

20 May 2026

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Tēnā koe Nigel

**Your request for official information, reference: HNZ00203602**

Thank you for your email on 13 May 2026, asking Health New Zealand | Te Whatu Ora (Health NZ) for the following under the Official Information Act 1982 (the OIA):

*1. Confirmation of whether Health NZ holds any national-level policy, procedure, guideline, protocol, framework, or clinical standard relating to:*

*Medication-induced nutrient depletion*

*Monitoring of nutrient status for people on or discontinuing prescribed medications*

*Rehabilitation or recovery processes where nutrient depletion has occurred*

*Informed consent requirements relating to nutrient depletion*

*Harm-minimisation frameworks addressing nutrient depletion risks*

*This request is solely for confirmation of existence or non-existence.*

*2. If any such national-level document exists*

*Please provide:*

*the title*

*the document type (policy, guideline, protocol, etc.)*

*the date of issue*

*the issuing group or directorate*

*a copy of the document*

*3. If no such national-level document exists*

*Please confirm explicitly that:*

*“Health NZ holds no national-level policy, procedure, guideline, protocol, framework, or clinical standard covering medication-induced nutrient depletion, monitoring, rehabilitation, informed consent, or harm-minimisation.”*

*Statutory notes*

*This request does not require collation, research, or analysis.*

*It is a request for existence or absence, which is a matter of simple confirmation.*

*Section 18(f) does not apply.*

*If any part of this information is held by another agency, please transfer that part under section 14.*

*Format*

*Please provide the response in electronic form.*

*Purpose of this request*

*This request is made to clarify whether Health NZ has any national-level governance in place for medication-induced nutrient depletion and associated clinical responsibilities.*

## **Response**

We note that you previously submitted a similar request and follow up request on this topic (ref: HNZ00201245 & HNZ00201664) and Health NZ communicated a decision on both previous requests on 12 March & 25 March 2026. We understand that you were unhappy with the decisions made and that you subsequently made a complaint to the Ombudsman. The Ombudsman's investigation remains ongoing, and we expect the Ombudsman's office will write to you and Health NZ on this matter in due course.

Your current request focusses on **national-level** policies, procedures, guidelines, protocols, frameworks, or clinical standards relating to Medication-induced nutrient depletion.

Regarding **Questions 1 & 3**, Health NZ can confirm we do not hold **national-level** policies, procedures, guidelines, protocols or clinical standards specifically about medication-induced nutrient depletion. As such, your request for national level documentation on medication-induced nutrient depletion is refused under section 18(g).

However, as noted in our previous response there are many adverse effects of medicines including nutrient depletion and how this is managed is not captured in one place and procedure. We can further contextualise this by providing examples of specific types of documents that relevant information may be captured within:

- files relating to specific medications held by Health NZ
- training material for clinical staff
- procedure documentation for non-clinical hospital staff
- public health documents
- email correspondence sent to/ from or between Health NZ staff

In order to identify all relevant information manual searches for key words within all potentially relevant databases would need to be conducted. Each potentially relevant document would need to be extracted and reviewed to consider if any of the content was in scope of the request.

The staff required to undertake this work are responsible for core functions including government services products, clinical governance, medicines management, patient safety, and operational delivery. Diverting them to conduct broad searches and evaluative review of material over an undefined period would unreasonably interfere with Health NZ's operations. As previously advised, this would be refused under section 18(f) of the OIA, as it requires substantial collation and research.

**Question 2** is refused under section 18(e), as previously advised, as the document alleged to contain the information requested does not exist.

### **How to get in touch**

If you have any questions, you can contact us at [h.nzOIA@tewhatuora.govt.nz](mailto:h.nzOIA@tewhatuora.govt.nz).

If you are not happy with this response, you have the right to make a complaint to the Ombudsman. Information about how to do this is available at [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz) or by phoning 0800 802 602.

Nāku iti noa, nā



pp

**Matthew McLay**

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Health New Zealand | Te Whatu Ora**