

The Westerly

“Te Hauauru”

December (Hakihea) 2004

Ceo's Christmas Message

I would like to take this opportunity to wish staff and their families a safe, happy and healthy Christmas. This is also my opportunity thank you all for your hard work and commitment over the year. This past calendar year has seen the West Coast District Health Board tackling challenges and celebrating its successes some highlights include.

- More than twenty automatic defibrillators were donated to the West Coast and will be placed at from Karamea to Haast this donation came thanks to the hard work of staff and the generosity of American tourist Bob Sippel.

- The opening of the Whanau/ family facility on the Grey Base Hospital site.

- The West Coast DHB ranked as one of top DHB's in the country in terms of patient's satisfaction.

- We have recently purchased some of the most up-to-date ultrasound equipment in New Zealand.

- The DHB completed its first three-year term with an elected board and now has new board members to help guide it over the next three years.

- Four nurses have recently completed the one-year graduates programme and all of who have signed on to stay in Greymouth.

- We have increased the number of anaesthetic technicians from two to four.

- The West Coast has been chosen to become a rural GP undergraduate training centre attached to the Dunedin School of Medicine.

There have been many more success stories and with the support and commitment of staff 2005 already looks set to be a busy and productive year for the West Coast DHB.

We already have a number of public health initiatives set to rollout in 2005.

So once again my thanks to everyone at the West Coast DHB may those of you having a break over the Christmas and New Year have a safe relaxing and enjoyable holiday. To those of you working through, thank-you for your service over the holiday period. I look forward to seeing you in the New Year.

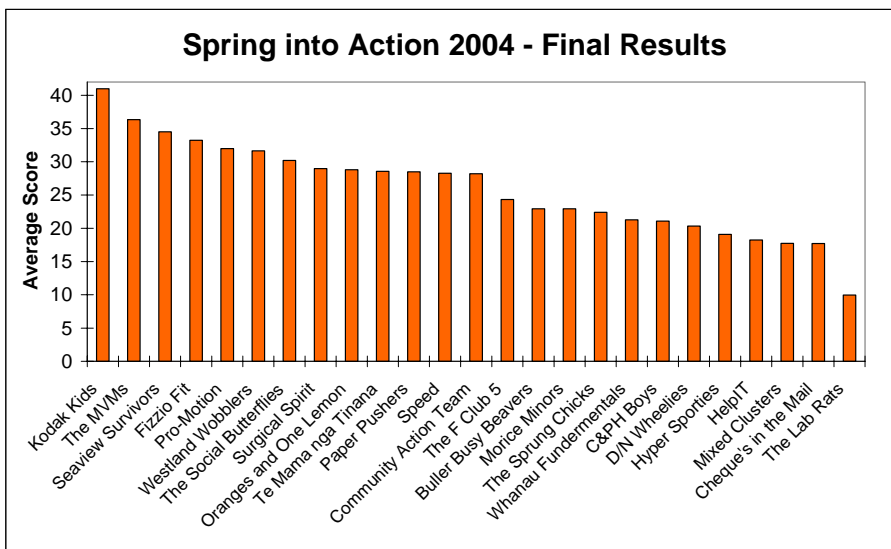
Merry Christmas

West Coast DHB has Sprung into Action

Over the past 2 months over 180 people from the West Coast DHB have been donning their sneakers, swimming togs and bike helmets and picking up their tennis rackets, aqua jogging belts and volleyballs and enjoying the arrival of Spring.

Points have been awarded for continuous exercise over 15 minutes long, with weighting for exercise longer than 30 minutes duration.

Final results are:



Congratulations must go to the *Kodak Kids* (Buller Radiography) for their excellent and consistent performance. However, with a large team the *Seaview Survivors* performance over the 6 weeks was simply awesome. *Fizzo Fit* (Physiotherapy) also put in a highly commendable effort, as did the smaller *MVM's* (Buller OT/Physio).

Keys to the success of these teams was a real team effort and returning their forms every fortnight! Anyone with forms still outstanding can return them to Melanie and she'll update your score.

Sin2Ac'05

Spring into Action 2005

Yes—it's coming back! So if you didn't get to be part of a team this time around, start dreaming one up for early next year.

Spring into Action 2005 is going to be bigger and better than ever before.

The West Coast DHB is going to challenge other West Coast based organisations and industries to compete in Sin2Ac'05.

We'll compete internally just like this year, but will also combine our scores to compete against local councils, school teachers, miners, police etc

Sin2Ac'05 will encompass Bikewise Week and starts on January 31, running through to mid-March.

In this issue:

Yummy and healthy Xmas ideas
Te Pikorua
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Christmas stress etc

DHB holds first Te Pikorua

The West Coast District Health Board recently held its first ever Te Pikorua and Tikanga training day.

A traditional Te Pikorua is a Maori taonga (treasure) of friendship and growth that depicts two new shoots growing together; the meeting of cultures.

Attended by more than 25 people from across the West Coast DHB's health services, the day took a straight forward, common sense approach to Tikanga (best practice) and cultural beliefs.

For those attending the training day it was a chance to see how Tikanga could be applied to clinical practice in a practical way.

Community Liaison Officer Vikki Carter who attended the workshop said it helped to reinforce that different people have different types of needs when entering a hospital environment.

General Manager Maori Health Gary Coghlan was absolutely delighted with the positive response he received from staff.

“It was just fantastic I'm so pleased with how the day went.” Feedback from the day meant another training was likely to be held sometime in the near future. “I felt that the training presentation and methodology was of an exceptionally high standard. Very professionally executed. Challenging but at the same time rewarding. Excellent would like to see more of this available to staff. Relaxed, enjoyable, informative, interactive.”

Operations Manager for Community Mental Health Lois Scott said it was a highly valuable experience and gave her an understanding of the concepts involved.

She said the information she gained was fundamental and she hoped the training would be held again and that it would be excellent if people could attend the day before Treaty of Waitangi.

Tikanga is a requirement that all district health boards must work towards implementing but the recent training day showed that it was something that could be easily embraced. Ms Carter said the training day showed that most Tikanga practices were simple and easy and definitely not something to fear. Tikanga (best practice) is something the West Coast DHB and all DHB's are working to introduce.

Tikanga mostly involves ideas such as specific linens used only for the head and other ideas that are easy and either free or at a low cost to introduce.



Feedback from staff was overwhelmingly positive, comments included:

- *Excellent would like to see more of this available to clinical staff.
- *Challenging but at the same time very rewarding.
- *From my observations the time is now and the place is here.
- *Please come again so others may benefit.

The string exercise represents how whanau, hapu and iwi are inter-related and linked.

Christmas Trimmings: *A note from the dieticians*

Christmas is a time of fun, parties and over-indulgence. Surrounded by mince pies, champagne, shortbread and chocolate, it is no wonder our waistlines expand! As the holiday season draws to an end, resolutions are made to go on that diet! Given that very few people actually stick to diets and that dieting seldom works, it would be more sensible to prevent weight gain in the first place. The following tips will help you to enjoy your Christmas treats while maintaining your shape and health at the same time!

- Enjoy fruit and vegetables - use seasonal berries and other fruit to bulk out desserts and nibbles platters. Delicious salads with bread and leftover cold meats make ideal lunches or evening meals. Have small quantities of meat and then fill up your plate with vegetables and salads.
- Cook your roast vegetables separately from the meat - a light brush with oil or an oil spray is all they need to become crisp and delicious
- Buy lean meats and trim off any fat before cooking and eating. Remove the skin from chicken and turkey.
- Skim off the fat from the meat juices before you make gravy; cooling the juices first helps
- Try custard/brandy custard and low fat ice-cream with xmas pudding rather than brandy butter and rich creams/ice creams. Have ice-cream or cream... not both!
- Alternate alcoholic drinks with water or diet soft drinks - this way you keep hydrated and are less likely to overdrink
- Stock up on healthier food items and treats. Shortbread for example, is laden with fat, while almond bread (biscotti) is very low. Berries, mangoes and smoked salmon are also delicious healthy treats
- Make your xmas mince pies with filo pastry instead of traditional high fat shortcrust, flaky or puff pastry. If using shortcrust, use a very thin layer and leave the pies open. Check the label of the fruit

mince to ensure it does not contain suet (pure fat)

- Avoid overeating at xmas parties by eating something healthy before you go. This way you are less likely to be tempted by the rich cheeses, sausage rolls, chippies etc. These foods are easy to over consume when you are hungry and drinking alcohol
- Eat your food slowly - it takes a while for the brain to register feelings of fullness
- Check the fat content of your cracker biscuits - many are high in fat. Water biscuits and crispbreads are lower fat options
- Use mashed avocado, hummous, mustards and relishes as spreads on bread instead of the usual high fat spreads
- Try chocolate dipped strawberries as an alternative to chocolate - you get all the enjoyment of chocolate in a much healthier package!
- Enjoy exercise - a walk, swim or game of tennis will do wonders for the body and soul. Use your leisure time to play with the children or socialize in the outdoors.

The most important thing is not to feel guilty about having treats on Christmas Day. Its only one day and you can always make up for it by having light healthy meals on boxing day with delicious salads and leftover lean meats.

Cherry and Almond Biscotti

Ingredients

- 2 cups plain flour
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup ground almonds
- $\frac{1}{2}$ tspn cinnamon
- $\frac{1}{2}$ tspn baking powder
- $\frac{1}{2}$ tspn baking soda
- $\frac{1}{2}$ cup almonds
- $\frac{1}{2}$ cup red glace cherries
- $\frac{1}{2}$ cup green glace cherries
- $\frac{1}{3}$ cup honey
- $\frac{1}{3}$ cup orange juice or coffee
- 2 egg whites



Chicken/Turkey and Mango Salad

Ingredients

- 1 kg chicken breast fillets*
- 1 red onion, finely sliced
- 1 stick celery, sliced thinly
- 1 red capsicum, cut into fine strips
- 1 cup fresh pineapple pieces (tinned or fresh)
- 2 mangoes, flesh cut into slices
- 50g almond slivers, toasted
- Curry mango dressing*
- 1 cup low fat coleslaw dressing
- 1 cup low fat unsweetened yoghurt
- 1 tspn curry powder
- $\frac{1}{4}$ cup light coconut milk
- grated rind of 1 lemon
- $\frac{1}{4}$ cup lemon juice
- 1 mango, skin and pulp removed
- *use leftover turkey instead of cooked chicken*

Combine flour, sugar, ground almonds, cinnamon, baking powder and baking soda in a large bowl. Add the chopped nuts and cherries and stir to combine. In a small bowl, combine honey, orange juice and egg whites. Add to flour mixture and knead until a dough is formed. Divide dough in half and form each half into a log about 12 inches (30 cm) long. Place on an oven tray lined with baking paper and bake in a preheated 180C oven for 30-40 minutes or until fully baked and slightly puffed. Cool slightly. Place logs on cutting board and cut on the diagonal into 1 cm thick slices. Place on baking tray and cook for approximately 15 minutes longer until dry and slightly brown.

Serves 8. Per serve: 1270kj, 303 cal, 11g fat, 3 g fibre

Thanks to the team at Community and Public Health for the ideas on this page.

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“The Jewel in the Crown”



Two Child and Adolescent Mental Health Service staff (Shaun Dempsey, Clinical Psychologist and Sarah Haskell, Occupational Therapist) recently presented a paper at the TheMHS (The Mental Health Services Conference Inc of Australia and New Zealand) and AICAFMHA (Australian Infant, Child, Adolescent and Family Mental Health Association) Conference on the Gold Coast of Australia.

The theme of the conference was “Harvesting Hope Across the Lifespan” thus the paper presented reflected new developments in the assessment process for children and adolescents referred to CAMHS on the West Coast.

The paper titled “The Jewel in the Crown: One stop multi-disciplinary assessment for clients in a child and adolescent mental health service” described a new team approach to comprehensive mental health assessments and the potential benefits for clients.

It also highlighted the professional development and skill enhancement for staff. The paper was well received, with a number of positive comments from members of the audience.

Christmas can be stressful...

... so please be aware of the signs and know that help is available.

EAP Services Limited provides our Employee Assistance Programme. The EAP Programme allows managers and staff to access professional and confidential counselling services.

In all workplaces it is important to acknowledge that Christmas can be a time of the year when there are *many increased pressures on individuals both at work and in their home environment.*

In the workplace the pressures are often caused by increasing work volumes and the need to meet more demanding deadlines. In the home environment the pressures can be caused by the extra demands of children, partners, or spouses, school or finishing for the year and extra financial commitments due to Christmas.

EAP services will see an increasing number of people at this time of the year needing to deal with these types of issues.

Managers play a critical role in ensuring the well being of employees. It is important to acknowledge that staff may be under greater pressure at this of the year and may require extra support. Early intervention is important to minimise the potential impact of any issues on the staff member concerned and their work colleagues.

Managers need to be able to provide a supportive and encouraging work environment for their staff throughout the year particularly at Christmas.

Some of the strategies to assist in achieving this are:

- Communicate openly and regularly with your staff
- Acknowledge a job well done
- Acknowledge to your staff that it is a busy time of year and should they have any work issues to talk to their manager
- Promote the availability and confidentiality of the EAP programme.

Causes of Christmas Stress:

- Workplace relationships
- Personal relationships
- Family and children
- Grief - current and past
- Financial concerns

Some signs that staff may be under extra pressure may include:

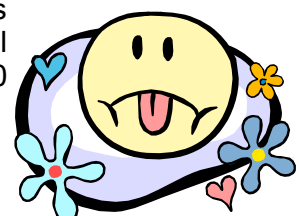
- Excessive absenteeism
- Lapses in concentration
- Rapid mood changes
- Avoidance of their manager
- Tendency to blame others
- Aggressive or nervous behaviour
- Increasing irritability and arguments
- Inability to sustain work effort

How do managers and staff contact EAP services limited?

EAP Services Limited will be available throughout the Christmas and New Year period.

As some of the usual EAP Services professional staff may be away over this period contact should be made through your nearest EAP Services Regional Office or through the 24 Hour Programme Access and Manager Assist 0800 number.

- Christchurch regional office 03 348 0854
- 24-hour programme access and manager assist 0800 327-669



How active is your job?

As an experiment we gave pedometers to 3 DHB staff members to find out how many steps they do during an average work day. It is recommended that for health benefit we walk at least 10,000 steps in a day. But so that we could compare the 3 professions, they were instructed only to record their steps for the hours they were at work.

Meet the guinea-pigs:

Tom Flanagan: Tom is the newest member of the IT team. He came to the DHB after managing the swimming pool for the Grey District Council. Tom spends much of his day responding to our computer emergencies. He also coordinated the IT Spring into Action team.

Betty Gilsonan: Betty is a well-known face in the Reefton community, and probably known to many elsewhere on the Coast too. She is a public health nurse and the Coast's Immunisation Coordinator. Betty keeps extra busy at the moment helping with the roll out of the meningococcal vaccine strategy on the Coast and the Neighbourhood Nurses Project in Reefton.

Pic Neilson: Pic is the DHB's Health and Safety Advisor. Like Betty, Pic has been around for a while and is well known to most of us. She coordinates the DHB's flu vaccination programme, wellness checks and is involved in staff training and hazard identification and mitigation. At the moment, Pic is also working on the Health Promoting Health Service project.

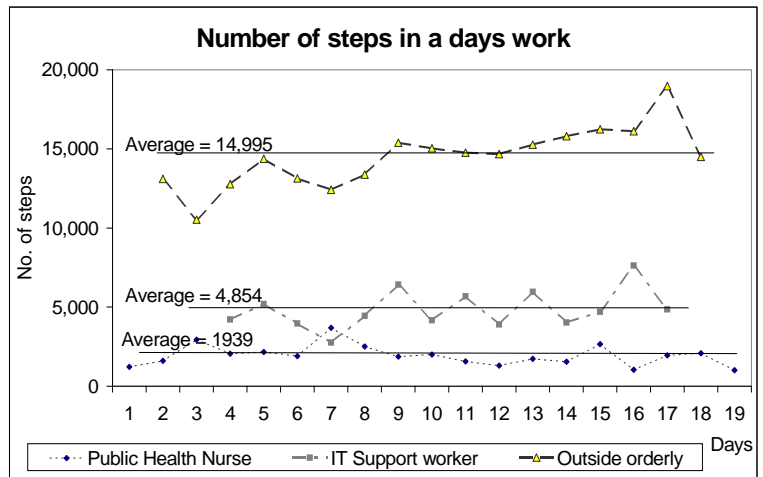
Results:

Tom walked an average of 4,854 steps during his working days. He credits being on the IT help phone for his "quieter" days and always takes the stairs.

Betty walked 1,939 steps on her average day. She's been in the car a lot heading off to meetings, but does a lot of walking after work so no doubt gets her quota of 10,000 in a day.

Pic's pedometer didn't work, so we don't know about her, but she's just been given a new one, so we'll let you know how she gets on in the next issue.

One of the orderly's at Grey Hospital had borrowed a pedometer from Vicky O'Neill at the Corporate Office and was submitting his steps to her. He'll have to be anonymous at this stage, because I haven't asked permission! But as you can see in the graph, he walked an astounding 14,995 steps during an average day!



Conclusions:

It's possible to build physical activity into your work schedule. Always take the stairs, hand deliver mail to people, go for a stroll at lunchtime or walk to the printer after each print job. All our jobs are different, and some, like the orderly's or anyone doing ward rounds, will naturally involve more steps than those who are desk bound.

National Cervical Screening Programme

The West Coast office of the National Cervical Screening Programme is situated at Community Services in Grey Base Hospital. The small team of three has a commitment to women's health and is available to provide information and support to the women of the West Coast.

In New Zealand approximately 220-240 women develop cancer of the cervix each year and about 70 to 80 percent of women die from it.

Our aim is to inform women on the West Coast about the importance of regular cervical smear tests and promote screening pathway.

Providing support, resources and training for smartakers is also a responsibility if the local National Cervical Screening Programme staff.

Directing women to appropriate services when required is also part of our role. We liaise with community groups and health providers throughout the district to gain knowledge about the needs of each community. In addition to cervical screening we also have information regarding sexual health and Breastscreen Aoteroa.

National Cervical Screening Programme
0800 729 729

Nursing Graduates Programme

Recently four nurses who had been attending a year long graduates programme at the West Coast DHB. All four have decided to stay on at Grey Base Hospital. They will be working in Accident and Emergency, Morice Ward and two will be in Barclay Ward.

From left they are Debbie Hunter, Tamara Jenkins, Rebecca Dorreen and Cathy McKay.



More good reasons not to...

Your dentist has always told you not to consume sugar sweetened drinks too often... now there's more good reasons not to.

Recent research suggests that the risk of becoming obese in childhood increases 1.6 fold for *every sugar sweetened drink consumed per day*.

Another study showed weight gain in a group of women increased the most among women who increased their sweetened soft drink consumption to 1 or more drinks per day. This increase also significantly increased their risk of developing type II diabetes.

A 600ml bottle of fizzy drink contains 16 teaspoons of sugar, so it's little wonder it does few favours for our teeth or our waistlines...



Parfitt toys came to the end of their hospital lives this month.



Christmas clowning around

You know Christmas is coming when Santa's bounding around offering treats.

He's not like the fat cuddly Santa we knew as a child though.

Shame too that it was Adrian's last day.

No doubt he'll be missed by his colleagues in the pharmacy and all over the hospital...



Neighbourhood nursing meetings

July - Govt announces cheaper healthcare for all by 2007; WCDHB preparing for MenzB vaccinations in 2005; nominations for Board open; reduced ACC workplace levies for DHB; Grafton group meets; Karama review of SDS facilities starts; Jonah Lomu receives new kidney

August - PrISM announced; World Breastfeeding Week; DHB recruiting for 30 health vacancies; smaller deficit at year end; PHO free contraception scheme extended; reduced orthopaedic cover at Grey Base; Dr Grahame Jelley resigns; International Youth Day sees launch of new project; Buller people biggest users of whanau facility; Dr Clyde Green-Thompson starts at BMS; no meningitis on Coast this year; Norovirus hits Seaview

September - Refurbished BMS opened; Disability challenges explored; Schizophrenia Art Awards; STI rates down; Grandparents' celebrated; Cancer Research for Kids calendar launched; concern over future of rescue chopper

October - Director General of Health visits; PRISM equipment arrives; DHB recruitment working; US tourist donates defibrillators; rural GP training scheme confirmed for Coast; loss of morning shuttle service to Chch; still waiting for election results; Spring into Action starts; Grafton proposals released; meningitis case on Coast

November - Election results at last; Buller sexual health options examined; West Coast population falls?; Women's health day in Westport; Meetings to discuss Grafton report; DHB oral health survey completed

December - Nelson woman appointed to Board; concern over herbal pills; Coast avoids whooping cough epidemic; smoking laws take effect...

Health and Safety

Congratulations to Karen Reid and Eileen Chappell, from the Laboratory who have been awarded the November Health and Safety Recognition award.

Karen and Eileen identified a potential hazard in the cabinet containing memorabilia in the Grey Hospital Foyer: the cabinet is an old glass model and toddlers were observed playing in that area.

Eileen advised there is a safety film available. This does not stop the glass from breaking, but holds it together and prevents injury.

Karen and Eileen also assessed signage to ensure a clear message.

Well Done!

And as proof accidents do happen....

Clinical nurse leader Hellen Bygate has learnt first hand how accidents can impact on your life. Hellen who broke her leg while on leave now knows how patients feel. She says her accident has given her a new understanding of the health sector as a patient and has given her an interesting perspective being on in a wheelchair. Since being confined to the wheelchair she has noticed that people often don't look her in eye.



Health in the news in 2004

January - meningococcal vaccine coming; stat dispensing reported to hurt local pharmacies; doctor's being lured to Australia, nurses not far behind; Ken Mills announced his departure; limited paediatric cover available - kids sent to Chch; increasing numbers through A&E

February - Disability Plan released; Coasters using Healthline service; agreement on funding for 2003/04; baby-friendly cafes launched; dental caravan gets facelift; extension to breast screening programme

March - opening of whanau facility; MH forensic conference held in Greymouth; good results from MenzB vaccine trials; teleradiology machine in Buller

April - 1/3 of deaths caused by diet; cheaper GP visits/prescriptions for under 18's; some relief for BMS GP shortage; MRSA found in theatre; meningitis cases down on Coast

May - theatre delays continue; International Midwives Day; hospital meals enjoyed

June - Primary Mental Health Plan released; Dr Mark Thompson leaves;