

# Preventing Rheumatic Fever in the South Waikato

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Population Health  
PHARMAC Seminar Series  
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# Background



## Helping to prevent Rheumatic Fever



nd layout: Bay of Plenty District Health Board



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Waikato District Health Board



## Three Phases:

1. Awareness raising/training for health and community workers
2. Establishing community throat swabbers
3. Awareness raising and promotion of swabbing services in the community



# Community Throat Swabbing



## OBJECTIVES:

- Making it easier for communities
- Giving whanau choices
- More swabbing of sore throats and treatment of Strep throats
- Less Rheumatic Fever

## STRATEGIES:

1. Opportunistic swabbing
2. Community swabbing services – list of swabbers



# Community Partners



Raukawa Charitable Trust



# Promotional Poster



## Helping to prevent Rheumatic Fever



If you or your child has a sore throat,  
please contact your GP or a throat swabber on:

South Waikato  
Pacific Island  
Community Services  
07 886 0010

Raukawa  
Charitable  
Trust  
07 885 0260

Public  
Health  
Nurses  
07 886 7239

Tokoroa  
Spectrum  
Pharmacy  
07 886 8260

Unichem  
Tokoroa  
Pharmacy  
07 886 7584

Putaruru  
Heslops  
Pharmacy  
07 883 7599

Unichem  
Putaruru  
Pharmacy  
07 883 7799



Acknowledgement: Original design and layout: Bay of Plenty District Health Board

G2787-HWF RT00/11



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# Media and Communications



Newspaper articles

Radio snippets

SWPICS – 2 Fono held

Promotional Packs to: Marae, schools, preschools, medical centres, pharmacies, dentists, local businesses

RF Quiz

## Tokoroa girl face of health campaign

A rheumatic fever campaign which launches today will be fronted by Aliyah-Dre Turia-Smith of Tokoroa.

The campaign is a collaboration between a multitude of agencies including South Waikato Pacific Islands Community Services, Population Health, Midlands Health Network, Raukawa Charitable Trust and Midlands Community Pharmacy Group.

The 10 year old was diagnosed with rheumatic fever last year and her mother, Charlene Turia, said the family weren't fully aware of the illness.

"When she was diagnosed with it, I didn't take the symptoms seriously. I thought she had the flu, she had a sore throat."

One week later Aliyah-Dre had joint pain and couldn't walk.

A trip to Waikato Hospital to view test results showed Aliyah-Dre had rheumatic fever.

"When we got there he (the doctor) said that she was going to be up there for a very long time and to be prepared to stay at least a month. That's when the fear kicked in."

She said the campaign was great because it aimed to inform people about the illness.

"The regret that I have is that I didn't take it seriously enough and had I been aware of the symptoms, I would have taken it more seriously."

"With this campaign, (it) stresses how important it is to get throat swabs, if your child has joint pain, take them to the doctors."

Rheumatic fever starts with a bacterial streptococcal infection causing a sore throat.

The sore throat may disappear but a few weeks later sore or swollen joints, jerky



LESSONS: Aliyah-Dre Turia-Smith will front a rheumatic fever campaign hoping others will learn from her experience. Photo: SUPPLIED

movements, a rash, fever and shortness of breath may develop.

"The most important thing from our experiences is that your children must get checked."

While helping others is the objective, Miss Turia said the process did have its painful moments.

"For Aliyah, what she dislikes, which is the same for every patient with rheumatic fever, is that they must have penicillin injections every 28 days.

"Which is very painful."

Aliyah-Dre spent around one month in Waikato Hospital

where she couldn't leave her bed.

The campaign hopes to raise awareness around the illness which is particularly prevalent in Maori and Pacific Island families.

Maori and Pacific Island children aged five to 14 years are most at risk from this disease that can cause permanent heart damage, which may mean stays in hospital and surgery.

Associate Health Minister Tariana Turia will launch the campaign at the Te Ara Metua Punanga Reo in Tokoroa today.

School promotion – daily discussion in class

Preschool promotion- Keeping Families and Communities well module on RF

National Heart Foundation – Waikato Branch: Bro town resources and erasers for swabbers



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# Campaign Launch



Raukawa  
Charitable Trust



## PROGRAMME

- 1:30 p.m. Tuoro/Welcomes - Te Ara Metua Punanga Reo Kuki Airani Inc.
- Opening Blessing Rev Taihia Hasini
- 1:40 p.m. Opening Speeches
- His Worship, the Mayor,  
Neil Sinclair  
South Waikato District  
Council  
Member of Parliament  
for Taupo  
Louise Upston
- 2:00 p.m. Launch of Rheumatic Fever Campaign
- Honourable Minister  
Tariana Turia
- 2:20 p.m. Symbolic Ceremony
- 2:30 p.m. Karakia/Pure Closing and Blessing
- Light Refreshments will be available

LAUNCH OF RHEUMATIC FEVER CAMPAIGN  
19th October 2011

**1.30pm**  
**Te Ara Metua Punanga Reo Kuki Airani**

**2-8 O'Sullivan Dr, Tokoroa**



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# Campaign Launch



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# Campaign Launch



NEWS

SOUTH WAIKATO NEWS, OCTOBER 26, 2011 3



**LAUNCHED:** Associate Health Minister Tariana Turia launched the Tokoroa Rheumatic Fever Prevention Campaign with Aliyah-Dre Turia-Smith.



**RELEASE:** The crowd released red balloons as part of the rheumatic fever campaign launch last week.

## Floating prevention message

The Tokoroa Rheumatic Fever Prevention campaign was launched last week with the help of Associate Health Minister Tariana Turia.

Mrs Turia opened the campaign at the Te Ara Metua Punanga Reo in Tokoroa and was joined by Aliyah-Dre Turia-Smith, who is the face of the campaign.

### Campaign focuses on rheumatic fever

Mrs Turia spoke at the event, saying the launch of the campaign in Tokoroa was an excellent example of a local solution.

Around 140 people were present at the campaign launch, which was capped with a symbolic ceremony – the release of 170 red balloons representing the number of cases of rheumatic fever in Tokoroa.

South Waikato Pacific Island Community manager Akarere Henry said releasing the balloons represented the hopeful eradication of the illness.

Mrs Turia said more often than not rheumatic fever affects children. Three in four hospital admissions for acute rheumatic fever are children between the

ages of five and 14 years.

Maori are 20 times more likely and Pacific Island people 37 times more likely to be hospitalised with acute rheumatic fever, compared with people of other ethnicities.

Information packs will be distributed to all local schools including kohanga reo, early childhood education facilities and Pacific Island child care services.



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# Swabbing Protocol



The Cardiac Society of Australia and New Zealand

Heart Foundation THE HEART OF OUR NATION

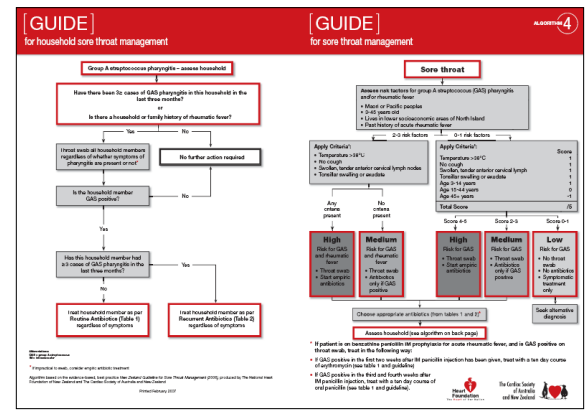


New Zealand Guidelines for Rheumatic Fever

## 2. Group A Streptococcal Sore Throat Management

Evidence-based, best practice Guidelines on:

1. Diagnosis, Management and Secondary Prevention
2. Group A Streptococcal Sore Throat Management
3. Proposed Rheumatic Fever Primary Prevention Programs



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