Rheumatic Fever Prevention in the Waikato

Waikato PHO’s

Michelle Morley
Clinical Nurse Specialist
Population Health
Waikato District Health Board
Overview

• Rheumatic Fever refresher

• Waikato rapid response STM programme

• Overview of the rapid response processes

• Resources and links
How does a sore throat cause heart damage?

Sore throat 20% → GAS throat infection

(0.3 – 3%) <9 Days → Acute Rheumatic Fever

- sore or swollen joints
- a skin rash
- a fever
- stomach pain
- fatigue
- jerky movements

80% → Damaged heart valves/carditis
Rheumatic Fever

• RHF mostly eradicated in developed nations

• NZ still has high rates of RHF, disproportionately affecting Maori and Pacific families

• RHF can result in damaged heart valves, decreased life expectancy and loss of life

RHF is completely preventable by correct detection and treatment of GAS sore throats
How does rheumatic fever affect the body?

Acute rheumatic fever affects 3 organ systems:
- Brain
- Heart
- Joints (arthritis)
How does Rheumatic Fever affect children’s lives?

- Secondary prophylaxis – 13 injections (one every 28 days)/year
- Education – DN once a month
- Dental Review – twice a year
- Authority completed once a year
- Details updated on register once a year
- Clinic reviews
- Echocardiography - variable depending upon severity
- Influenza vaccine for medium to high risk - annually
- Pneumococcal vaccine recommended for medium or high risk – 5 yearly
- Enrolled with PHO
Preventing Rheumatic Fever

“IT’S NOT COOL TO TAKE THE RISK”

Warm, healthy homes – Whare Ora Programme

Detecting and treating Group A Strep sore throats

Improving access to primary health care services

Improving awareness
WHARE ORA

Waikato Healthy Homes Programme

SERVICES

- Brush with Kindness
- Fire Safety Visit
- Insulation
- Minor Repairs
- Landlord Advocacy
- Hapu Wananga
- Healthy Home Education
Eligibility criteria

**WHARE ORA REFERRAL FORM**

For a whanau to be eligible for the Whare Ora Waikato Healthy Homes Programme they must meet all of the criteria in one group. Referrals can be sent to whareora@waikatodhb.health.nz

<table>
<thead>
<tr>
<th>Child Name:</th>
<th>Child DOB:</th>
<th>Child age:</th>
<th>Child NHI:</th>
<th>Child ethnicity:</th>
<th>Child gender</th>
<th>☐ M</th>
<th>☐ F</th>
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</thead>
<tbody>
<tr>
<td>Caregiver:</td>
<td>Relationship to child:</td>
<td>Consent given:</td>
<td>Address:</td>
<td>Area:</td>
<td>Phone:</td>
<td>Mobile:</td>
<td>Whanau Email:</td>
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<tr>
<td>Type of housing:</td>
<td>☐ Housing New Zealand</td>
<td>☐ Private rental</td>
<td>☐ Home owner</td>
<td>☐ Whanau owned home</td>
<td>☐ Trust Home</td>
<td>☐ Living with other whanau</td>
<td>☐ Other</td>
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<tr>
<td>Referrer Name:</td>
<td>Referrer Contact:</td>
<td>☐ Health Need:</td>
<td>☐ Does the parent or caregiver have a CSC card, or are they eligible for one?</td>
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<td>☐ Does one member of the household a New Zealand citizen or permanent resident?</td>
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<td>☐ Was a 0 to 5 year old living in the home hospitalised with one of the following:</td>
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<td>☐ Bacterial meningitis</td>
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<td>☐ Rheumatic fever</td>
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<td>☐ Acute nephritic syndrome</td>
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<td>☐ Sepsis due to strep, group A</td>
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<td>☐ Does this whanau have a child 0 to 5 years old and meet at least TWO of the following risk factors:</td>
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<td>☐ Caregiver has a corrections history</td>
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<td>☐ Mother with no formal education</td>
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<td>☐ Long term beneficiary</td>
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<td>☐ Child Youth and Family finding abuse or neglect</td>
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<tr>
<td>☐ Does the whanau live in Waikato DHB catchment area?</td>
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<td>☐ Is one member of the household a New Zealand citizen or permanent resident?</td>
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<td>☐ URTI</td>
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</table>

**GROUP 1**

**HOSPITAL ADMISSION (0-5 years)**

- ☐ Does the parent or caregiver have a CSC card, or are they eligible for one?
- ☐ Does the whanau live in Waikato DHB catchment area?
- ☐ Is one member of the household a New Zealand citizen or permanent resident?
- ☐ Was a 0 to 5 year old living in the home hospitalised with one of the following:
  - Pneumonia
  - Acute bronchiolitis
  - Acute Bronchitis
  - Unspecified acute LRTI
  - Bronchiectasis
  - Meningococcal infection
  - Bacterial meningitis
  - Viral meningitis
  - Meningitis
  - Rheumatic fever
  - Acute nephritic syndrome
  - Unspecified nephritic syndrome
  - Sepsis due to strep, group A

**GROUP 2**

**SOCIAL (0-5 years)**

- ☐ Does the parent or caregiver have a CSC card, or are they eligible for one?
- ☐ Does the whanau live in Waikato DHB catchment area?
- ☐ Is one member of the household a New Zealand citizen or permanent resident?

**GROUP 3**

**PREGNANT MOTHER/ NEW BORN**

- ☐ Does the parent or caregiver have a CSC card, or are they eligible for one?
- ☐ Does the whanau live in Waikato DHB catchment area?
- ☐ Is one member of the household a New Zealand citizen or permanent resident?

**GROUP 4**

**RMF/HOSPITAL ADMISSION (0-14 years)**

- ☐ Does the parent or caregiver have a CSC card, or are they eligible for one?
- ☐ Does the whanau live in Waikato DHB catchment area?
- ☐ Is one member of the household a New Zealand citizen or permanent resident?
- ☐ Was a 0 to 14 year old living in the home hospitalised with one of the following:
  - Pneumonia
  - Acute bronchiolitis
  - Acute Bronchitis
  - Unspecified acute LRTI
  - Bronchiectasis
  - Meningococcal infection
  - Bacterial meningitis
  - Viral meningitis
  - Meningitis
  - Rheumatic fever
  - Acute nephritic syndrome
  - Unspecified nephritic syndrome
  - Sepsis due to strep, group A
  - Skin Infections
  - URTI

**GROUP 5**

**3 POSITIVE THROAT SWABS**

- ☐ Does the parent or caregiver have a CSC card, or are they eligible for one?
- ☐ Does the whanau live in Waikato DHB catchment area?
- ☐ Is one member of the household a New Zealand citizen or permanent resident?
- ☐ Is there at least two people aged 0-19 living in the home?
- ☐ Is there evidence of structural or functional crowding?
Referral to Whare Ora

From: Erana@isawesome.com
To: Whareora@waikatodhb.health.nz
Cc: 
Bcc: 
Subject: Whare Ora Referral

Child Name: Erana Severne
Child NHI: HN1333
Parent Name: Shelley Campbell
Relationship to Child: Mother
Child DOB: 3/5/1990
Child illness: RMF child

Information about whanau: Whanau have no heating, Mother has CSC card, high health needs, six children in home, No insulation.

Kind regards,
Erana 021 329 084
Sore throat management

Swab Sore throats + Treat Group A Strep
Waikato DHB is working with communities to provide free sore throat management services across Waikato.

The service is a new funded initiative aimed at reducing the incidence of Rheumatic Fever (RHF) in the Waikato.

Ministry funding has been secured to provide rapid response services. Waikato DHB funds antibiotics under the PSO scheme with the Ministry.
Eligibility criteria:

FREE to high risk groups with sore throats:

- 4-19 year old Maori and Pacific children
- 4-19 year old non-Maori, non-Pacific children in areas of deprivation

NB If an eligible child has a positive GAS result any symptomatic household members aged 3 – 35 years also become eligible for free throat swabbing and treatment

Map of swabbing services:
PHO – rapid response services

• Access – drop in
  – Enrolled and non-enrolled patients
  – Primarily Nurse-led clinics
  – Opportunistic

• Branding/identification
  – Signposting of swabbing service
  – Regional promotion/advertising
  – Word of mouth/repeat business

Please ensure you have a sticker up
Team approach

RECEPTIONIST

- The welcoming face of sore throat management
- Updating details on file
- Accepting enrolled and non enrolled patients
- Enabling drop in for sore throats

GP

- Clinical oversight
- Management of standing orders/scripts
- Management of the unwell child/complicated cases

STOP SORE THROATS HURTING HEARTS
Preventing Rheumatic Fever
Team approach

**PRACTICE NURSE**
- Nurse-led sore throat management
- Swabbing, education and follow up
- Medication management

**PRACTICE MANAGER**
- Contractual oversight
- Ensures staff are trained and on board with the programme
- Ensures systems are in place
- Ensures monthly reporting occurs

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**SORE THROATS**

**RHEUMATIC FEVER**

**HEART DAMAGE**

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**STOP SORE THROATS HURTING HEARTS**

**Preventing Rheumatic Fever**

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**Population Health**

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**Wellington District Health Board**
Waikato Rapid Response model

Intervention one - swab

Intervention two - treat:
1. Treat positive results only OR
2. Give script/antibiotics with instructions
Provision of Antibiotics

Script or Standing Order (SO)

<table>
<thead>
<tr>
<th>Medicine standing order title</th>
<th>- Standing order for &lt;insert service name here&gt; rapid response sore throat management service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date issued</td>
<td>Review date</td>
</tr>
<tr>
<td>Medicine standing order title</td>
<td>- Standing order for &lt;insert service name here&gt; rapid response sore throat management service</td>
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</tbody>
</table>

Rationale
To enable the administration of antibiotics and any necessary and immediate treatment by healthcare professionals in cases of rheumatic fever.

Organisation
This standing order applies to healthcare professionals working in <name of organisation>’s rapid response service.

Scope
To provide treatment for children aged 8 years and above, who are positive for rheumatic fever, and for patients aged 5 - 12 years with a positive rheumatic fever test result.

Pharmacy Supply Order (PSO)

Practitioner’s Supply Order Form
(Notes: Use form 15371 for controlled drugs)

<table>
<thead>
<tr>
<th>Pharmaceutical requirement (Name and Strength)</th>
<th>Quantity Required</th>
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</thead>
<tbody>
<tr>
<td>Amoxicillin 250mg Caps</td>
<td>10 x 30 capsules</td>
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<tr>
<td>Amoxicillin 500mg Caps</td>
<td>10 x 20 capsules</td>
</tr>
<tr>
<td>Amoxicillin 250mg/5ml Liquid</td>
<td>10 x 30ml</td>
</tr>
<tr>
<td>Erythromycin 400mg Tabs</td>
<td>2 x 20 tablets</td>
</tr>
<tr>
<td>Erythromycin 200mg/5ml Liquid</td>
<td>2 x 300ml</td>
</tr>
</tbody>
</table>

Signature of practitioner (only)
Dr. Richard Vipond
Reg. No.
Name (Please print)
Private (DOB 2000)
Address of practitioner
Ph: 07-8362667 / 321-2446526
MCNZ 38246

1173977
March 2014 - HM2891
Practice reminders

• Prompt swabbing and treatment – RHF can develop in <10 days of sore throat
• A mild sore/hoarse throat can be GAS and can cause RHF. All sore throats in high risk groups must be treated with urgency
• Swab with a nurse same day, appointment with GP if needed when available
• If no availability for same day swabbing, refer to pharmacy or pathlab for drop-in swabbing
• After GAS +ve result in child – h/hold becomes eligible for free swabbing and treatment
• Simple treatment option of OD amoxicillin for 10 days
Promotional opportunities

- Phone/nurse triage – making rapid response accessible and free
- Opportunistic promotion of sore throats messaging and importance of swabbing for high risk children and their families
- Referral to Whare Ora – Social criteria, pregnant women/new born in home, x3 GAS in household in x3 months
- Thinking holistically

Do you know of someone who has a sore throat?

Aged between 4 -19?

They could be suitable to get a free sore throat swab.

Checking Sore Throats help to prevent rheumatic fever.

You can get a FREE sore throat swab done today. Ask your nurse here, or visit your local pharmacy, GP or pathlab.
Identifying landmarks

- Posterior Pharynx
- Uvula
- Tonsil
- Tongue
- Posterior Pharynx

STOP Sore Throats Hurting Hearts
Preventing Rheumatic Fever

Population Health
1. Use bacterial swab and tongue depressor
2. Ask patient to open mouth wide and say “Ah”
3. Avoid touching the tongue and lips
4. Swab from posterior pharynx – behind the uvula and between the tonsils
5. Also from both tonsils if possible

How to swab - watch youtube clip

https://www.youtube.com/watch?v=RozgYeUMMcM
Complete the process of labelling your swab and lab form

1. Patient details, NHI, DOB
2. Collector details. Depot = service name

Suggest pre-filling in lab form with:
- Swab – throat
- Clinical particulars – “throat swab for GAS. Rapid response service RHF”.
- GP name and signature

Then create multiple copies and use the copies
- Green lab form used for pharmacy swabs processed in rural hospitals
- Pathlab form used for pharmacy swabs in all other locations in the Waikato
How to process the swab

1. Carefully put Swab into tube
2. Label with patient details
3. Place into specimen bag with completed lab form

1x swab 1x lab form 1x bag

- Swabs to be picked up with your normal swab processing
- Can stay up to a day if you have missed the pick up time. No need for refrigeration. Out of direct sunlight.
- Results can be expected back in 1-3 days.
Labelling errors

Error
• Details on lab form don’t match details on swab tube
• More than one patient’s swab/form in a bag together
• Swab or form are unlabelled
• Missing information (eg using initial instead of first/last name)

How to prevent errors
• Carefully follow the labelling process
• Carefully check spelling and details
• Ask a second person to check your forms and labelling
• Complete labelling while patient is there to help with spelling & to check details
• 1x swab, 1x Pathlab form, 1x bag

http://www.pathlab.co.nz/PicsHotel/PathLab/Brochure/Clinical%20Updates/2016/Specimen%20Labelling%20-%20Pathlab%20-%20Jan%202016.pdf
Labelling errors

- Swabs may be discarded
- Recalls may be required
- Patient may be given delayed or wrong results
  (i.e., a negative case may unnecessarily be given abs, or a positive case may be missed and not treated)
- Time delays between GAS sore throat & treatment
  (increased risk of Rheumatic Fever developing)

RHF can develop in less than 10 days from onset of sore throat!
Patient Education

Make it easy for high risk patients to come back

- Praise their attention to sore throats
- Stress importance of not ignoring symptoms
- Educate clients and whanau that ‘Sore throats Matter’
- Check for other household members with sore throats
- Contact details for community swabbers
Support for adherence

All the work that goes into swabbing and following up is wasted if antibiotics are not completed!

ABC of health literacy:

• Assess current knowledge
• Build on that knowledge
• Check for understanding
Support for adherence

1. Assess for ability to return for antibiotics
2. Assess for ability to complete course
   - single dose of IM Benzathine penicillin
3. Consider reminder devices -
   - scratchy charts, phone call/txts
4. Consider widening reminders
5. Invite wider family groups to attend
Waikato Rapid Response model

PSO order of:

- 30 bottles of amoxycillin 500mg caps
- 300ml amoxycillin granules for oral liquid – 250mg/5ml
- 20 bottles erythromycin ethyl succinate 400mg tabs
- 300ml erythromycin ethyl succinate granules for oral liquid – 200mg/5ml

Claim dispensing fee as per current Community Pharmacy Services Agreement
Providing antibiotics under PSO

Antibiotics are supplied for free under the MPSO allowances.

Work with pharmacy to ensure adequate and appropriate supply of medication, but not too much resulting in wastage.
Safe provision of Antibiotics under standing order

- Single dispense based on patient – right drug, right patient
- Complete a full clinical assessment with patient
### Antibiotics for GAS

#### First-line treatment

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage Details</th>
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<tbody>
<tr>
<td><strong>amoxicillin orally for 10 days</strong></td>
<td>Children &lt; 30 kg: 750 mg once daily</td>
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<td></td>
<td>Children ≥ 30 kg: 1000 mg once daily</td>
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<tr>
<td><strong>benzathine penicillin G (BPG), intramuscular, single dose</strong></td>
<td>Children &lt; 30 kg: 450 mg (600,000 units)</td>
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<tr>
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<td>Children ≥ 30 kg: 900 mg (1,200,000 units)</td>
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#### Definite or possible anaphylaxis to penicillin or amoxicillin

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage Details</th>
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</thead>
<tbody>
<tr>
<td><strong>erythromycin ethyl succinate orally for 10 days</strong></td>
<td>Children and adults: 40 mg/kg/day in 2–3 divided doses</td>
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<td>Maximum adult daily dose 1000 mg</td>
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Intramuscular penicillin

- Given with lidocaine
- Once only
- No risk of forgetting
- Eradicates GAS (for up to 28 days)

Ministry of health guidance:

Precautions/exclusions

Medsafe data sheets:  

- Amoxycillin
- Erythromycin
- Benzathine Penicillin
- Lidocaine

Patient assessment:
- Weight
- Allergies
- Medical conditions
- Medications
- History of x3 GAS in past 3 months
- H/hold history of x3 GAS in past 3 months
What to do with Group B, C, or G Strep

• Other groups of strep pharyngitis can cause the same symptoms as Group A Strep
• But only Group A Strep can go on to cause the autoimmune response that leads to Rheumatic Fever
• If the result comes back negative for Group A Strep but positive for other groups of Strep, they can still be treated in the same manner, but the claim cannot be made for under the Rapid Response model (as it is specifically for the treatment of Group A Strep in the prevention of Rheumatic Fever)
**Documentation**

- Matches fields from advanced forms
- Collated monthly
- Sent to PHO lead by 10th of the month
- PHO lead to Population Health by 15th of the month
- Used for surveillance and for allocation of funding

<table>
<thead>
<tr>
<th>Rheumatic Fever Rapid Response Services Monthly Reporting</th>
<th>Service:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reports due on the 15th of each month</td>
<td>Month:</td>
</tr>
<tr>
<td>1  Total number of individuals assessed</td>
<td></td>
</tr>
<tr>
<td>2  Total number of eligible (M, P, Q5) 4-16 year olds assessed</td>
<td>Should equal sum 2a–2f below</td>
</tr>
<tr>
<td>2a Number of eligible 4-16 year olds assessed who are Māori</td>
<td></td>
</tr>
<tr>
<td>2b Number of eligible 4-16 year olds assessed who are Pacific</td>
<td></td>
</tr>
</tbody>
</table>
| 2c Number of eligible 4-16 year olds assessed who are NZ
  e |          |
| 2d Number of eligible 4-16 year olds assessed who are Chinese |        |
| 2e Number of eligible 4-16 year olds assessed who are Indian |    |
| 2f Number of eligible 4-16 year olds assessed who are Other |    |
| 3  Total number of 3-35 year old eligible (has a sore throat) household contacts assessed | Should equal sum 3a–3l below |
| 3a Number of eligible household contacts (2-35 years) assessed who are Māori |          |
| 3b Number of eligible household contacts (2-35 years) assessed who are Pacific |        |
| 3c Number of eligible household contacts (2-35 years) assessed who are NZ
  e |          |
| 3d Number of eligible household contacts (2-35 years) assessed who are Chinese |        |
| 3e Number of eligible household contacts (2-35 years) assessed who are Indian |    |
| 3f Number of eligible household contacts (2-35 years) assessed who are Other |    |
| 4  Total number of throat swabs taken (individuals and household members with sore throat) | Should equal sum of 2a-3d above |
| 5  Number of SADS in                                                                 |
| 6  Number of eligible 4-16 year olds given antibiotics    |
| 6a  Type of antibiotic given (Amoxicillin)                |
| 6b  Type of antibiotic given (Penicillin - IM)            |
| 6c  Type of antibiotic given (Erythromycin)               |
| 6d  Type of antibiotic given (Other – specify)            |
| 7  Number of eligible 3-35 year old household contacts given antibiotics | Should equal sum of 7a–7l below |
| 7a  Type of antibiotic given (Amoxicillin)                |
| 7b  Type of antibiotic given (Penicillin - IM)            |
| 7c  Type of antibiotic given (Erythromycin)               |
| 7d  Type of antibiotic given (Other – specify)            |
| 8  Total number given antibiotics                          |
| 9  Number of eligible referrals made to Where One         | Should equal sum of 8 & 7 above |
Resources

Waikato DHB Rheumatic Fever site:
- https://www.waikatodhb.health.nz/for-health-professionals/rheumatic-fever

Ministry of Health

National Heart Foundation
Online learning modules

- Ministry of Health Rheumatic Fever e-learning module:

- Rheumatic Heart Disease Australia e-learning modules:
  http://www.rhdaustralia.org.au/e-learning-discussion-forum
RHF Contacts and Links

Michelle Morley, CNS, Population Health
Waikato District Health Board
(07) 838 2569
michelle.morley@waikatodhb.health.nz

Waikato DHB Rheumatic Fever pages:

• https://www.waikatodhb.health.nz/for-health-professionals/rheumatic-fever
National Heart Foundation of New Zealand:


- National Heart Foundation of New Zealand (2014) *New Zealand Guidelines for Rheumatic Fever Algorithm 4 Guide for sore throat management*. Auckland, National Heart Foundation of New Zealand

- National Heart Foundation of New Zealand (2014) *New Zealand Guidelines for Rheumatic Fever 2. Group A Streptococcal Sore Throat Management*. Auckland, National Heart Foundation of New Zealand

• PHARMAC – increased access to antibiotics for RHF prevention programmes 

• PHARMAC 2015 Pharmaceutical schedule http://www.pharmac.govt.nz/

• Drug Monographs Information for Health Professionals. Medsafe.govt.nz.

• Drug Monographs Mims Online © UBM Medica (NZ) Ltd 2007.
http://mimsgateway.co.nz/


• Ministry of Health online information video: https://www.health.govt.nz/our-work/diseases-and-conditions/rheumatic-fever/rheumatic-fever-resources/rheumatic-fever-campaign-online-videos#educational