Dear Members,

Welcome to this the May edition of the PAANZ newsletter.

**Featuring:**
- Notice of AGM
- Venue: Christchurch
- Course Programme,
- Library update,
- Informed Consent Form,
- Advertising Policy,
- New Members, New Registrations.

Diana Cox
PAANZ Administration Officer

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**Message from the President**

**Merger of the NZJP and JoP**

From January 2010 the *Australian Journal of Physiotherapy* (AJP) changed its name to the *Journal of Physiotherapy*. This change was intended to move the AJP from being a regional journal of the Australian Physiotherapy Association (APA) to an international journal. Since this change the New Zealand Society of Physiotherapists (NZSP) and the APA have suggested to their respective Editorial Committees that the NZJP consider merging to join the AJP in its new format, the JoP.

There doesn't appear to have been any consultation from the NZSP executive with its SIG's, Branches or members. I would encourage our members to read the Editorial in this quarters NZJP where Haxby Abbott has clearly outlined the pros and cons of such a merger. I would also encourage you to make your views known to the NZSP either directly or via PAANZ, at Branch meetings, and letters to the Journal and *Physio Matters*.

Collectively PAANZ will submit the views of our members on the merger. This is a decision that we as members of PAANZ and the NZSP should have a say in so send us your views.
 NZ Blood Service

The Blood Service has a register that they update every year of Acupuncture Practitioners including Physiotherapists. They send out a form to be completed stating whether we use single use needles or not. This means that if a person turns up to give blood and answers yes to - have you had acupuncture - they can check whether that person administering the acupuncture is on their register and be cleared to give blood. If you aren’t receiving this form or aren’t sure if you are on their register contact Diana and she can send you out the necessary form.

Code of Ethics

The NZSP are updating their Code of Ethics and would like feedback from the SIGs on ethical concerns identified in their particular area of clinical practice. Susan Kohut, Heather Worley and I, met with Dr Lynley Anderson to discuss what we felt were ethical concerns with regards to acupuncture. As our feedback will be transcribed and returned for us to review we will be able to add to this feedback so if any of you have concerns you would liked raised please forward these to Diana.

Register Day and AGM

I look forward to seeing some of you at the newly formatted Register Day and the AGM. This is a day that has been planned for our registered members so if you haven’t already signed up, do so now, as time is running out to register.

Kirsty Speedy
PAANZ President
Annual General Meeting
Saturday 26 June 2010

4.00 pm
Copthorne Hotel
776 Colombo Street
Christchurch

Agenda

- Apologies
- Confirmation of the Minutes of the previous AGM
- Business arising from the Minutes:
- Annual Reports:
- Subscriptions:
- Election of PAANZ Executive Committee:
  - President
  - Vice President
  - Treasurer
  - Registrar
  - Education Officer
  - Executive Committee
- Addition to Rules:
  - Meeting annually between President and Administrator
- Selection of Auditor
- General Business
Course Programme 2010

Registered Acupuncturist Update Day  26 June
Looking for new inspiration, skills or to maintain your registration?
This one day seminar offers clinically applicable material and techniques in a potpourri of presentations from the education team and invited presenters, on a variety of topics of interest, plus current research.

Venue: Christchurch  - Copthorne Hotel, Colombo St.
Cost: $250.00

Followed by
PAANZ Annual General Meeting 26 June 2010
at 5.00pm same venue as Acupuncturist Update day

Korean Hand Acupuncture  14-15 August
Tutor:  Dr Grant Johnston
Venue: Springlands Health, 139 Middle Road, Renwick, Blenheim
Timing: 9am – 5pm each day
Cost:  $600.00
To register for this course email:  masnz@apc.org.nz

Advanced Trigger Point Workshop  11 – 12 September
 Workshop Two: Thorax, Lumber Spine & Lower Quadrant
Tutors:  Leigh McCutcheon & Trevor Montgomery
Venue:  AUT North Shore Campus
Cost:  Early bird $500.00 per workshop

TCM  2 October
Tutor:  Linley Leuthard
Venue:  Rotorua Hospital
Cost:  $250.00

For more detailed information on courses visit our new web site:
www.paanz.org.nz

To register to attend:  Down load registration forms
Or please email PAANZ@xtra.co.nz

Note:
Pre-requisite for any PAANZ post-basic course is completion of the PAANZ PRACTICAL ASSESSMENT or the equivalent of this. Specific pre-requisites apply on some advanced courses. Non-members of PAANZ are welcome to attend post-basic courses, provided they have the specific pre-requisite training and pay, the extra fee applicable:
New PAANZ forms - Informed Consent

This form is on PAANZ web site, under MEMBERS ONLY /Forms and guidelines downloads.

Pre-printed Consent forms - PAANZ is evaluating member interest in providing these colourful pre-printed forms for your practice.

Please email me the number you require, so the decision can be made on whether or not to print.

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Informed consent and acupuncture

Before you decide to have acupuncture treatment you should be aware of the risks as well as the benefits. Your physiotherapist is a member of the Physiotherapy Acupuncture Association of New Zealand (PAANZ) and has access to the latest safety guidelines and ongoing postgraduate education and support.

Although acupuncture is very safe (less than 1 serious reaction per 10,000 treatments) compared to some drugs there are still adverse reactions that you should be aware of.

You need to be aware that:

- the most commonly recognised reaction to acupuncture is fainting, just like with injections and blood tests some people may faint when they see or experience a needle insertion. Let your physiotherapist know if you feel dizzy, nauseous or hot and sweaty straight away and they will take the needle out.
- drowsiness may occur after treatment in a small number of patients, and, if affected, you are advised not to drive straight after treatment.
- minor bleeding or bruising occurs after acupuncture in about 3% of treatments.
- pain during treatment occurs in about 1% of treatments, tell your physiotherapist if the needle stings and they will remove it straight away.
- existing symptoms can get worse after treatment (in less than 3% of patients). You should tell your physiotherapist about this, but it is usually a good sign that the acupuncture will help you. It tends to settle spontaneously within 24 hours and then you feel better than before it.

Is there anything your physiotherapist needs to know?

Apart from the usual medical details, it is important that you tell your physiotherapist know:

- if you have ever experienced a fit, faint or funny turn.
- if you have a pacemaker or any other metal or electrical implants.
- if you have a bleeding disorder or are on “blood thinning” medication.
- if you are taking anti-coagulants or any other medication.
- if you have damaged heart valves or have any other particular risk of infection (i.e. if you have to have antibiotics to go to the dentist).
- if you have HIV, hepatitis, MRSA or AIDS.
- if you are pregnant.
- if you have a poor immune system (due to illness or medication such as steroids).

These conditions will change the way your physiotherapist will apply your acupuncture treatment. If there are particular risks that apply in your case your physiotherapist will discuss these with you before you consent to treatment.

Your physiotherapist will also ask for additional consent to needle over your chest or rib cage. Within the rib cage is the heart and lungs which are vulnerable if the acupuncture needle penetrates too deeply - resulting in the worst case scenario a punctured lung (pneumothorax) or heart muscle (cardiac tamponade). If you are having acupuncture over the lungs it is important that you do not move or cough while the needles are in and shift them.

Your physiotherapist will also ask for additional consent to needle you if you are pregnant. There are strong acupuncture points that should be avoided during pregnancy. Whilst there is little evidence to show that these strong acupuncture points can harm the baby or cause an early delivery your physiotherapist will not want to risk it. A more gentle treatment can be planned, and your physiotherapist will usually ask for your obstetrician's approval first.

If you are having trigger point needling (a style of acupuncture targeting muscle spasm where the needle is left in a very short time) it is normal to experience a strong twitch during treatment. Afterwards the muscle can feel heavy and tired, like it has had a gym work out. This usually lasts overnight and the muscle usually feels better for it the next day. If you find this sensation unpleasant you can use a wheat bag or some form of heat to take away the treatment soreness.

You will be given information by your physiotherapist on why acupuncture may help you before your treatment and you will be asked to give your consent for acupuncture before every treatment. You will always have the right to say “no thank you” and choose another treatment option.

Please inform your physiotherapist immediately if you ever have any unexpected reaction to your acupuncture treatment so they might help.
Six reasons why -
PAANZ members might consider becoming a 'Registered Physiotherapy Acupuncturist'

1. Good advertising – as your name will be on our nationwide register - available on the PAANZ website for the public, physiotherapists and other health professionals to access - with extensive links...

2. You will be able to use the letters 'Reg Phys Acup' after your name which adds credentials to your name which looks good in your advertising.

3. All physiotherapists now qualifying through AUT or Otago Universities are entitled to be registered immediately therefore, those members who aren't already registered should take the opportunity to do so particularly with possible rule changes in the HPCA.

4. Now that patients are paying again for Physiotherapy services they are likely to be more discerning about the physiotherapist's qualifications.

5. It helps our promotion as physiotherapy acupuncturists to be able to say we are all registered. At the moment - if you aren't registered, to the public you are no different to someone who has only completed a weekend dry needling course.

6. PAANZ promotes that being registered means you have to maintain points with ongoing education to remain registered and this is another positive that people like to see.

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PAANZ Advertising Policy

PAANZ Bi Monthly Electronic News Letter –
Sent by email and viewable on Website:
Adverting Charges:
Full page advertisements $100 + GST.
Half page advertisements $50 + GST.

Free listings Members may advertise for free.
University of Otago and AUT may advertise courses

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Advertisements:

NZ Toyohari Association.
Expressions of interest invited for an Introductory training in Toyohari Meridian Style Acupuncture. 21 days spread over 7 weekends April through Sept 2010.
Instructor Ted Pearson,
Venue Helios Centre, Christchurch,
Cost $2800 plus gst.
Inquiries to toyoharinz@gmail.com
MASNZ

Introductory Course, the 30 Big Points 2010, will be held 3 & 4 July and 31 July & 1 Aug
Venue: Springlands Health, 139 Middle Road, Renwick, Blenheim
Tutor: Dr Grant Johnston
9am – 5pm each day
Cost is $600 and CME points = 30

PAANZ Library - Wellington Office

To view list go to www.paanz.org.nz

Hint: look under the Members

Please email the PAANZ librarian Diana Cox at paanz@xtra.co.nz with your request. Please remember to include your full name & the physical address you would like your selection sent to. return.

Acupuncture books, videos & DVDs are available to PAANZ members, to loan for a $20 fee.

All attempts will be made to send your request within three working days, or you will be notified if the item is already out awaiting. Your order will arrive by courier envelope in a bubble wrap, with an invoice for $20 per item & a prepaid return courier envelope. Loans may be kept for a four week period. Late returns will incur a $20 fine per item per fortnight they are overdue. Please note that borrowers will be held responsible for any damage to the items if they are damaged during the loan period or incorrectly packaged for return.


Original Article

Enhanced Psychosocial Well-Being Following Participation in a Mindfulness-Based Stress Reduction Program Is Associated with Increased Natural Killer Cell Activity
Carolyn Y. Fang, Diane K. Reibel, Margaret L. Longacre, Steven Rosenzweig, Donald E. Campbell, Steven D. Douglas

Education, Initiatives, and Information Resources

Developing a Complementary, Alternative, and Integrative Medicine Course: One Medical School’s Experience
Adam Perlman, Alex Stagnaro-Green

Original Article

Development and Evaluation of a Complementary and Alternative Medicine Use Survey in African-Americans with Acquired Immune Deficiency Syndrome
Ashli Owen-Smith, Claire Sterk, Frances McCarty, Dana Hankerson-Dyson, Ralph DiClemente

Concurrent Use of Corticosteroids with Licorice-Containing TCM Preparations in Taiwan: A National Health Insurance Database Study
Hui-Ling Liao, Tso-Chiang Ma, Yi-Chun Li, Jin-Tang Chen, Yuan-Shiun Chang

Editorial
- Health Reform, Prevention and Health Promotion: Milestone Moment on a Long Journey
  Daniel Redwood

Book Review
- Anna Jurik, D.C., R.D., L.D.N.

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- Pattern Differentiation in Traditional Chinese Medicine Can Help Define Specific Indications for Biomedical Therapy in the Treatment of Rheumatoid Arthritis
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**Bereavement Notice**
Dr David Simons passed away peacefully on the 5th of April. You may not be aware or Dr Simon’s work as an astronaut, before he collaborated with Dr Janet Travel.
The amazing article is attached to this email as a pdf file.
Thank you Leigh and Jill for sending this through.

**New Members 2009**
Welcome to these new members who have joined

- Damien Taylor    Auckland
- Andy Cornelius   Nelson

**Congratulations to:**
The following members who gained initial PAANZ Registration

- Anthea Clements   Hamilton
- Helen Black      Christchurch
- Kate Booker      Nelson

*the end*