact me if you would like to be placed on our mailing list and kept informed about future events.

**Dr Jacquie Kidd**  
**Head of Postgraduate Studies**



As another Christmas season rapidly approaches the *Growing Up in New Zealand* interviewers head out into the field again to see our children and their families at age 4.5 years.

Over 6200 our participants currently live across the length and breadth of New Zealand, and over 400 live overseas. Our interviewers are based in the Waikato and across the greater Auckland region (from where the participants were recruited before they were born in 2009 and 2010) as well as in Wellington and Christchurch.

We are really excited to be seeing our families again as our children approach formal schooling, and to build on the information that we have already gathered about early developmental trajectories in the contemporary New Zealand context. The preschool interview also is an opportunity to interact with the *Growing Up in New Zealand* children in some detail, and this includes gathering nutritional data, looking at parent/child interactions, collecting our children's early numeracy and literacy work, completing concentration tasks and also gathering biological data such as that from skin, nose and throat swabs.



**"A Growing Up in New Zealand participant getting ready for summer"**

We continue to retain approximately 94% of our participants - a real testament to the commitment of the participant families themselves as well as our wonderful interview team. As described in the recent Health committee "Inquiry into improving child health outcomes and preventing child abuse", the period of pre-conception to three years of age is a critical target to ensure that we can improve outcomes and equity of those outcomes for all our children.

Data that is being gathered and disseminated from *Growing Up in New Zealand* ensures that interventions and strategies for this critical target are evidence-based.

Merry Christmas from *Growing Up in New Zealand*.

**Dr Polly Atatoa-Carr**  
Associate Director

### Anaesthetics

In 2013 the clinical department of anaesthesia has been dominated by the move to the new operating theatre complex, and the addition of new theatres. Dr Kelly Byrne has been instrumental in increasing the research infrastructure in the Waikato department to enable us to participate in a number of multicentre clinical trials - namely the BALANCED study and a trial of post-operative tramadol and morphine. Within the University of Auckland we have worked with Professor Bill Denny (Cancer Institute) and Dr Martyn Harvey (Emergency Department Physician) in novel intravenous anaesthetic drug development. Dr Logan Voss has been involved in a number of collaborations with researchers and students in the departments of engineering and molecular biology at the University of Waikato - as regards mechanisms of action of anaesthetic drugs. Our ongoing work with anaesthesia researchers in Melbourne, (looking at genetic influences in anaesthesia awareness); with Stanford, Emory, and Pennsylvania Universities the USA (the construction of a large database of EEG in anaesthesia); and in London, Oxford, and Liege (the effects of dexmedetomidine on awareness) has continued, and further strengthened by visits during Professor Sleight's sabbatical in July-October this year.

**Professor Jamie Sleight**

### Medicine

2013 has been busy, with the impact of the reinvigorated curriculum for medical students resulting in a significantly increased clinical teaching workload for the Department of Medicine. This year a full compliment of 4<sup>th</sup> year students completed their general, specialty and geriatric medicine attachments in addition to the regular 5<sup>th</sup> year cohort completing specialty medicine. The commitment of all the staff in Medicine to ensure successful implementation of this programme has been exemplary.

In addition to the active teaching programme, we have achieved many academic successes. These include:

- Dr Marianne Elston being awarded an HRC Emerging Researcher Grant of \$150,000 for a 3 year study entitled '*Thyrotoxicosis: Assessment of ethnic differences in presentation and outcome 36 months*'.
- Dr Jade Tamatea has been awarded an HRC Maori PhD Scholarship to support her completion of a PhD investigating the impact of ethnicity in thyrotoxicosis. In addition Dr Tamatea was awarded the distinction of best presenter at the Te ORA conference in Wellington this year.
- Dr Ryan Paul continues his PhD work on the interaction of growth hormone and myostatin in muscle growth and

development with the active support of Dr Chris McMahon in AgResearch Ruakura. The news of the closure of AgResearch Ruakura, has significant implications for the need to develop clinical space within the Waikato DHB to allow for continued clinical research within the Department of Medicine.

- Associate Professor Gerard Devlin continues to lead research in cardiology leading a program of investigations in recovery of platelet function in acute coronary syndromes as well as studies in heart failure.
- Dr Jane Morgan was awarded her MD and the prestigious 2013 Kudos prize for Medical Science for her outstanding work in the area of sexual health.



**KuDos Medical Science Award to Dr Jane Morgan presented by Prof Ross Lawrenson**

Unfortunately Associate Professor Peter Jones is leaving the University of Auckland to further his career as Medical Advisor to the Deputy Director General, Minister of Health. His engagement with the WCS teaching program will be sorely missed.

Professor Phillipa Poole our new Head of Department has facilitated addition of extra academic tenths for 2014, which will strengthen our ability to contribute to the growth of the Waikato Clinical School.

**John V Conaglen**  
Associate Professor - Department of Medicine

### The Midlands Prostate Cancer Research Project

The Midlands Prostate Cancer study, funded by the Ministry of Health, through the Health Research Council is now drawing to a close. Launched in March 2011 the project has explored the spectrum of costs and complications of prostate cancer, from PSA testing and screening within 31 general practices in the Midland region; investigated trends in survival for Māori and non-Māori men across New Zealand; identified the pathways of care for men once diagnosed with prostate cancer; and finally, asked men questions about their experiences with prostate cancer.

The project team are now finalising various outputs for funders and stakeholders. The final draft report was sent to the HRC for review and feedback in mid-November and we anticipate having a completed version by February 2014.

In addition to completing our final report draft, we have had a few highlights this year that have provided a well-needed boost from the wider prostate community.

- Dr Fraser Hodgson presented in July to the Prostate Cancer Foundation on the general practitioner phase one findings
- Dr Zuzana Obertova's poster on survival differences between Maori and non-Maori in New Zealand won first prize at the Australasian Prostate Cancer Congress in Melbourne in August. It was fantastic to see her take home the prize out of 170 other outstanding posters in the Clinical Urology section.



Dr Zuzana Obertova

- Chunhuan Lao had her first paper published in the Journal of Family Practice – a massive feat in only the first year of her PhD. Her work on the cost of identifying cancer by screening is hugely relevant in light of the continuing national “to screen, or not to screen” debate.
- We would like to say a big goodbye and thanks to Thilini Alwis who has been working very hard on collecting all of our data for the project and will be leaving to have a new little bundle of joy. We hope to have you back in 2014.

We would also like to say a big thank you to all those involved in the study. We have a huge number of advisors who provide valuable input into the project. Much thanks to our partner, the Midland Cancer Network and the three DHBs, Waikato, Bay of Plenty and Lakes for their continued support of the study. If you would like to know more about the study, please contact [charis.brown@auckland.ac.nz](mailto:charis.brown@auckland.ac.nz)

**Charis Brown - Project Manager**

## Psychiatry

As 2013 draws to a close, Academic Psychiatry at WCS continues its commitment to teaching, research, and clinical input to Waikato DHB services. Active involvement with the Grafton-based FMHS department continued during the year, focusing in large part to planning the re-invigorated curriculum for Year 5 and Year 6 students (commencing in 2014 and 2015, respectively). Wayne De Beer, Graham Mellsop and I have each played significant roles in this exercise, and we look forward to the imminent translocation of clinical psychiatry teaching from Year 4 to Year 5. This change importantly allows us to expect relatively mature and experienced medical

students in Year 5, our teaching of this growing cohort to commence in early 2014. The existing Year 6 curriculum will continue largely unchanged until the following year, when new Trainee Interns will be expected to progressively take on graduate-level clinical decision making. We remain very grateful to DHB colleagues for their major contributions to WCS student teaching in 2013 and look forward to Hauora Waikato psychiatrists joining us in implementing the re-invigorated curriculum over the next couple of years. We are also sad to report Wayne de Beer's resignation from his UoA appointment, but look forward to his continued active teaching role in C-L psychiatry and elsewhere.

**Phillip Chao**

Te Pae Tata o Te Hauora Hinengaro  
Award in Psychiatry



**Presented by Dr Andrew Darby with Phillip Chao**

Our research outputs have continued unabated during this busy year, as illustrated by the WCS Psychiatry Research display in the Bryant Education Centre.

In addition, we have remained active in our ‘service’ commitments to public bodies, including the RANZCP, PHARMAC, and the MoH; we have continued recruiting medical students to attend our annual conference in September, which appears a useful means of increasing our discipline's visibility and attractiveness as a career choice. After all, there's no health without mental health... Merry Christmyth and a Cool Yule to all.

**Professor Graham Mellsop and Assoc Prof David Menkes**



**Best Wishes for Christmas  
And the  
New Year  
From the Staff at  
Waikato Clinical School**