



The Say Ahh Project

Rheumatic Fever prevention in Flaxmere

Liffey Rimmer, Clinical Leader
Julia Haydon-Carr, Project Leader
Caroline McEnlay, Medical Officer of Health



**SAY
AHH**

**Sore throats can lead to
rheumatic fever and heart disease.
Get them checked early.**



www.kidshealth.org.nz or phone 878 1619 ext 4634





Background

- 12 months to Oct 2010: 8 cases ARF notified in suburb of Flaxmere = incidence >300/100,000 population 5-14 years
- No new money for rheumatic fever prevention - previous application for funding school based programme declined by MOH



Say Ahh Concept

- Joint initiative between HB DHB and Hauora provider
- School based throat swabbing and treatment programme
- Flaxmere schools - 4 full primary (yr 1-8) schools and 1 secondary school - total approx 1700 students
- Utilises existing resources
 - DHB school based nursing contract with Te Taiwhenua o Heretaunga
 - DHB Public Health nurses



Points of difference

- Throat swabbing performed by kaiawhina or nurse
- Choice of GP or nurse treatment under standing order
- Use of social marketing (Magpies rugby team)
- IT support – medtech 32 advanced form developed

Standing Order Treatment



- Single daily dose Amoxicillin for 10 days
- Erythromycin for 10 days if penicillin allergic
- IM Penicillin if recurrent or treatment failure
- Medication obtained under PSO



Compliance enhanced by

- Single daily dose antibiotic
- Medicine dispensed in single bottle with measuring cup (liquid) OR blister packed (capsules)
- Sticker chart, prize for completing 10 days
- Medication delivered to home
- Free of charge to family



Contact swabbing

- Household contact with RF history
- 3+ confirmed GAS+ in household last 3 months

Plus

- Symptomatic household members
- 2 simultaneous GAS+ in household

After hours kaiawhina available for contact swabbing and delivery of medication



Healthy Homes

All GAS+ families eligible for DHB housing initiatives

- Insulation, heating, home safety (own home or private rental)
- HNZC tenants – appropriate size, location, upgrading insulation/heating
- Curtain bank
- Assistance with Work and Income



Results

Swabs taken:

Term 4 2010 - 680

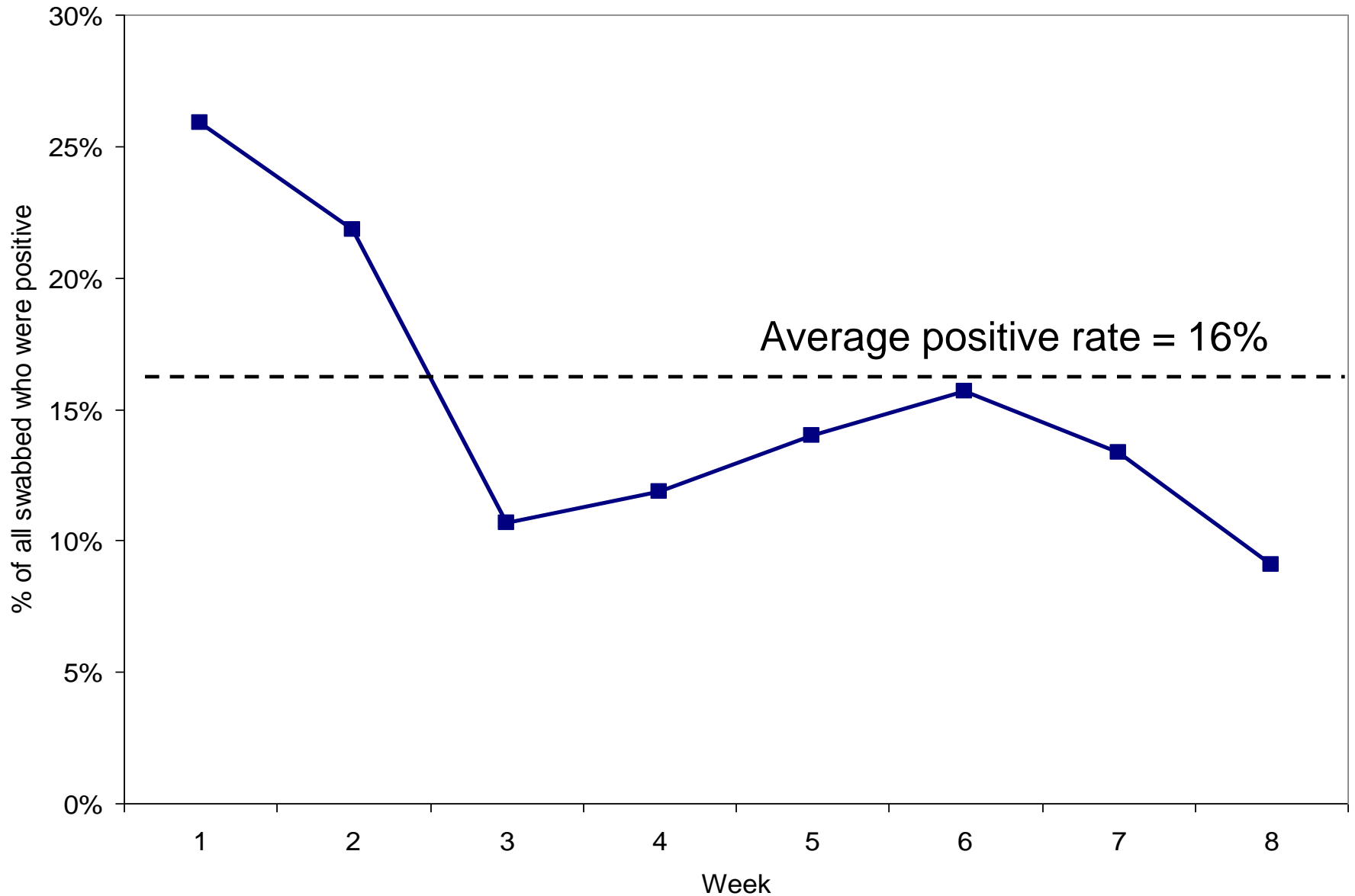
Term 1 2011 - 382

Number of positives:

Term 4 2010 – 93 (13.7% of swabs taken)

Term 1 2011 – 39 (10.2% of swabs taken)

Positive swab rate Term 4 2010





Positive swabs Term 4 2010

- 100% families contacted
- 91% chose nurse treatment
- 95% of those treated by nurse received once daily amoxycillin
 - (2.5% erythromycin, 2.5% IM penicillin)
- Healthy homes referral accepted by 46%



Outcomes – first 6 months

- One case rheumatic fever notified in 2nd week of programme
- No adverse events reported
- 2 cases treatment failure, both had GP treatment with inadequate antibiotic dose



What has worked

Standing order nurse treatment option popular and effective - improves access to antibiotic treatment

No cost service to families

Social marketing campaign

Measures to enhance compliance

Focus on improving housing conditions

Evening and weekend follow up service

Advanced form facilitates process/documentation

What hasn't worked so well



- Complicated consent form – low return rate
- Coordination over two organisations and IT systems
- Data retrieval/IT glitches
- Need to fund throat swabs - price doubled
- Difficulty attracting high calibre nurses on primary care pay scales
- GP unfamiliarity with NHF sore throat guidelines
- Lower swab rate in T1 2011



Next steps

- Renewed social marketing campaign
- Extend Say Ahh to Kura Kaupapa
- Allocated social worker
- Data analysis – assess yield from contact swabbing for various indications
- Sore throat management update for local GPs/ED staff



**SAY
AHH**

**Sore throats can lead to
rheumatic fever and heart disease.
Get them checked early.**



www.kidshealth.org.nz or phone 878 1619 ext 4634

