

Mate Taihā – Gout Management and Support Programme

Purpose:

To provide treatment and support to tāne (men) Māori diagnosed with gout, and to refer eligible tāne Māori into Mate Taihā, the Gout Management and Support Programme.

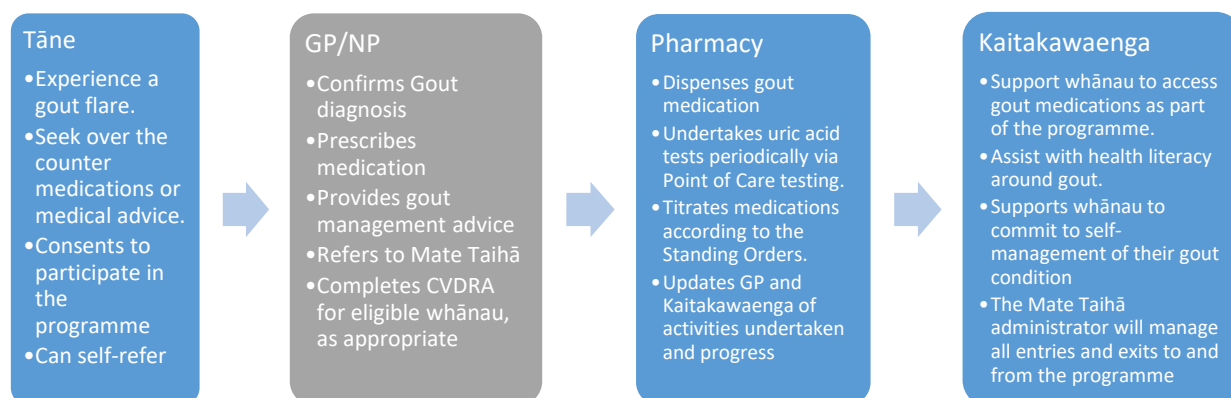
Enrolment into the programme can be through Community Pharmacy, ED/Urgent Care, self-referral, Kaitakawaenga and general practice.

Mate Taihā Gout Management and Support Programme:

Mate Taihā is a gout treatment and support program for tāne Māori using a collaborative approach including Te Whatu Ora – Health New Zealand Te Matau a Māui, Hawke's Bay (Te Whatu Ora – Hawke's Bay) Kaitakawaenga, General Practice and participating Community Pharmacies.

Mate Taihā aims to improve whānau wellbeing by providing a clinically supported gout management programme to assist tāne Māori towards long-term self-management of their gout condition.

Service Components



Eligibility Criteria:

To be eligible to receive services, tāne Māori must:

1. Reside in the Te Whatu Ora – Health New Zealand Te Matau a Māui, Hawke's Bay (Te Whatu Ora – Hawke's Bay) catchment area
2. Tāne Māori 18 years of age and over, with a diagnosis of gout from a registered medical practitioner or nurse practitioner
3. Have a serum urate level $\geq 0.36\text{mmol/L}$ or $\geq 0.30\text{mmol/L}$ if patient has tophaceous gout;
4. Consents to participant in the Mate Taihā Programme.

Exclusions

1. Has not provided informed consent to participate in the programme
2. Is effectively taking prescribed long-term urate-lowering therapy or Rongoā for the management of their gout.
3. Is less than 18 years of age
4. Not diagnosed with gout
5. Has chronic kidney disease, classification CKD4 or CKD5
6. Severe heart failure, NHYA Class 3 or 4

Halcyon Provider Portal

The clinician completes the advanced form through the Halcyon Provider Portal and submits to Health Hawke's Bay for payment of the cost of the patient consultation.

This programme will also fund a medication review, as required, and the practice generated prescription co-payment.

No Charge to Patient

- No co-payment, GMS or claw-back can be claimed

Prescription Co-payment for Community Pharmacy

The co-payment of medications for Gout at community pharmacy will be funded for this service. These include the co-payment for Allopurinol, prophylactic (Naproxen or Colchicine) and funded pain medication (eg NSAID's, Colchicine, Prednisone)

Mate Taihā – In General Practice (Gout Management and Support Programme)

General Practice Referral Pathway

1. Tāne Māori, present to general practice and meet the eligibility criteria and have a Gout diagnosis confirmed
2. Tāne Māori are provided with brief advice, the merits of long-term management, and the benefits of participating in the programme
3. Patients consents to participate in the programme
4. Tāne Māori is referred by general practice into the Mate Taihā programme. Referrals can be sent through the Halcyon Provider Portal on the practice PMS. The Mate Taihā Referral Form will be forwarded to the Kaitakawaenga at Te Whatu Ora-Hawkes Bay
5. Refer via prescription to patient nominated Community Pharmacy as per Allopurinol Dose Escalation Standing Order. Add the following information to allopurinol prescription:
 - a. eGFR (the pharmacist requires an eGFR obtained within 3 months of initiation to the service to be able to escalate allopurinol dose according to the standing order.)
 - b. Target Uric acid
 - c. Patient consent obtained
6. Medication review consultations provided to eligible tāne Māori, as required
7. A Cardiovascular Disease Risk Assessment for Tāne Māori between the ages of 30-44 years is completed, as appropriate.
8. Mate Taihā Programme administrator will notify general practice and Community Pharmacy of exit from programme

9. Standing Orders Process

- The Mate Taihā Standing Order for Allopurinol Dose Escalation template will be sent to general practices participating in the programme.
- The Standing Order to be signed as per the practice standard operating procedure and returned to pharmacist@healthhb.co.nz for distribution to pharmacy.

Community Pharmacy

- Titrates allopurinol according to the Standing Orders.
- Monthly or three-monthly appointment Point of Care uric acid testing as directed in the standing order
- Advise GP/NP of POC uric acid result and titrated Allopurinol changes. The advice will come through the PMS provider inbox (similar to INR programme).

Kaitakawaenga

The role of the Kaitakawaenga is to

- Educate and empower our tāne Māori to understand gout, treatments, follow ups and ongoing management
- Will contact tāne via phone or text message within 48 hours
- Ensuring they understand the program, Dispel myths and inaccuracies around gout
- Support tāne Māori to seek diagnosis from GP
- Supporting patient by attending appointments with GP, blood tests, and the Pharmacy
- Encourage whānau to commit to sustained self-management of their gout condition

*Kaitakawaenga work Monday-Friday 8.00am – 4.30pm and are available to accommodate out-of-hours awahi where required

Exiting the Programme

Tāne Māori exit from programme at 12 month mark –

- Target serum level maintained (6 months or more)
- No further gout attacks
- Able to self-manage gout condition
- Tāne Māori requests successful exit

The Te Whatu Ora programme administrator will notify GP and Community Pharmacy of the tāne Māori exit from programme

For further information please email gout@healthhb.co.nz