The Say Ahh Project
Eradicating Rheumatic Fever from Flaxmere
Our Journey.
What we knew

We had a problem

12 MONTHS TO OCT 2010:

8 cases ARF notified in suburb of Flaxmere

= Incidence

>300/100,000

Population 5-14 years
Rheumatic Fever rates 2008

RATE (5-14 YRS)/100,000 POPULATION

AUST. ABORIG
FLAXMERE
WHANGAROA
NORTHLAND
WAIROA
HAWKE'S BAY
NZ
What we had

A motivated and supportive community
Hawke’s Bay District Health Board
Te Taiwhenua o Heretaunga
### Risk factors for Acute Rheumatic Fever

0-24 years (New Zealand 2002-2006)

<table>
<thead>
<tr>
<th>NZ Dep Score</th>
<th>RR</th>
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<tbody>
<tr>
<td>1-2</td>
<td>1.00</td>
</tr>
<tr>
<td>3-4</td>
<td>2.74</td>
</tr>
<tr>
<td>5-6</td>
<td>5.52</td>
</tr>
<tr>
<td>7-8</td>
<td>7.83</td>
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<tr>
<td>9-10</td>
<td>28.65 (17.4-47.1)</td>
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<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>RR</th>
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<tbody>
<tr>
<td>MAORI (29/100,000)</td>
<td>22.97</td>
</tr>
<tr>
<td>PACIFIC (62/100,000)</td>
<td>48.62</td>
</tr>
<tr>
<td>EUROPEAN (1.3/100,000)</td>
<td>1.00</td>
</tr>
<tr>
<td>ASIAN/INDIAN (1.3/100,000)</td>
<td>0.99</td>
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</tbody>
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**Maori 23 times & Pacific 50 times more affected**
What we knew about Flaxmere

11,000 Residents (approx)
54.7% Māori
19.5% Pacific
40% of families were one parent with child(ren)
42% of those in Flaxmere are younger than 20 years
2961 Dwellings
316 Housing NZ houses
Has significant health needs
What we knew about Rheumatic Fever Prevention

CASUAL PATHWAY - TE AWA POHEWA
PREVENTATIVE MEASURE: PRIMORDIAL PREVENTION
• Housing quality • Respiratory hygiene • Cigarette smoke • Crowding • Nutrition

GROUP A: STREPTOCOCCAL INFECTION
PREVENTATIVE MEASURE: PRIMARY PREVENTION
• Awareness of “sore throats matter” • Access to primary care • Sore throat management

GROUP A: STREPTOCOCCAL INFECTION
PREVENTATIVE MEASURE: SECONDARY PREVENTION
• Early identification of ARF • RF register and penicillin injections

RHEUMATIC HEART DISEASE
PREVENTATIVE MEASURE: TERTIARY PREVENTION
• Early detection of RHD • Medications • Surgery

HEART FAILURE
STROKE ENDOCARDITIS
EARLY DEATH
Local media coverage
Day 1 - 60 swabs taken at first school 25% positive
Sore throats can lead to rheumatic fever and heart disease. Get them checked early.

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

Improving the determinants of health

- Cold + damp housing*
- Overcrowding
- Employment/income opportunity
- Education + health literacy
- Access to health services

* HBDHB Healthy Homes already offered to those who met criteria:
- Live in decile 8-10
- Have CSC card
- Have a housing related health condition
- Insulation and home safety and some heating
The social reality

Far more complex needs that we could cope with

**Issues with**

- Over crowding
- Rubbish
- Lack of beds
- Access to General Practice
- Complex health needs
- Poor navigation of social service sector
  - benefit entitlement, accommodation supplement etc
We needed support!

Addition of 0.6 FTE social worker contracted through Presbyterian Support - Family Works
Addition of:

TE KURA KAUPAPA MAORI O NGATI KAHUNGUNU KI HERETAUNGA
Throat swabbing
Compliance the key

- 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
- 5 day check
Compliance the key

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

1. Here we go!
2. We're on our way
3. This is easy
4. One each day
5. We're halfway there
6. Not for now
7. We can do it
8. We know how
9. Nearly done
10. Yay! Last one!

Remember to take the full course of medication. Even if you feel better halfway through the treatment it is important to finish the tablets. Use the stickers to keep track of where you are up to.

When you have taken the full course of tablets, you will have completed your treatment. If symptoms persist please contact your doctor or dentist.

THE SAY AHH PROJECT. OUR JOURNEY
Eradicating Rheumatic Fever from Flaxmere
Results 31st October 2011

- 3088 Swabs taken
- 395 Positive (11.8%)
- 100% treated
- 88% of whānau chose nurse treatment
- 95% Given one-daily Amoxicillin
- Once case of Rheumatic Fever
Magpies rugby players help throat swab campaign
Monday, May 7, 2012 7:34

Three schools have been added to the Hawke's Bay District Health Board's Say Ahh campaign to help reduce the rates of rheumatic fever.

The primary schools of Pakipaki, Bridge Pa and Omahu all took part in a launch this week with the help of Hawke's Bay Magpies rugby players.

Julia Haydon Carr of the healthy population's team and Say Ahh project manager said the programme began in October 2010, and was originally piloted in the six Flaxmer schools.

At the end of April this year 3714 swabs had been taken, with 441 positive swabs returned.

Rheumatic fever is caused by a strep A infection, which left untreated can lead to rheumatic fever and heart disease.

GOOD HEALTH: Hawke's Bay Magpies players Trent Boswell-Wakefield (left) and Johan Schoonee help promote the Say Ahh rheumatic fever promotion at Omahu Bilingual School.

Glenn Taylor

May 2012

Extension into 3 new schools: Pakipaki Omahu Bridge Pa
A typical Say Ahh month

315 Swabs
30 Positives
28 Children treated by Say Ahh nurses understanding orders
2 Positive treated by child’s own GP
30 Healthy Homes referrals
20 Social work home visits
10 Referral for insulation
and there’s more...

- 3 Referral for heating
- 1 Referral for ENT investigation
- 15 Referral for curtains
- 12 Referral for curtain rails
- 3 Referral for beds, stove, linen, towels etc
- 5 Referral to other agencies
Results 31st August 2012

5702 Swabs taken
704 Positive (12.3%)
100% treated
92% of whānau chose nurse treatment
95% Given one-daily Amoxicillin
Once case of Rheumatic Fever
% positive swabs by week

(OCT 2010 TO AUG 2012)
Swabbing by gender

(OCT 2010 TO AUG 2012)

- Female:
  - Positive Swabs: 10%
  - Swabs Taken: 60%

- Male:
  - Positive Swabs: 15%
  - Swabs Taken: 30%
New ARF notifications

**Case 1:** Already in hospital at Say Ahh launch

**Case 2:** 9 yo Cook Island boy – attended non Say Ahh school

**Case 3:** 12 yo Samoan girl, no sore throat, Say Ahh consent, last swab 8m prior - neg

**Case 4:** 9 yo Māori boy, sore throat treated by GP 3m earlier, Say Ahh consent

**Case 5:** 8 yo Māori boy, likely Rheumatic Fever before Say Ahh started in school
Current 12 month Rheumatic Fever rate for Flaxmere children aged 5 - 14 = 92.59 per 100,000
Support

THE SAY AHH PROJECT. OUR JOURNEY
Eradicating Rheumatic Fever from Flaxmere
Where to from here?

What is the end point of the programme?

Is eradication of Rheumatic Fever an achievable goal?
The Say Ahh Project
Eradicating Rheumatic Fever from Flaxmere
Thank you.