

The Westerly

October (Whiringa a Nuku) 2004

Child Cancer Research Calendars go on sale



“When I grow up” is the theme to this years Child Cancer Research Calendars. The calendar features pictures of children with cancer dressed as the professions they may wish to enter when they grow up.

This year 10,000 of the calendars have been printed and on the West Coast they can be purchased from Westpac and Postie Plus.

At Grey Base Hospital Trudi and Kiri Woollett are selling the calendars which cost just \$20 each.

Trudi can be contacted on 2894 or give Kiri a call on 2696 or 021 254 2968.

Every little cent helps so dig deep for this worthy cause.

Last year around \$45,000 was raised for

child cancer research and with double the number of calendars on sale this time around, organisers are hoping to raise even more.

West Coast gets latest ultrasound technology

West Coasters will soon be benefiting from the latest in ultrasound technology.

The West Coast District Health Board has recently ordered a brand new \$320,000 Phillips ultrasound machine to replace its current model.

Charge Radiographer Jason Lister said the machine is the most up-to-date on the market and the West Coast will be one of the first public health facilities in the country to benefit from the improved technology.

“This is the best machine out there,” Mr Lister said.

He said other hospitals, such as Starship in Auckland, were fundraising for the new ultrasound machine so the West Coast was fortunate to be able to purchase one of the newest machines.

For parents the machine can give them a 3D picture of their unborn child complete with movement, and will give a much clearer picture of baby’s face. It will also play a major diagnostic role for people, with heart, stomach and muscle problems. With almost 5500 people receiving ultrasounds a year, the new equipment will be a major benefit to the West Coast.

Highlights from this issue:

Celebrating Social Workers

Shantytown news

Springing into Action

Survey draw winners

Flying PHN’s

Wedding bells

H&S Awards

For any story ideas, tips, queries or complaints—

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ELECTION RESULTS DELAY

At the time the Westerly was published results of the West Coast District Health Board elections had not been released.

The WCDHB along with a number of other DHBs have asked the Auditor General to investigate the situation. The delay was due to a processing error affecting 18 out of the 21 DHBs.

West Coast Flying Public Health Nurses to the Rescue

Four West Coast nurses recently went to Auckland to help with the rollout of the Meningococcal B Vaccine. Lorraine Williams shares her experience.

New Zealand has an epidemic of meningococcal B disease. However, free immunisation for children/young people aged six to 19 years is being offered. Those at school will be immunised by public health nurses through a school based programme, and pre-schoolers by GPs.

A call came out from Kidzfirst, Counties Manakau Auckland for help. They were short of a team for Week 7, so that they could complete first and second vaccinations within the correct time frame. So four public health nurses from the West Coast DHB who are experienced, trained registered nurse vaccinators flew to the rescue along with five others from around the South Island.

On arrival in Auckland on Sunday evening we had a welcome and three hour orientation about the programme. We were given our weekly roster explaining what role we would play within the team such as, triaging children for wellness, vaccinating or being one of three recovery nurses and of course what school we would be based at.

We had to arrange the own travel to and from the school via taxis. Even the taxi drivers had to get the map out to get us to the correct school on the odd occasion.

The team was at the school by 8am, setting up the venue usually in the hall, drawing up the vaccine, defining roles etc. There were 13 people in a team. The site co-ordinator was the team leader. Vaccinating of students began at 9am and finished 2.30pm. After leaving the school at least three quarters of an hour later the local team members had to go back to the base to restock the bins for the next day and complete the paper work (of course).

The average number of students vaccinated in a day was 500.

There were the usual type of reactions one would expect at a mass vaccination eg faint, feeling dizzy, nausea, and sore arm. Students' arriving at school with little or no food was a common occurrence, which would contribute to some of the above reactions. No true anaphylaxis occurred.

One has to acknowledge the dedicated and hard work of all of the Kidzfirst teams in the planning and delivery of this huge school based programme.

We would also like to thank our Director of Nursing and line managers for giving us the opportunity to see and be part of the reality of such a huge programme and this has given us a good insight for the importance of planning the whole team approach for our role-out in June/ July 2005. Our planning is underway.

For more information please talk to local public health nurses or contact Betty Gilsenan Immunisation co-ordinator 732 8098.



Social Workers Celebrated

Each year Social Workers help hundreds of people from all walks of life, providing them with a confidential, professional service. This is the first year National Social Workers day has been celebrated around the country and here on the West Coast the DHB social workers took time to celebrate their profession.

Social Workers employed by the DHB have to be much more than just good listeners providing a vital service for patients and families. They help patients when

they enter the hospital helping to provide support, advocacy and follow-up care for those who need it. Being admitted to hospital or being diagnosed with an illness can be a stressful time for both patients and their families and the Social Work service is somewhere people can turn for help.

There are currently 10 Social Workers employed by the Board. This includes six in the Social Work Department and

two in Adult Mental Health services one in Child & Adolescent Mental Health Service (CAMHS), and one manager.



LETS GET PHYSICAL

Physical activity is one of the cheapest, easiest things we can do to improve our health. This was acknowledged recently by the Ministry of Education who announced additional physical activity for school children.

As a health provider, we are supportive of moves like this to promote physical activity in our communities, and so we launched our own initiative.

'Spring into Action' is an internal competition to encourage staff of the DHB and Community and Public Health to be more active over the coming 6 weeks and hopefully build physical activity into their daily routines for long-term health benefit. 25 teams have entered, with 182 people involved in the competition.

Next year we hope to roll out the initiative West Coast wide, and include other businesses and organisations that would like to participate.

However, Family Focus have approached the West Coast DHB about having their own Spring into Action team this year, and the DHB challenges other organisations to do the same.

Any form of physical activity is encouraged, including walking, running, cycling, swimming, aqua-jogging, touch rugby and gardening.

"That's been the key to the uptake of this programme," says Research and Planning Analyst Melanie Penny, "People can do what suits them, unlike previous (nationally driven events) which have only allowed people to cycle or walk".

Points are earned from periods of activity that last longer than 15 minutes, although the scoring system is weighted so that longer periods of physical activity (more than 30

Congratulations!!

John Luhrs (CEO) and Virinia Daly (HR Consultant) recently celebrated their wedding day.

They are pictured below with John's sons David (left) and James..



Immunisation at Shantytown

by Betty Gilsenan, Immunisation Co-ordinator

On September 25 and 26 the Maori Women's Welfare League held the Annual conference at Shantytown. Five hundred delegates from around New Zealand had a most productive and educational weekend in glorious West Coast weather.

I was grateful to the Rata Te Awhina Trust, Hokitika for inviting me as the Immunisation Co-ordinator

to provide information on immunisation and show the resources available.

The response was overwhelming with innumerable delegates asking questions and taking great interest in the resources on display.

The occasion proved to be a real success and a great opportunity to promote the immunisation message. Many

of the delegates showed a real concern at the low rates of immunisation in their home areas, with many taking pamphlets back to their communities and whanau.

The South Island Regional Immunisation Co-ordinator for the Immunisation Advisory Centre in Auckland was present to share her knowledge and give valuable assistance over the two days.

Remember the Olympics?

We all watched the Kiwi boys clean up at the Olympics, and didn't you just feel a tinge of "I want to do that too"... Maybe? Here's your chance. On Sunday 7th November, Sport West Coast and the Hokitika Chartered Club are bringing a Women's Fun Triathlon to our door. It's a real beginners-level triathlon, or a 5km walk if you'd prefer. Great Spring into Action Points. For an entry form contact Melanie Penny, phone ext 2643, email melanie.penny@westcoastdhb.org.nz.

HPHS Surveys—Prize draw

Thanks to the hundred's of people who returned their surveys about Health Promoting Health Services. There was some very interesting feedback and comments, and we'll bring you some analysis of the results in the November issue.

At 5pm on Friday 8th of October, some hard working people at Mental Health were found to help with the draw (top right).

The winners were:

- Toni Best from the Lab (below far right with her fruit basket),
- Helen Reriti from Morice Ward (below right with her fruit basket),
- David Verrall, Rural Nurse Specialist from Haast (who won a pedometer), and
- Margaret Reynolds from Grey Hospital Reception (who won a pedometer).

Prizes were kindly donated by Community and Public Health, our partners in Health Promoting Health Services.



Health and Safety Award

Reefton Hospital/ Ziman House Staff have all attended and have certified for Back Training Care. All staff have taken on the West Coast District Health Board's Policy of No-Lifting.

This has resulted in the lift being maximised, falls which are preventable have been minimised and Staff have not had a back or neck injury at the work place for long period of time. Staff were very proactive in ensuring a safe working environment for themselves and patients.

Chair Re-appointed

West Coast District Health Board Chair Gregor Coster has been reappointed to the position for a further three years.

Cervical Screening at Shantytown

Shantytown was a hive of activity during the Maori women's Welfare League Annual Conference. Health promotion stands included Breastscreen Aotearoa, Immunisation, SIDS and the National Cervical Screening Programme. The West Coast NCSP joined the Canterbury NCSP to have a combined health promotion display and we incorporated some sexual health information as well. Any women from the conference that visited our display were able to enter a draw for a gift basket, which also included a weekend for two. All that was required was to answer a question that related to cervical screening. The gift basket was drawn on the Sunday and was won by a lucky lady from the North Island. We were also able to offer a smear taking service for the weekend thanks to the support of Rata Te Awhina's Te Waka Hauora and their provision of a smearer. It was great for the West Coast NCSP staff to have the opportunity to be involved in such a major national event for women and alongside this, promote the screening message.

