

## Waikato Public Health Bulletin

Teenaa koutou katoa. We hope you enjoy this edition of the Waikato Public Health Bulletin and we welcome your feedback.

### BPAC e-referral for Notifiable Diseases

We are pleased to announce that the new BPAC e-referral for Notifiable Diseases is now live. This should see an end to the old paper forms.

**Please continue to phone us, including after hours for urgent matters such as extremely rare cases and those with high outbreak potential, or where you suspect an outbreak might be underway (as previously advised in [August 2018 Public Health Bulletin](#)). If in doubt, please notify on suspicion.**

The new BPAC e-referral form comes through directly to the Public Health Service and the information that we require are on the request page. There are drop-down options for each notifiable disease and each of these triggers a specific, relevant notifiable disease form to be filled by the relevant doctor or nurse. The whole range of notifiable diseases are listed.

### Mumps Notifications

Since July 2022 many districts, including Waikato, have noted a surge in mumps diagnostic test requests. In the corresponding time period there have only been 2 PCR confirmed cases, both with recent travel history to high prevalence countries. Many of the requests have been for people presenting with parotid swelling for less than 48 hours after onset of symptoms.

**Please only consider mumps if symptoms are persisting for greater than 48 hours with no other apparent cause** as per [HealthPathways](#) and the [Communicable Disease Manual](#). HealthPathways also provide a list of alternative diagnoses to consider. You can also refer to advice on the front page of the BPAC e-referral form.

**Please notify the Medical Officer of Health of mumps on suspicion.** You can now use BPAC e-referrals for notification along with the traditional pathways in Waikato. Notification should not await confirmation.

We would only rarely advise testing of suspected cases if the clinician has not first ascertained that symptoms have persisted greater than 48 hours. **If testing is required, please note that viral buccal swab for mumps PCR is the recommended sample.**

### July 14: Matariki Kaainga Hokia – Matariki calls you home

*Maanawa maiea te putanga a Matariki,  
Maanawa maiea te ariki o te rangi,  
Maanawa maiea te maatahi o te hoo!*

*Celebrate the rising of Matariki,  
Celebrate the rising of the lord of the sky,  
Celebrate the rising of the New Year!*



Mānawatia  
a Matariki

Matariki is the Maaori name for the cluster of stars also known as the Pleiades that rises in mid-winter and marks the start of the New Year for many Maaori. The theme for 2023 is Matariki Kaainga Hokia. This year, it is encouraged to return to your whaanau and people, wherever and whoever that might be. Journey back home and celebrate, feast and be with whaanau and friends. The theme has important environmental messages with the various stars in Matariki inviting you to return to where you are from and reconnect with the mountains, rivers, ocean and land. It reminds us of our responsibility to the places we call home. Matariki is a time of reflection, celebration and preparation.

The values embedded in the traditional practices of Matariki are as follows:  
*Aroha* (Love and respect for one another),  
*Whakamaumaharatanga* (Remembrance),  
*Kotahitanga* (Unity), *Tohatoha* (Sharing),  
*Mana Taiao* (Environmental awareness),  
*Haakari* (Feasting), *Waananga* (Discussion),  
*Noho tahi* (Coming together), *Atawhaitanga* (Kindness), *Whakanui* (Celebration),  
*Tuakiritanga* (Identity).

The more information and resources, visit the official [website](#) for Maatariki.

## July 28: World Hepatitis Day

World Hepatitis Day is celebrated annually on July 28 to raise awareness and educate people about viral hepatitis.

### Hepatitis B Hepatitis Foundation New Zealand

Hepatitis B is the main cause of liver cancer in New Zealand. Over 100,000 New Zealanders live with chronic hepatitis B and many remain undiagnosed as it is often asymptomatic. There is no cure for hepatitis B. If left unmonitored, it can lead to liver damage and liver cancer. Immunisation is the

primary tool for prevention of hepatitis B infection. The vaccine is free to all under 18 years and some contacts of an infectious person.



Hepatitis Foundation Nurses, Jillian White, Helen Purcell and Christine Barea, looking after The Hepatitis Foundation stall and delivering Hepatitis Education at the GP CME Conference, June 2023

Screening is recommended for higher risk groups. Please see [HealthPathways](#) for people at high-risk of contracting hepatitis B. After being diagnosed, life-long follow up with six-monthly blood tests are required to pick up early signs of complications. The Hepatitis Foundation of New Zealand (HFNZ) is a charitable trust providing a free national monitoring programme offering regular blood tests, education and support for people living with hepatitis in New Zealand.

If positive for hepatitis B, please refer to HFNZ by using BPAC or [online referral form](#) to ensure patients have access to free hepatitis B gold standard of care and monitoring.

Email [hepteam@hfnz.nz](mailto:hepteam@hfnz.nz) for more information on HFNZ hepatitis B new patient referrals incentives. For information and resources, contact 0800 33 20 10 or visit [hepatitisfoundation.org.nz](http://hepatitisfoundation.org.nz).

### **Te Manawa Taki Community Hepatitis C Service**

Aotearoa New Zealand is one of the 192 countries that have signed up to the WHO hepatitis C elimination goal, by 2030. An estimated 35,000 New Zealanders are living with hepatitis C infection, with an estimate of 40% being unaware of it. Many with chronic hepatitis C are undiagnosed due to the lack of awareness of previous risk of exposure and lack of symptoms. Without treatment, most will develop progressive liver damage. Screening is vital to find and treat people with hepatitis C.



Te Manawa Taki Community  
Hepatitis C Service mobile  
van set up in the community

The Te Manawa Taki Community Hepatitis C Service is a regional service that provides mobile nurse-led clinics utilising a purpose-built van that can offer point of care testing, education, phlebotomy, Fibroscan and treatment services. The mobile service is a fully functioning clinic room with a practice management system to record

clinical notes and update general practice using a secure IT network. The service aims to be patient-centred, and can be brought to an agreed location where the patient feels comfortable to receive care.

Hepatitis C point-of-care testing is available in the community, providing an opportunity for more people to be tested. Point-of-care

testing is currently offered within pharmacies, Needle Exchanges, some Maaori health providers and Mental Health and Addiction Services. Community providers are well placed to offer point-of-care testing and are supported by the Te Manawa Taki Community Hepatitis C team.

The team partners with other organisations at community events such as immunisation and screening programmes to provide more synergy across the services and increase equity of access to care in the community.

For further information please contact Te Manawa Taki Programme Lead Jo de Lisle at [Jo.deLisle@HealthShare.co.nz](mailto:Jo.deLisle@HealthShare.co.nz) or phone 027 549 2122. Alternatively, contact Nancy Carey, Lead Nurse at [Nancy.Carey@Waikatodhb.health.nz](mailto:Nancy.Carey@Waikatodhb.health.nz) or phone 027 549 658. For information and resources visit [www.stickittohepc.co.nz](http://www.stickittohepc.co.nz).



Regional nurses at the GP CME Conference June 2023 promoting the hepatitis C clinical pathway and offering point-of-care testing

## **July 8: Welcoming Communities Expo**



The Expo is part of the Welcoming Communities Programme – Te Waharoa ki Ngaa Hapori, a free event designed to provide information and resources for new workers, migrants, refugees, international students or any newcomer to Kirikiriroa Hamilton. Exhibitors from community centres, businesses, training organisations, health services and many others will come together to share information and connect new Hamiltonians with services and community groups in Kirikiriroa Hamilton to help them settle in their new city. The Welcoming Communities Expo will be held on Saturday 8 July, 10am – 3pm at The Barn, Claudelands with food stalls, entertainment and a chance to win prizes as well.

## Samoa Taumafai Aoga Amata Health Promotion

The Health Improvement Kai Ora and Community Teams from Waikato were invited to provide a nutrition focused health promotion table at a Samoan Language Week celebration. The celebration was hosted by the Samoa Taumafai Aoga Amata (Samoan Early Childhood Centre) in Tokoroa, held at the Samoan Community Hall in Tokoroa on 2<sup>nd</sup> June. Three Early Childhood Centres were in attendance along with the tamaiti's (children's) friends and family. The tamaiti and staff from the centres performed

gorgeous siva (dance) and entertainment for all in attendance.



Health promotion table at Samoan Language Week celebration at Samoa Taumafai Aoga Amata, Tokoroa

The health promotion display included fruit yogurt cups with canned fruit and large fruit platters which were enjoyed by everyone. Parents and families were able to take brochures and pamphlets that highlighted the importance of the need to

enrol their children with the Waikato Oral Health Community Services, Te Whatu Ora, which is a service that is free to all children 0 to 18 years old. Families were also able to take literature that focused on the importance of a balanced diet and nutrition for the growth and development of their tamaiti. A gift bag was also given to each centre which contained oral health and nutrition brochures and pamphlets and also included Samoan and English language fruit and vegetable resources.

### Medical Officers of Health:

Dr Felicity Dumble, Dr Richard Wall, Dr Richard Vipond, and Dr Richard Hoskins

#### After hours:

**MOoH:** 021 359 650    **HPO:** 021 999 521

If there is no answer, please contact Waikato Hospital's switchboard 07 839 8899 and ask for the on-call MOoH.

#### During office hours:

**Population Health (MOoH or HPO):** (07) 838 2569    **Notifications:** 07 838 2569 ext. 22041 or 22020

**Notifications outside Hamilton:** 0800 800 977 Fax: 07 838 2382

**Email:** [notifiablediseases@waikatodhb.health.nz](mailto:notifiablediseases@waikatodhb.health.nz)

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## Notifiable diseases – Trends

Notifiable diseases (Waikato District) - period to: July 2023

\*Stats NZ estimated 8.69% of the population resided in Waikato in 2021

Disease name	Waikato cases per month			Cases per month over the last year (mean)		
	May	June	Trend	Waikato	National	% Waikato*
Botulism	0	0	•	0.0	0.0	-
Brucellosis	0	0	•	0.1	0.3	33
Campylobacteriosis	33	33	•	54.0	545.2	10
COVID-19	5,026	3,767	▼	6,827.1	86,727.6	8
Cryptosporidiosis	9	5	▼	7.1	58.5	12
Decompression sickness	0	0	•	0.0	0.2	0
Dengue fever	0	0	•	0.0	3.3	0
Diphtheria	0	0	•	0.0	0.4	0
Gastroenteritis - unknown cause	3	1	▼	1.3	19.4	7
Gastroenteritis / foodborne intoxication	9	3	▼	5.9	14.3	41
Giardiasis	16	10	▼	9.0	73.6	12
Haemophilus influenzae type b	0	0	•	0.1	0.4	25
Hepatitis A	1	1	•	0.4	6.0	7
Hepatitis B	0	0	•	0.1	1.3	8
Hepatitis C	0	0	•	0.0	2.9	0
Hepatitis NOS	0	0	•	0.1	0.4	25
Hydatid disease	0	0	•	0.0	0.4	0
Invasive pneumococcal disease	1	13	▲	6.4	57.8	11
Latent tuberculosis infection	1	4	▲	1.2	8.2	15
Lead Poisoning	0	0	•	0.0	0.0	-
Legionellosis	2	0	▼	1.2	21.1	6
Leprosy	1	0	▼	0.2	0.4	50
Leptospirosis	2	0	▼	2.3	14.7	16
Listeriosis	1	0	▼	0.3	3.3	9
Listeriosis - perinatal	0	0	•	0.0	0.3	0
Malaria	0	0	•	0.2	3.3	6
Measles	0	0	•	0.0	0.3	0
Meningococcal disease	1	0	▼	0.4	6.1	7
Mumps	0	1	▲	0.0	0.4	0
Murine Typhus	0	0	•	0.2	0.2	100
Pertussis	2	0	▼	0.5	4.0	13
Q fever	0	0	•	0.0	0.0	-
Rheumatic fever - initial attack	2	2	•	1.0	10.3	10
Rheumatic fever - recurrent attack	0	1	▲	0.3	0.8	38
Salmonellosis	3	3	•	6.4	72.1	9
Shigellosis	1	0	▼	0.4	9.6	4
Taeniasis	0	0	•	0.0	0.2	0
Tetanus	0	0	•	0.0	0.1	0
Tuberculosis disease - new case	3	3	•	2.7	23.7	11
Tuberculosis disease - relapse or reactivation	0	0	•	0.0	0.6	0
Tuberculosis infection - on preventive treatment	0	0	•	0.0	0.1	0
Typhoid fever	1	0	▼	0.7	6.2	11
VTEC/STEC infection	7	5	▼	7.9	82.5	10
Yersiniosis	9	6	▼	8.8	121.4	7