



GREEN PRESCRIPTION NEWSLETTER JUNE 2010

Welcome to the second Green Prescription newsletter for 2010.

This issue covers:

- Patient Privacy & Safety: How Green Prescription Works
- In the Pipeline for Green Prescription
- Active Practice Challenge 2010 Results

The aim of our newsletter is to keep medical practices in Southland and Wakatipu up-to-date with latest news regarding the free Green Prescription service, and also to remind you to *prescribe "Green"* at any time it may be beneficial for a patient. We hope you find this issue interesting and useful.

For any further information please contact us at the details provided below:

Yvette McKenzie
Green Prescription Area Manager
Sport Southland
yvette.mckenzie@sportsouthland.co.nz
Phone: (03) 211 2150
Fax: (03) 211 2250
P O Box 224 Invercargill 9840

Green Prescription referrals can be emailed to: grx@sportsouthland.co.nz

IN THE GREEN PRESCRIPTION PIPELINE:

- Movement for Health Modified Tai Chi - Term 2: August - December - taking registrations now
- Advanced Motivational Interviewing training - 2 days - Dunedin 10th & 11th June
- New Patient Support Person joining Green Prescription team
- Green Prescription Activity Groups and/or Healthy Lifestyle programmes

PATIENT PRIVACY & SAFETY:

HOW GREEN PRESCRIPTION WORKS

A Green Prescription (GRx) is a health professional's written advice to a patient to be physically active as part of the patient's health management.

However sometimes we have people who self-refer into Green Prescription.

When you receive a "sign-off" via fax:

This means a person has asked for a GRx and we have discussed these aspects with the person:

- What GRx involves, and do they want to take part?
- Do they consent to the release of their relevant medical information to GRx staff at Sport Southland?
- Are they aware we send an update of their progress to their Health Professional at completion of the GRx?

If the person agrees to all the above, we send a sign off to you, asking for:

- Confirmation that their health is stable and they are suitable to be recommended to partake in regular physical activity
- Relevant medical information, so that safe and appropriate physical activities may be recommended to the patient

Once we have received your "sign-off", the GRx consultations with the patient begin.

An update of patient's progress is sent you at completion of the Green Prescription

Our GRx Privacy Guidelines are adapted from the Health Information Privacy Code 1994 and amendment of 2000.

If you have any queries about the above process, please contact Yvette at the details provided at left.



Active Practice Challenge:



Results



Congratulations to all practices who successfully completed the 2010 Green Prescription Active Practice Challenge:

- Baillie & Corkhill
- Vercoe Brown & Associates
- Wakatipu Medical Centre
- Queenstown Medical Centre
- Bester McKay Family Doctors
- Gore Health Centre
- Dr P Finlayson's Practice
- Waihopai Health Services
- Dr McKerchar's Practice

Well done to Baillie & Corkhill who were the *most active* practice in April, and "pushed play" for 22 days, (average per person) in April.

Active Practice Results 2010:

Most Active Practice

- 1st - Baillie & Corkhill
- 2nd - Dr P Finlayson's Practice
- 3rd - Waihopai Health Services

Lucky Draw Spot Prize:

Lisamarie Harvey: Gore Health Centre

Most Active Participants - Spot Prize:

Margaret Baillie, Diane Edward, Debra Love, Kim Nicolson, Rebecca Short, Sue McNab, Pam Meredith.

Special Mentions: Donna Beker at Queenstown Medical Centre, (who ran the Routeburn Track!), Elinor Slater, Sonja Sparrow, John & Sue Vercoe.

Well done to everyone for your great effort, and many thanks from Sport Southland. We appreciate your continued support of Green Prescription.

Many thanks to Southern Steel netball for generously contributing to the prize pool.