

The Westerly

"Te Hauauru"

November (Whiringa-a-Rangi) 2004

Springing into Action – Leading by example

Over 180 West Coast DHB staff members are springing into action. Individual motivations vary from improving general health and wellbeing, losing weight, relieving stress to simply not wanting to let their colleagues down. Activities earning points for teams includes dancing, swimming, shopping, cycling, walking, gardening, and whitebaiting. Points are averaged out, depending on how many people make up a team.

Scores from the first fortnight of the competition show the Buller Kodak Kids on top, but with just 2 members, when rules stipulated a minimum of 4, the organising group are still debating the validity of this result.

Teams have been very creative with their names. The best 2 names are: Speed (Pharmacy) and Pro-Motion (C&PH Girls). Special certificates are winging (or should that be springing) their way to those teams.

A reminder to all to send in their forms at the end of the second fortnight—before Thursday 11th November. Everyone is to be congratulated for their efforts so far and encouraged to keep it up.



Right: Alisa McKenzie and Melanie Penny earn well deserved Spring into Action points on Sunday 7th November at the Hokitika Chartered Club Women's Triathlon.

Grandparents Week

October 31st was Grandparents Day. This is not a day that is traditionally celebrated on the West Coast, but this could change.

Reports from groups and organisations who took part indicate that the Week long event was reasonably well supported, with some not prepared to wait a year to invite Grandparents/children back – they will do so much sooner.

The Week was the idea of the West Coast Improving Services for the Elderly (WISE) planning group back in 2003, and was coordinated by Active West Coast. Community and Public Health, Sport West Coast/ Sport Buller and the West Coast DHB were the key drivers.

Particular thanks must go to Rosie McGrath for her awesome effort, CoastFM for their support and all the organisations, schools and early childhood centres for opening their doors.

Bring on Grandparents Week 2005!

New Board Announced. . . At last!

The West Coast District Health Board elected members were finally announced on Wednesday 3rd November, after a long wait for all concerned.

The only changes to the Board are the election of new members Dr Carol Atmore and Brian Wilkinson, with Marguerite Moore missing out. The appointed members will be decided by the Minister of Health in coming weeks.

Congratulations to all successful candidates:

Brian Wilkinson
Carol Atmore
John Vaile
Julie Kilkelly
Malcolm Stuart
Mohammed Shahadat
Robyne Bryant



The new Board takes office on December 6th 2004.

The World's Funniest Jokes

Number 1, according to research carried out by LaughLab:

Two hunters are out in the forest when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy takes out his phone and calls the emergency services.

He gasps: "My friend is dead! What can I do?" The operator says: "Calm down, I can help. First, let's make sure he's dead."

There is a silence, then a gunshot is heard. Back on the phone, the guy says: "OK, now what?"

Second funniest joke:

A woman gets onto a bus with her baby. The bus driver says, "That's the ugliest baby that I've ever seen. Ugh!"

The woman goes to the rear of the bus and sits down, fuming. She says to a man next to her, "The driver just insulted me!"

The man says, "You go right up there and tell him off. Go ahead, I'll hold your monkey for you."

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Health Promoting Health Service concept well supported

81.4% of the 237 people who responded to the HPHS survey believe that the West Coast DHB should be a HPHS and just 1.7% disagree. This is a clear mandate for advancing the project.

74 people wanted access to pedometers (see page 3) or other sporting equipment.

There was strong support for all members of the DHB's internal and wider community to benefit from HPHS - particularly staff, patients and families.

Health areas that should be addressed according to survey respondents include: smoking, nutrition, physical activity, sexual health, mental health, obesity, alcohol misuse, cardio-vascular diseases and diabetes.

The survey organisers want to thank everyone who responded, congratulate those who won prizes, commiserate those who didn't and advise those who said they'd be interested in joining the steering committee that "we will be in touch shortly".

Rural Training Centre Confirmed

The West Coast is set to become the sixth rural undergraduate training centre. From February next year a number of students from the Otago School of Medicine will spend seven weeks on the West Coast studying rural medicine.

The students will spend time working not only at Grey Base Hospital but also working in the community and at medical centres, most likely in Westport, Dobson, Reefton, Hokitika and South Westland.

The Otago School of Medicine already had sites in Balclutha, Oamaru, Gore, Dunstan and Queenstown.



Smoking Law Change

From 10 December 2004, new Smoking Legislation will ban smoking in any workplaces, including bars, restaurants, and pubs.

A recent Colmar Brunton Poll showed just 34% of the population oppose the ban, down from 47% one-year ago.

Smokefree Health Promoter, Jo Holmes, says, "This is a time of change, and it is going to be difficult for some people."

She goes on to state that this law does not ban people from smoking, however does restrict where people can light up.

Scientific evidence has consistently demonstrated that second-hand smoke has an adverse impact on the health of non-smokers, including children.

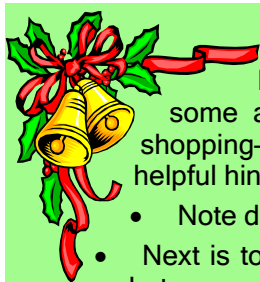
Jo also raises concern about the unintended consequences of the law change, which will see people going outside to smoke.

"Smokers are going to become more visible, so there's a risk that the population having the impression that smoking is more common than it is."

The West Coast DHB will not be affected by the law change, as it implemented it's own smokefree policy last year.

Patients who cannot leave the premises to smoke are some exemption under the DHB Policy; this permits them to smoke in designated outdoor areas on during their hospital stay, but not inside the buildings. Staff and all visitors are expected to respect the DHB Policy by leaving the grounds to smoke.

International research has shown that comprehensive smokefree legislation such as this, helps people to become smokefree and increases bar revenues.



Christmas Present Tips

Had you noticed that Christmas was coming? There are some among us who have already finished their Christmas shopping—but they are few and far between. Here are some helpful hints to help out over this stressful time of year.

- Note down each of your intended recipients .
- Next is to take a long, hard look at your finances and determine what you can afford overall. You do not want to have to mortgage your house to pay for it all.
- Now you should very roughly determine how much you can afford to spend for each person, it will give you a good benchmark .

Finally it is time to start compiling those Christmas gift ideas. Some of your intended recipients will be easy to buy for, and you can have a list of presents set aside for these people. For example, a bottle of wine, a tin of biscuits, chocolates... are presents that a lot of people on your list may be deserving of. For these folks it is relatively easy and straightforward to find presents for them.

The tricky part usually comes with your closer friends and family, when you may wish to splash out a bit further. Several techniques are available to expediate this process:

- Listen very carefully to what they are saying in the weeks leading up to yuletide. They may give crass hints away such as, 'Darn lawnmower - can never start the thing', or 'This toaster is on its last legs'. You may decide to take these hints up - as at least you can be sure it is a present that they will have a use for.
- If you are hankering for the knockout present for your recipient, it is a case of taking the time to list various alternatives. Start off with their interests and hobbies, what do they enjoy doing. If you can give them with something that will aid in their enjoyment of their hobby, you have succeeded with the perfect present.
- Scour the literature which spills through your letterbox this time of the year, and try to find something that while isn't all the rage, is still an excellent present.



!! Pedometers available FREE !!

To borrow for up to 2 weeks

Contact Vicky O'Neill:

Phone extension: 2701

Email: vicky.o'neill@westcoastdhb.org.nz



Or at the reception at the Corporate Office between 9 and 1 daily.

If you're not based in Greymouth, she'll send one out.

Also available for family members to use.

TACT Review

The review of the TACT service which was carried out 12 months ago resulted in several changes to the way in which clients enter mental health services, and the role of TACT workers.

The establishment of an Intake worker role on a Monday to Friday basis (commenced on Monday the 25th October), will have the following impact on the way clients access the 0800 Psychiatric Emergency Service.

As from the 25-10-04 there will be an initial automated voice mail response in place to more clearly identify those calling the PES service and to direct callers to a range of other mental health services.

During the hours of 0800-1700 on a Monday to Friday basis the calls that are identified as PES via selecting option 1 will be diverted to and taken by the CMH receptionists who will take details and have the on call clinician paged. Outside of these hours and on weekends and stat holidays the PES calls (option 1 calls) will be taken by the main telephonists with the same process being followed.

This will have minimal impact on anyone other than being of assistance to telephonists, the PES (TACT) team collectively, and primarily the designated PES clinician on call at the time to respond.

The main objective behind this change is to;

- more clearly identify those accessing the PES .
- streamline the way in which we respond to PES by reducing the number of contacts people often have before accessing the clinician on call.
- Conclude the implementation of the TACT review.

All new referrals to Grey CMH and PES contacts will now go through a process of Triage via the Intake worker prior to being accepted by the MHS for assessment. This establishes a clear entry point, more consistent application of our entry criteria, and enhances other areas of service delivery. TACT team workers are now available to undertake more community case management instead of primarily undertaking PES work.

Formal referrals and voice mail are encouraged to be utilized as direct and expected timely access to TACT Case Managers may be affected by their Case Management responsibilities. Individual phones are routinely checked for messages by clinicians when they are in the building.

We encourage staff to support these changes in the interests of providing a better service to existing and proposed consumers of the CHC MHS.

MPs and Media Strut their Stuff

The Parliamentary Press Gallery beat Labour MPs in a week long competition leading up to Push Play Day (Friday 5th November).

Barry Soper was the most outstanding individual, although West Coast MP Damien O'Connor walked the most steps in a single day: a massive 26,931!

Trevor Mallard walked the most steps throughout the week for Labour, but was still 10,000 steps behind Barry Soper.

To increase the number of steps they were walking each week, contestants used the stairs, held walking meetings, and walked instead of driving.

It is recommended people aim to walk at least 10,000 steps each day for health gain.

What do you get if you deep fry Santa Claus?.....Crisp Cringle
Why does Santa's sled get such good mileage?.....Because it has long-distance runners on each side
Why does Scrooge love Rudolph the Red-Nosed Reindeer?..... Because every buck is dear to him
What kind of bird can write?..... A PENguin

Gift to save lives

A trip back to the West Coast had a special meaning for American tourist Bob Sippel.

The American paramedic and his wife were holidaying in Punakaiki nearly two years ago when a young woman collapsed. Sadly after Mr Sippel and number of locals performed CPR and tried to save the young woman's life, she passed away.

Vowing to help the people of the West Coast, Mr Sippel returned to the United States with the intention to help but without any idea how to do so.

But when his wife who works as a firefighter in San Jose told him her department was upgrading all its defibrillators and would give the old ones away Mr Sippel knew exactly what to do.

With more than 60 American groups vying for the defibrillators Mr

Sippel pulled some strings and managed to secure them for New Zealand's West Coast.

Mr Sippel returned to Punakaiki and personally donated a defibrillator to the people of that region, in the process explaining how important being involved in bringing the devices to the region had been to him.

The device, which can be operated by nearly anyone, will be located at the Punakaiki Rocks Hotel as it is a 24-hour enterprise enabling the device to be obtained at anytime.

There are 24 devices in total six will be located at Solid Energy mines sites with the remaining 18 spread from Karamea to Haast.



In South Westland the defibrillators will be placed with the rural nurses working in that region

The project has been jointly sponsored by Solid Energy and the West Coast DHB who

have each donated \$6000 for new batteries and maintenance on the devices.

Upcoming Events

Disability Network Meeting: 9th November 2004, 12:30-1:30pm. Karoro Learning Centre.

Consultation Hui On the Draft Primary Mental Health Strategic Plan:

1) **HOKITIKA:** Thursday 25th November, 1-4pm. REAP House, 72 Tudor Street, Hokitika.

2) **WESTPORT:** Friday 26th November, 10am - 2pm. Kawatiri Maori Womens Welfare League, 1 Lyndhurst Street, Westport.

3) **GREYMOUTH:** Tuesday 30th November, 1pm-4pm. RSA Clubrooms, Tainui Street, Greymouth.

The Purpose of the Hui is to discuss the Draft Primary Mental Health Strategic Plan & to develop additional strategies to directly address the needs of Māori

Copies of draft plan are available on the WCDHB website or from Shona.mcleod@westcoastdhb.org.nz (03) 768-0499 extn 2641

RSVP to Shona for catering purposes

Advisory Committee Meetings:

Wednesday 17th November 2004.

DSAC starts at 8:30am, CPHAC

starts at 10:30am and MHAC at

1:30pm. All in the Boardroom.

Public meetings.

Sunsmart Week: 9th-16th November 2004.

Diabetes Awareness Week: 23rd-29th November 2004. "Nip it in the bud. Be aware. Be tested"

Toddle Waddle: 15th-21st November 2004. Raise \$ and awareness for Meningitis Trust.

World AIDS Day: 1 December 2004.

Board and HAC meeting:

Friday 17th December 2004. HAC starts at 8am.

Christmas Day:

Saturday 25th December 2004

Please let Vikki know of any upcoming events: ext 2665.

A Safe and Happy Workplace is with involvement of everyone...

We have a responsibility to keep ourselves, our staff, our workmates, and our workplace safe, no matter what job we do.

Knowing any special risk factors in performing the sets of tasks

Knowing how to avoid these risk factors

Read and understand any safety material and follow advice

Wearing appropriate personal protective equipment as directed

Make sure you know about emergency procedures relevant to your work and about first aid

**IF YOU SEE SOMETHING THAT ISN'T SAFE AT WORK,
DO SOMETHING ABOUT IT!**

You Know You've Had Too Much Holiday Cheer When....

1. You notice your tie sticking out of your fly.
2. Someone uses your tongue for a coaster.
3. You start kissing the portraits on the wall.
4. You see your underwear hanging from the chandelier.
5. You have to hold on to the floor to keep from sliding off.
6. You strike a match and light your nose.
7. You take off your shoes and wade in the potato salad.
8. You hear someone say, "Call a priest!"
9. You hear a duck quacking and it's you.
10. You complain about the small bathroom after emerging from the closet.
11. You refill your glass from the fish bowl.
12. You tell everyone you have to go home... and the party's at your place.
13. You ask for another ice cube and put it in your pocket.
14. You yawn at the biggest bore in the room... and realize you're in front of the hall mirror.
15. You pick up a roll, and butter your watch.
16. You suggest everyone stand and sing the national budget.
18. You're at the dinner table and you ask the hostess to pass a bedpan.
19. You take out your handkerchief and blow your ear.
20. You tell your best joke to the rubber plant.
21. You realize you're the only one under the coffee table