
From: adrian@rnzcuc.org.nz
Sent: Tuesday, 7 September 2021 1:31 pm
To: Sarah Hartnall (WDHB)
Subject: RE: Myocarditis and other vaccine complications

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Kia Ora Sarah
Many thanks for your email.
I will pass your email onto the pandemic response subcommittee.
Ngā mihi
Adrian

From: Sarah Hartnall (WDHB) <Sarah.Hartnall@waitematadhb.govt.nz>
Sent: 07 September 2021 13:03
To: 'adrian@rnzcuc.org.nz' <adrian@rnzcuc.org.nz>
Cc: Anthony Jordan (ADHB) <AnthonyJ@adhb.govt.nz>; Matt Hannant (CMDHB) <Matt.Hannant@middlemore.co.nz>; Alexis Starkey (NRA) <Alexis.Starkey@nra.health.nz>
Subject: FW: Myocarditis and other vaccine complications

Kia Ora Adrian,

The communication below was raised at our PHO leaders forum. I'm concerned that this messaging has not been formally endorsed or recommended by either IMAC/MoH (or more locally by the NRHCC) – we need messaging to be clear, consistent and co-ordinated otherwise we risk confusing our primary care colleagues who we're intending to help/inform.

Nga Mihi,
Sarah

Dr Sarah Hartnall | Clinical Lead, Primary Care, Northern Region Health Co-ordination Centre
Planning, Funding & Outcomes | Waitemata DHB

North Shore Hospital, Private Bag 93 503, Takapuna, Auckland 0740

m: s9(2)(a)

www.waitematadhb.govt.nz | www.safetyinpractice.co.nz



Please note, my usual working days for this role are Thursday and Friday.

From: sarah hartnall [<mailto:sarah.hartnall@gmail.com>]
Sent: Tuesday, 07 September 2021 11:08 a.m.
To: Sarah Hartnall (WDHB)
Subject: Fwd: Myocarditis and other vaccine complications

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From: **RNZCUC Pandemic Response Subcommittee** <covid19@rnzcuc.org.nz>

Date: Mon, 6 Sep 2021 at 9:28 AM

Subject: Myocarditis and other vaccine complications

To: Sarah Jane Hartnall <sarah.hartnall@gmail.com>

Dear member / clinic,

Advice from the Immunisation Advisory Centre is copied below, advising myocarditis is a rare post-vaccination complication, seen 11 times more commonly with Covid than after vaccination.

Members may find the following additional information useful, particularly when consulting vaccine-hesitant patients.

Myocarditis

Per [US data](#), NZ can expect one presentation with vaccine-related myocarditis per 100,000 vaccinated, ie approx. 45 cases (likely there will also be subclinical cases), 80%+ male, generally younger, mainly after the second dose.

Pericarditis – 1.8/100,000, or around 80 cases presenting in New Zealand; older population; same male preponderance

Singapore government has [advised](#):

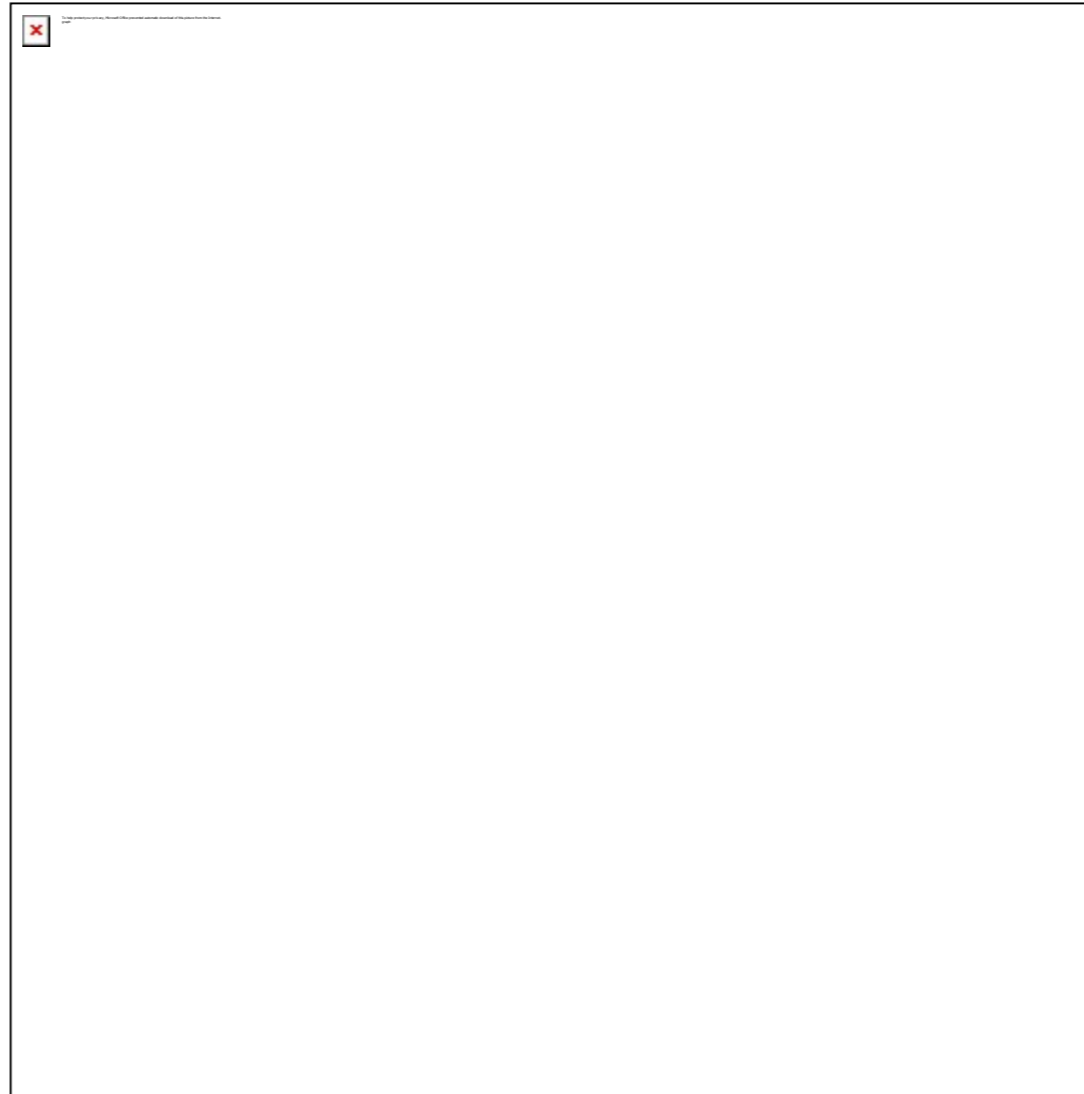
*“that all vaccinated persons, in particular adolescents and younger men, who have received any dose of the mRNA COVID-19 vaccines, **should avoid any exercise or strenuous physical activity for one week after vaccination. During this time, the vaccinated persons should seek medical attention promptly if they develop chest pain, shortness of breath or abnormal heartbeats. All doctors should also be vigilant around such clinical presentations after vaccination.**”*

We support informal advice from IMAC as follows:

“from a sensible pragmatic point of view and with limited evidence our advice would be to not vigorously exercise after receipt of a vaccine if you are feeling any vaccine side effects”

Consulting vaccine hesitant patients concerned about adverse reactions:

- United States studies find myocarditis is around 22 times more common with Covid19 ([22/100,000](#)) than after vaccination ([1/100,000](#)). This is in line with Israeli data cited below.
- A recent [BMJ study](#) finds thrombotic events are again far more common with Covid than after vaccination – summarised below:



With best wishes,

David Gollogly, Jasmine Mackay, Richard Chen, Kelvin Ward
Pandemic Response Subcommittee



IMAC email:

Today the Ministry of Health issued a [press release](#) regarding the death of a woman in the days following vaccination with the Pfizer COVID-19 vaccine. The Ministry of Health states the case has been referred to the Coroner and the cause of death has not yet been determined.

The COVID-19 Vaccine Independent Safety Monitoring Board (CV-ISMB) considered that the myocarditis was probably due to vaccination. The CV-ISMB noted that there were other medical issues occurring at the same time which may have influenced the outcome following vaccination.

Key points for vaccinators and other health professionals

- A risk of **heart inflammation** (myocarditis, pericarditis, or both) has been observed in people who have received mRNA COVID-19 vaccines in overseas studies, particularly in males under 30 years of age after the second vaccine dose.
- IMAC emphasises that **the overwhelming benefits of vaccination in protecting against COVID-19 greatly outweigh the rare risk of these conditions**, and Comirnaty (Pfizer mRNA vaccine) used in New Zealand continues to be recommended for all people ≥ 12 years of age who do not have any contraindications to the vaccine.
- **Myocarditis symptoms** such as chest pain, shortness of breath or feelings of having a fast-beating fluttering, or pounding heart may appear within a few days of having the vaccine. Anyone who experiences these symptoms after having the vaccine should seek medical attention.
- Myocarditis or pericarditis reports have been **more common following the second dose and in younger males**.
- **The risk of myocarditis from COVID-19 infection is much greater than from COVID-19 vaccination:** Recent data from Israel showed three cases of myocarditis per 100,000 following Comirnaty vaccination versus 11 per 100,000 with COVID-19 infection.
- Most myocarditis and pericarditis cases linked to mRNA vaccination have required hospitalisation for assessment and monitoring but **most cases have been mild and patients have recovered quickly with standard treatment**. Longer-term follow-up of these cases is ongoing. However, sudden death may be a complication of myocarditis so careful assessment and management of suspected cases is important.

All episodes of myocarditis and pericarditis following Comirnaty should be [notified to CARM](#).

More information about myocarditis and the COVID-19 vaccine in New Zealand is [available on our website](#).

For further advice or support please call **0800 immune** or 0800immune@auckland.ac.nz. Ngā mihi, **The Immunisation Advisory Centre**

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From: Kelvin Ward <kelvin.ward@rnzcuc.org.nz>
Sent: Tuesday, 7 September 2021 2:16 pm
To: Sarah Hartnall (WDHB)
Cc: prs@rnzcuc.org.nz; adrian@rnzcuc.org.nz
Subject: Re: Myocarditis and other vaccine complications

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Dear Sarah,

Could you please advise which aspects of the email communication that you are concerned about being inaccurate or inconsistent?

Kind Regards

Kelvin Ward

From: Sarah Hartnall (WDHB) <Sarah.Hartnall@waitematadhb.govt.nz>
Sent: 07 September 2021 13:03
To: 'adrian@rnzcuc.org.nz' <adrian@rnzcuc.org.nz>
Cc: Anthony Jordan (ADHB) <AnthonyJ@adhb.govt.nz>; Matt Hannant (CMDHB) <Matt.Hannant@middlemore.co.nz>; Alexis Starkey (NRA) <Alexis.Starkey@nra.health.nz>
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Planning, Funding & Outcomes | Waitemata DHB

North Shore Hospital, Private Bag 93 503, Takapuna, Auckland 0740

m: [\(a\)](tel:s9(2)(a))

www.waitematadhb.govt.nz | www.safetyinpractice.co.nz

<image001.jpg>

Please note, my usual working days for this role are Thursday and Friday.

From: sarah hartnall [<mailto:sarah.hartnall@gmail.com>]
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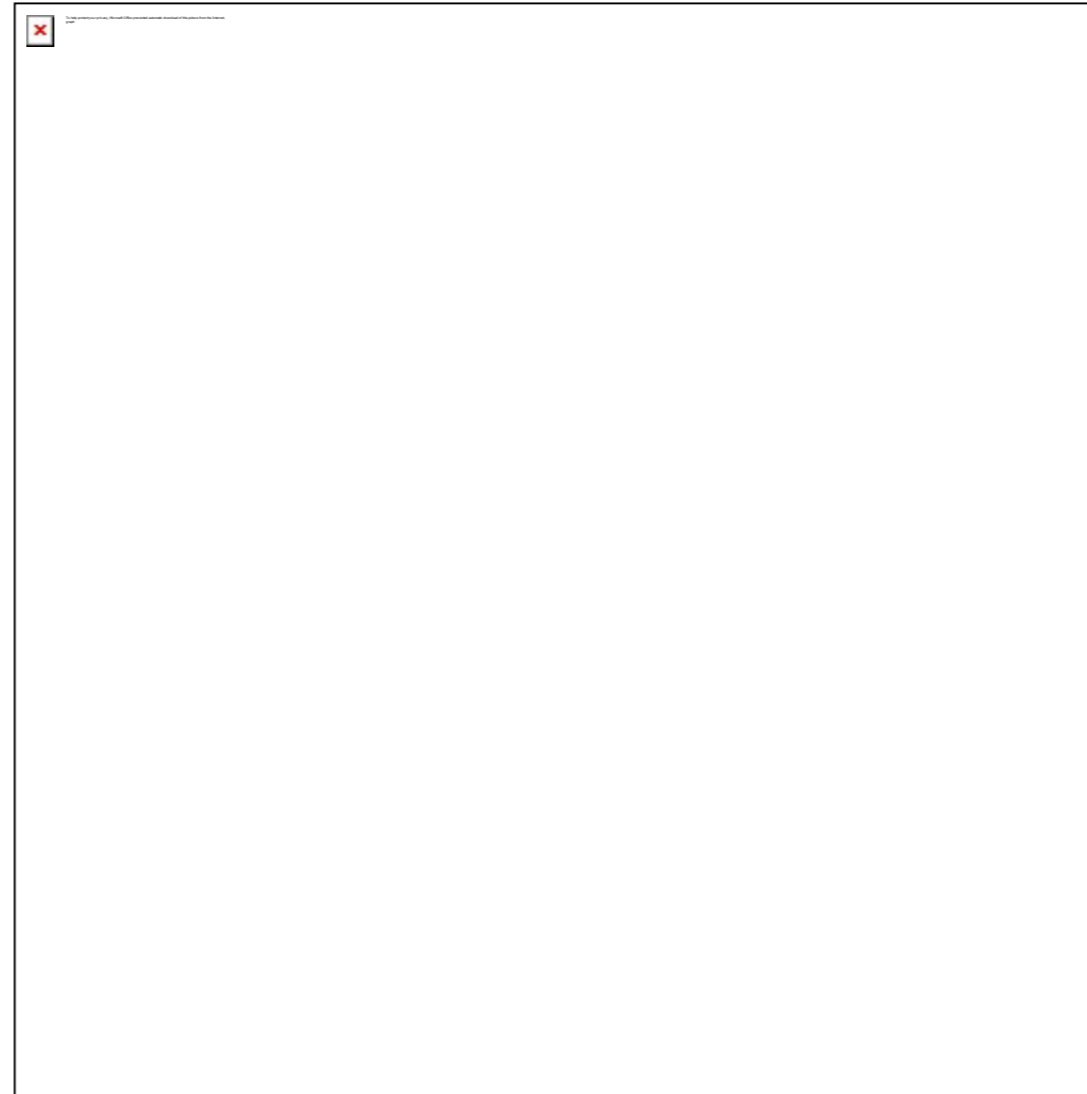
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Dr Kelvin Ward
Chair, Executive Committee
Member, Board of Censors, PRS, FAC

Level 2, 110 Lunn Ave, Remuera, Auckland 1072, New Zealand

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From: Stephenie Quinn <stephenie.quinn@shorecare.co.nz>
Sent: Wednesday, 8 September 2021 12:30 pm
To: Sarah Hartnall (WDHB)
Subject: FW: Webinar - COVID, Vaccinations and the risk of myocarditis
Attachments: THG GP Webinar Invitation 9.09.2021.pdf

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Fyi

Ngā mihi,



Stephenie Quinn
General Manager

t: 09 488 3074 | f: 09 489 3186 | m: s9(2)(a)

e: stephenie.quinn@shorecare.co.nz | w: <https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.shorecare.co.nz&umid=ccd8f0c4-a713-4aca-9d0f-f4ed29744316&auth=1b63ca7083806b9e0b02672b5c8ce3362a73d480-172db908248e944cf1408137bc86c8d9bb19e559>

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----- Original message -----

From: guy.melrose@rnzcuc.org.nz
Date: 8/09/21 12:21 pm (GMT+12:00)
To: guy.melrose@rnzcuc.org.nz
Subject: Webinar - COVID, Vaccinations and the risk of myocarditis

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Dear Medical Directors and Practice Managers

The Heart Group in Auckland is putting on a free webinar tomorrow, 9th September, at 1930, about myocarditis and the COVID vaccination.

They have advised me that this webinar is open to all clinicians around the country, and so I have attached their information, which includes the Zoom link.

As our vaccine programme continues apace, we are likely to see patients concerned about a diagnosis as well as actual cases of myocarditis presenting through urgent care. Could you please share details of this educational opportunity with your clinicians as they might find it beneficial?

Ngā mihi,



RNZCUC
ROYAL NEW ZEALAND COLLEGE OF URGENT CARE

Dr Guy Melrose

Director of Professional Development

Level 2, 110 Lunn Avenue, Remuera, Auckland 1072, New Zealand

P. 64 9 527 7966 <https://smex12-5-en->

[ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.rnzcuc.org.nz&umid=ccd8f0c4-](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.rnzcuc.org.nz&umid=ccd8f0c4-)

a713-4aca-9d0f-f4ed29744316&auth=1b63ca7083806b9e0b02672b5c8ce3362a73d480-8502802a104a216d8d90e481edbb20edb8d733d3

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7th September 2021

ZOOM WEBINAR INVITATION COVID, Vaccinations and the Risk of Myocarditis

Dear Doctor,

As New Zealand's largest private cardiology practice, The Heart Group are very committed to supporting you as a medical practitioner during the Covid-19 delta variant. Whilst we have been running a very limited service for acute patients, we have been very proactive in providing virtual appointments through Telehealth for our patients and also providing advice for you as practitioners. The most commonly asked question we receive is around vaccine safety for patients with heart disease and also the risk of Myocarditis from Covid vaccination. To assist you to better understand these areas we would like to invite you to a Zoom Webinar to be held at 7.30pm on Thursday this week 9th September 2021.

In addition, to a range of Heart Group Cardiologists speaking on the topics, we are delighted to have with us Assoc Prof Helen Petousis-Harris who will give us an overview of the Covid vaccination programme in New Zealand. The programme for this Webinar is detailed below.

- 7.30pm: Introduction
- 7.30pm: Assoc Prof Helen Petousis-Harris: COVID vaccination programme in NZ.
- 7.45pm: Prof Ralph Stewart, Cardiologist, Data Safety Monitoring Committee COVID vaccinations: Vaccine safety in patients with heart disease.
- 7.55pm: Dr Ruvin Gabriel, Cardiologist. Myocarditis. What is it?
- 8.00pm: Dr Ross Nicholson, Paediatric Cardiologist. An 18-year-old with chest pain 3 days after his COVID vaccination. Has he got Myocarditis? Triaging the anxious community.
- 8.10pm: Dr Wil Harrison, Cardiologist. Reaching out to underserved and vaccine resistant populations.
- 8.20pm: Discussion and Questions



Dial in Details:


You are invited to a Zoom webinar.

When: Sep 9, 2021 07:30 PM Auckland, Wellington

Topic: Cardiology and Covid 19 Vaccinations

Please click the link below to join the webinar:

Out of scope



With kind regards

Dr Fiona Stewart
Cardiologist

Dr Ruvin Gabriel
Cardiologist

From: Andy Dixon <andy.dixon@shorecare.co.nz>
Sent: Wednesday, 15 September 2021 10:10 am
To: Sarah Hartnall (WDHB)
Cc: Stephenie Quinn; Sarah Peters
Subject: RE: Myocarditis and other vaccine complications

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Hi Sarah

Thanks so much for the confirmation.

Cheers
A

Ngā mihi,



Andy Dixon
Clinical Director

t: 09 486 7777 | f: 09 489 3186

e: andy.dixon@shorecare.co.nz | w: <https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.shorecare.co.nz&umid=b83ae15d-3f6b-4c80-91f3-915b5d1735c4&auth=7d2d0abb068e5711621b1d94b8fe61c48225f872-5089845c644801bee410ccd867a93c071c2f9b58>

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From: Sarah Hartnall (WDHB) <Sarah.Hartnall@waitematadhb.govt.nz>
Sent: Tuesday, 14 September 2021 3:37 PM
To: Andy Dixon <andy.dixon@shorecare.co.nz>
Cc: Stephenie Quinn <stephenie.quinn@shorecare.co.nz>; Sarah Peters <sarah.peters@shorecare.co.nz>
Subject: FW: Myocarditis and other vaccine complications

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Kia Ora Andy – see email below from Emma Best (IMAC). Cardiologist advice is no formal communication on this at this stage FYI.

Nga Mihi,
Sarah

Dr Sarah Hartnall | Clinical Lead, Primary Care, Northern Region Health Co-ordination Centre
Planning, Funding & Outcomes | Waitemata DHB

North Shore Hospital, Private Bag 93 503, Takapuna, Auckland 0740

m: [s9\(2\)\(a\)](tel:0922222222)

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Please note, my usual working days for this role are Thursday and Friday.

From: Emma Best (ADHB)
Sent: Tuesday, 14 September 2021 1:01 p.m.
To: Sarah Hartnall (WDHB)
Subject: RE: Myocarditis and other vaccine complications

It's a very good question but there is no official word on strenuous activity – however Singapore have a very clear information sheet on this for all for 1 week post (gives advice on what is considered strenuous etc)

Our cardiology advice has not been to go with this as general advice yet but we are increasingly being asked by Drs also – it needs to come from MOH or CVTAG

IMAC updated some of our post vaccine advice to indicate if you have 'adverse events/don't feel' well post vaccine then hydrate and avoid vigorous activity until feel better' to be as non specific as possible
What is the RNZCUC ?

From: Sarah Hartnall (WDHB) <Sarah.Hartnall@waitematadhb.govt.nz>
Sent: Tuesday, 14 September 2021 12:35 pm
To: Emma Best (ADHB) <EBest@adhb.govt.nz>
Subject: FW: Myocarditis and other vaccine complications

Kia Ora Emma,

I have a quick question from a provider – is there any planned position statement or communication in regard to advising no strenuous activity following covid vaccination (myocarditis risk)? RNZCUC sent out a communication which implied they were recommending this and I'd asked them to refrain from sending out these types of messages to ensure our clinicians are receiving consistent messages from a source of truth FYI.

Thanks!

Nga Mihi,
Sarah

Dr Sarah Hartnall | Clinical Lead, Primary Care, Northern Region Health Co-ordination Centre
Planning, Funding & Outcomes | Waitemata DHB
North Shore Hospital, Private Bag 93 503, Takapuna, Auckland 0740
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Please note, my usual working days for this role are Thursday and Friday.

From: Andy Dixon [<mailto:andy.dixon@shorecare.co.nz>]
Sent: Tuesday, 14 September 2021 12:15 p.m.
To: Sarah Hartnall (WDHB); Stephenie Quinn
Cc: Sarah Peters
Subject: RE: Myocarditis and other vaccine complications

Hi Sarah

Just wanting to follow up regarding any official MOH position about refraining from strenuous physical activity for 1 week after COVID vaccinations?

Any word?

Take care

A

Ngā mihi,



Andy Dixon
Clinical Director

t: 09 486 7777 | f: 09 489 3186

e: andy.dixon@shorecare.co.nz | w: <https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.shorecare.co.nz&umid=83a576ec-64ec-459e-8523-2245c77b0369&auth=30e3f2e30e464276dede9a7f1c0d737f933697d5-a26d3fb7a88ba89a4cf1c2012916eddab8c9a3e0>

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From: Sarah Hartnall (WDHB) <Sarah.Hartnall@waitematadhb.govt.nz>

Sent: Tuesday, 7 September 2021 1:57 PM

To: Andy Dixon <andy.dixon@shorecare.co.nz>; Stephenie Quinn <stephenie.quinn@shorecare.co.nz>

Cc: Sarah Peters <sarah.peters@shorecare.co.nz>

Subject: RE: Myocarditis and other vaccine complications

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Yep, already have ;-)

Hope you guys are good! xx

Nga Mihi,
Sarah

Dr Sarah Hartnall | Clinical Lead, Primary Care, Northern Region Health Co-ordination Centre

Planning, Funding & Outcomes | Waitemata DHB

North Shore Hospital, Private Bag 93 503, Takapuna, Auckland 0740

m: [s9\(2\)\(a\)](tel:094887777)

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Cc: Sarah Peters
Subject: RE: Myocarditis and other vaccine complications

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Hi Sarah

Are you able to escalate this so that uniform advice is provided to the community?

Regards

Andy

Ngā mihi,



Andy Dixon
Clinical Director

t: 09 486 7777 | f: 09 489 3186

e: andy.dixon@shorecare.co.nz | w: <https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.shorecare.co.nz&umid=9ccc39ef-14d1-423f-998d-aa7714df97e2&auth=f5919179c8736197a129bb174c8f63e880123064-ba53265cbfbd38a779e28e25442cf1fbc15766ba>

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To: Stephenie Quinn <stephenie.quinn@shorecare.co.nz>
Cc: Andy Dixon <andy.dixon@shorecare.co.nz>; Sarah Peters <sarah.peters@shorecare.co.nz>
Subject: RE: Myocarditis and other vaccine complications

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Thanks Steph I found it in my personal email!

I'm concerned that this (advice from another country and "informal" advice from IMAC) has gone out to the rnzuc membership without consultation or formal endorsement from IMAC/MOH etc – important that the messaging is consistent so we don't cause confusion for our primary care colleagues.

Nga Mihi,
Sarah

Dr Sarah Hartnall | Clinical Lead, Primary Care, Northern Region Health Co-ordination Centre
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Hi Sarah

As discussed on zoom.

Steph

Ngā mihi,



Stephenie Quinn
General Manager

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From: rnzcucorg@vps.onegroup3.co.nz <rnzcucorg@vps.onegroup3.co.nz> **On Behalf Of** RNZCUC Pandemic Response Subcommittee
Sent: Monday, 6 September 2021 10:27 AM
To: Stephenie Quinn <stephenie.quinn@shorecare.co.nz>
Subject: Myocarditis and other vaccine complications

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Dear member / clinic,

Advice from the Immunisation Advisory Centre is copied below, advising myocarditis is a rare post-vaccination complication, seen 11 times more commonly with Covid than after vaccination.

Members may find the following additional information useful, particularly when consulting vaccine-hesitant patients.

Myocarditis

Per [US data](#), NZ can expect one presentation with vaccine-related myocarditis per 100,000 vaccinated, ie approx. 45 cases (likely there will also be subclinical cases), 80%+ male, generally younger, mainly after the second dose.

Pericarditis – 1.8/100,000, or around 80 cases presenting in New Zealand; older population; same male preponderance

Singapore government has [advised](#):

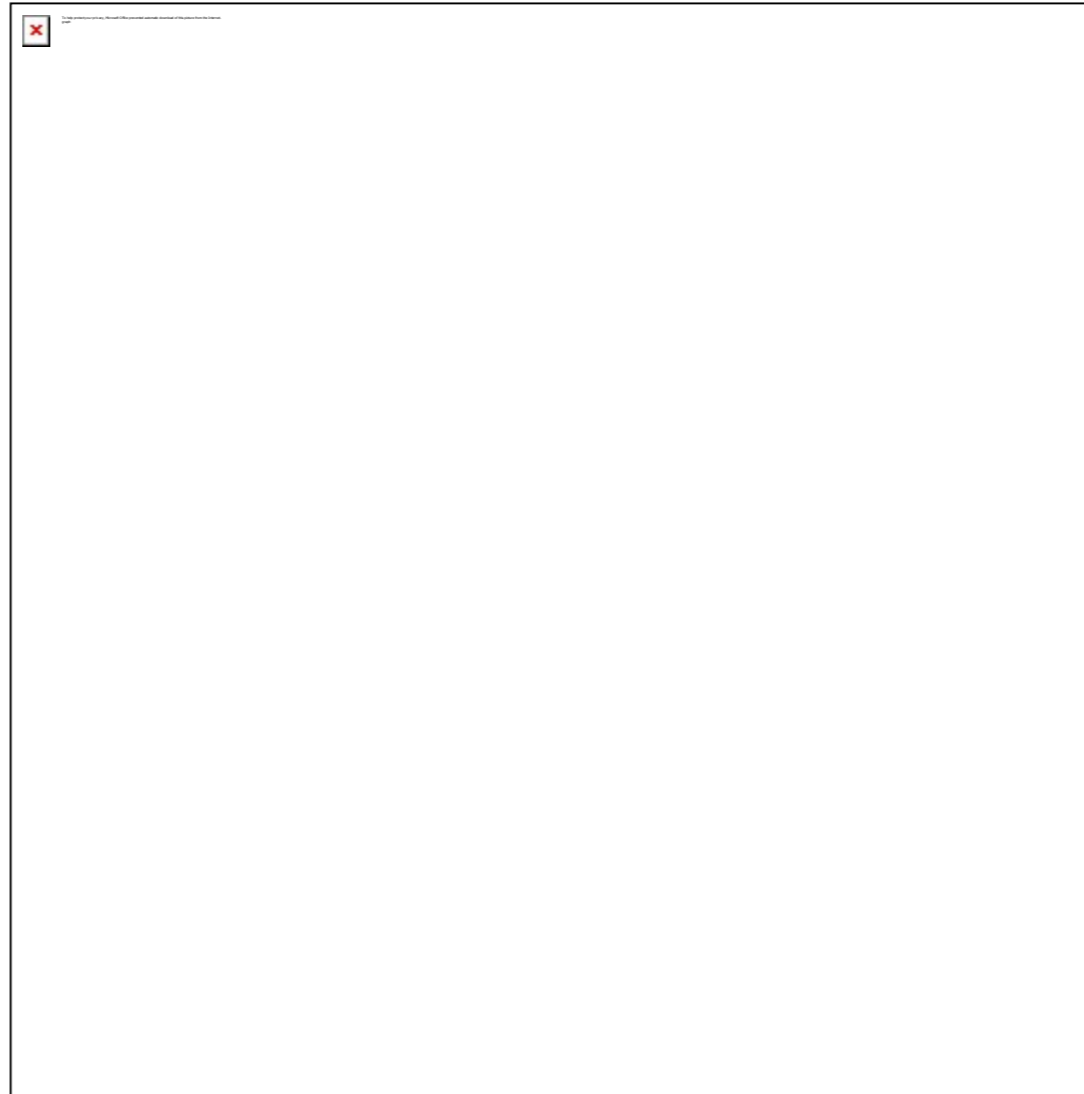
*“that all vaccinated persons, in particular adolescents and younger men, who have received any dose of the mRNA COVID-19 vaccines, **should avoid any exercise or strenuous physical activity for one week after vaccination. During this time, the vaccinated persons should seek medical attention promptly if they develop chest pain, shortness of breath or abnormal heartbeats. All doctors should also be vigilant around such clinical presentations after vaccination.**”*

We support informal advice from IMAC as follows:

“from a sensible pragmatic point of view and with limited evidence our advice would be to not vigorously exercise after receipt of a vaccine if you are feeling any vaccine side effects”

Consulting vaccine hesitant patients concerned about adverse reactions:

- United States studies find myocarditis is around 22 times more common with Covid19 ([22/100,000](#)) than after vaccination ([1/100,000](#)). This is in line with Israeli data cited below.
- A recent [BMJ study](#) finds thrombotic events are again far more common with Covid than after vaccination – summarised below:



With best wishes,

David Gollogly, Jasmine Mackay, Richard Chen, Kelvin Ward

Pandemic Response Subcommittee



IMAC email:

Today the Ministry of Health issued a [press release](#) regarding the death of a woman in the days following vaccination with the Pfizer COVID-19 vaccine. The Ministry of Health states the case has been referred to the Coroner and the cause of death has not yet been determined.

The COVID-19 Vaccine Independent Safety Monitoring Board (CV-ISMB) considered that the

myocarditis was probably due to vaccination. The CV-ISMB noted that there were other medical issues occurring at the same time which may have influenced the outcome following vaccination.

Key points for vaccinators and other health professionals

- A risk of **heart inflammation** (myocarditis, pericarditis, or both) has been observed in people who have received mRNA COVID-19 vaccines in overseas studies, particularly in males under 30 years of age after the second vaccine dose.
- IMAC emphasises that **the overwhelming benefits of vaccination in protecting against COVID-19 greatly outweigh the rare risk of these conditions**, and Comirnaty (Pfizer mRNA vaccine) used in New Zealand continues to be recommended for all people ≥ 12 years of age who do not have any contraindications to the vaccine.
- **Myocarditis symptoms** such as chest pain, shortness of breath or feelings of having a fast-beating fluttering, or pounding heart may appear within a few days of having the vaccine. Anyone who experiences these symptoms after having the vaccine should seek medical attention.
- Myocarditis or pericarditis reports have been **more common following the second dose and in younger males**.
- **The risk of myocarditis from COVID-19 infection is much greater than from COVID-19 vaccination:** Recent data from Israel showed three cases of myocarditis per 100,000 following Comirnaty vaccination versus 11 per 100,000 with COVID-19 infection.
- Most myocarditis and pericarditis cases linked to mRNA vaccination have required hospitalisation for assessment and monitoring but **most cases have been mild and patients have recovered quickly with standard treatment**. Longer-term follow-up of these cases is ongoing. However, sudden death may be a complication of myocarditis so careful assessment and management of suspected cases is important.

All episodes of myocarditis and pericarditis following Comirnaty should be [notified to CARM](#).

More information about myocarditis and the COVID-19 vaccine in New Zealand is [available on our website](#).

For further advice or support please call **0800 immune** or 0800immune@auckland.ac.nz. Ngā mihi, **The Immunisation Advisory Centre**

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