

# The Westerly

“Te Hauauru”

February (Hui-Tangaru) 2005

## Spring into Action Underway

Over 60 teams and more than 2% of the West Coast's adult population are Springing into Action this month.

After encouraging feedback last year, the competition was rolled out to businesses and organisations Coast-wide with many taking up the challenge.

Organiser Melanie Penny has been overwhelmed with the response, “the week before it began I was deluged with calls from companies wanting to sign up and since then I have been bowled over with stories of workplaces possessed by a fanatic zeal for exercise and all things healthy”.

“Even birthday shouts have been caught up in the excitement”.

Teams are made up of between 4 and 10 members and are largely workplace based.

They are encouraged to give themselves a creative name, with the best names from each district being presented with a certificate.

Names were selected based on their creativeness, humour and relation to physical activity.

The winner in the Buller District is the Granity Groovers from Granity School. House of Travel, whose team is called 5 'HOT' Chicks, came second.

In the Grey District, the Grey District Council team *Over-rated* won first place, with the Courthouse team, *Just Us*, coming second.

In the Westland District, the Councillors team, known as *4 Play*, are the winners, and also took overall honours.

“We liked the way the name referred to the number of teams from the Council, put a smile on people's faces and

aligns itself nicely with SPARC's 'Push Play' campaign,” said Melanie. West Coast DHB teams make up 25% of the teams.

Community and Public Health have also been helping with the roll out of the competition.

### The Best Names

**Buller — Granity Groovers (Granity School) and 5'HOT' Chicks (House of Travel)**

**Grey — Over-rated (Grey District Council) and Just Us (Greymouth Courthouse)**

**Westland—4 Play (Westland District Councillors)**

**Overall winner— 4 Play**

### Ideas to earn points for Spring into Action

An abundance of walks around Greymouth, including:

- Arnold Power Station Walk
- Coal Creek Falls
- Brunner Mine Site
- Point Elizabeth track

Cool off in the late summer heat with a swim in the river, the sea or your local town pool.

Buller Marathon or half-marathon

Pilates (see below and page 3)

Guinness Games in Greymouth 5<sup>th</sup> March

See *Upcoming Events* for more ideas



## New People



### Introducing: Lisa Mills, HR Coordinator

Lisa is the DHB's new Human Resources Coordinator (replacing Tricia Taylor), with primary roles in recruitment and training for the organisation.

She might not sound like a Kiwi, but was in fact born here - her family moved to the UK when she was 3 years old.

Lisa lived in the UK until 10 months ago, when she moved to Franz Josef to be nearer to her twin sister who lives in Hokitika.

She is an outdoors enthusiast, and is really into kayaking and rock climbing.

It was while she was living and working in Franz Josef that she saw the HR Coordinator's job advertised for the DHB.

Lisa has a professional background in recruitment and training, and has previously run her own company and worked as a consultant.

Her tertiary background is in psychology and human resources.

Lisa will have already met many people during the time she has been here, but may not have remembered your names—so say g'day next time you're passing.



# Water Fluoridation

## Why do we need it?



Anyone paying close attention to the newspapers recently will have seen some recurrent discussion around the state of teeth on the West Coast and the need for water fluoridation.

Whilst water fluoridation is a vital strategy in any programme to improve oral health, because we have not had it on the West Coast in recent times many people do not know much about it.

Water fluoridation is the upwards adjustment of natural levels of fluoride in the water supply to levels which protect and strengthen the teeth.

All water supplies on the West Coast currently have fluoride in them, but the levels are so small

that they do not provide sufficient benefit.

People who are uncertain about water fluoridation might ask if there are other ways to improve the Coast's appalling dental statistics.

Such ideas might include changing people's diets, promoting regular toothbrushing habits or going to the dentist more often.

And there's no doubt that these measures would improve oral health status, but they would take a lot of time (generations) and a lot of money.

In contrast, water fluoridation is cheap and produces benefits in just a few years. And it's

guaranteed to be effective, as people don't have to change their behaviour to benefit.

Not to fluoridate our water supplies perpetuates the inequity that the West Coast already suffers from: Coasters need it so much more than the communities that already have it, including Auckland, Wellington, Hutt Valley, Napier, Hastings and Dunedin – or over 60% of the rest of the New Zealand population

Hokitika is the only town on the Coast to have previously had the benefits of water fluoridation, from 1975 to 1980.

If anyone has any questions or comments, please email [teeth@westcoastdhb.org.nz](mailto:teeth@westcoastdhb.org.nz).

## H&S Monthly Message

Every 24 hours you will come into contact with people, patients, staff members, visitors and the public

**THESE ARE OUR CLIENTS AND COLLEAGUES**

Remember that the impression people get of our organisation will be affected by their contact with you.

### HELPFUL HINTS

**Regardless of how your day is progressing .....**

- Think of patients, visitors and staff members as your guests and as your team
- Be friendly and courteous at all times
- Smile a lot. You feel better so does the other person
- Listen carefully to requests or concerns. If you are unable to assist then direct to someone who can
- Be positive when talking to patient, visitors, the public and fellow staff members



## GP Advertising

As part of a fresh approach to recruiting general practitioners the West Coast District Health Board began new advertising campaign late last week.

Chief Executive John Luhrs said he was extremely pleased with the latest advertisements and has high hopes for a positive outcome.

The advertisements feature stunning photographs of the West Coast highlighting the lifestyle advantages of living in this region, as well as directly indicating the starting salary range for New Zealand vocationally registered doctors.

The starting salary for a New Zealand vocationally registered GP at one of the DHB's practices will range from \$145,000 to \$175,000 (Full Time Equivalent).

“Through our discussions with various agencies we believe that salary range makes the West Coast attractive on both lifestyle and financial grounds.”

The move also recognises GPs as specialists in their own right and is in line with the recently negotiated Senior Medical Officers' Multi Employer Collective Agreement.

“The income range reflects a level of experience of vocationally registered Ps that we would like to attract to the Coast and who could assist with supervision of non vocationally registered GPs.”

Mr Luhrs said New Zealand vocationally registered GPs were those that did not require supervision by another doctor making them ideal candidates for areas such as Buller and South Westland.

He said the advertising was focussed on bringing new GPs to the region for both long and short-term roles.

This latest campaign has also attracted praise from the Association of Salaried Medical Specialists

## The Cancer Society

The CEO of the Canterbury-West Coast Division of the Cancer Society, Elizabeth Chesterman, made a presentation to the Disability Network Meeting in Greymouth on Tuesday 8<sup>th</sup> February.

The supporting role of the Cancer Society is the traditional one. It relies mainly on volunteers to provide support that alleviates the physical and emotional aspects of cancer. For example they have drivers who can drop people off at hospital appointments, "Sometimes the most stressful part of the treatment is finding a park".

The Cancer Society also provides a lot of information for patients, in a three-month period over 400 requests can be received. These information requests are mainly received over the phone, although in the Greymouth office Danielle Smith receives more face-to-face visits. Email is a growing source of information requests.

The Cancer Society also advocates on behalf of cancer patients in their best interests at a local and national level with DHBs and government agencies.

Health Promotion mainly includes working in the areas of tobacco control, Sunsmart and nutrition and physical activity and is a growing area of action for the Cancer Society. While some people get upset over the involvement of the Cancer Society in tobacco control, Elizabeth offers "no excuse for working in that area... We have an important role." The Cancer Society does not work alone on issues of nutrition and physical activity, but along side other interested parties such as the Heart Foundation and Diabetes groups.

The Cancer Society does not actually carry out any research itself, but provides funding support to enable the research to occur. Elizabeth stresses that the research is not just into clinical matters, but also psycho-social research that addresses questions like "Why do people smoke?" and "How do people react to bad news".

The Cancer Society is also the provider of a number of grants - over \$100,000 each year. This includes funds for nurses to go to conferences or to finish palliative care qualifications, "If anyone's looking at a programme to do with cancer, they should talk to us about how we might be able to support it".

Davidson House is another product of extensive fundraising efforts. 16% of referrals to Davidson House are from the West Coast, which (on a population basis) is an indication of the terrible cancer statistics here.

The funding that makes these grants possible comes from efforts including Daffodil Day and the Relay for Life. "We're often asked when the Relay for Life is coming back to the West Coast", says Elizabeth and goes on to say that it will be back, but they are being careful not to take advantage of the community's generosity. The West Coast raised more money per head of population than any other area in New Zealand a couple of years ago, "And Whataroa was off the scale!" Relay for Life is a wonderful opportunity to remember loved ones who've passed away to cancer, while promoting the key messages of active living, sunsmart and smokefree. The candlelight ceremony remains exceptionally moving.

The Cancer Society has just appointed a staff member in Buller to work a few hours per week. If you want to get in touch with the Cancer Society call Danielle Smith on (03) 768 9557 or (025) 824567 or email [cansoc.west@minidata.co.nz](mailto:cansoc.west@minidata.co.nz).



## Coke-free Hospital

When Christchurch Womens' Hospital opens at the end of next month, there will be no soft drink vending machines in the building.

This move has been endorsed and supported by the NZ National Heart Foundation's Medical Director Professor Norman Sharpe who said 'soft drinks have been identified as an important contributor to childhood obesity. Just as we have been paying attention to a smokefree environment, we need to change that of the obesogenic environment.' He said that the approach from the CDHB was 'consistent with the Heart Foundation's policies and actions particularly with vending machines in schools and other public places.'

Dr Martin Lee, Clinical Director for the School & Community Dental Services also supported the decision. He said that tooth decay affects everyone in the community not just children.

'The dental affects of excess sugar are becoming well known, what we must continue to do is highlight the issues of diabetes and obesity in our community. Taking this stance is definitely a step in the right direction. I am sure every health professional will support this approach.'



*Pilates at Grey Hospital*

# Staying Connected

## An I.T. Update



There is an old saying that applies quite nicely to the Information Technology Department this year - "The only constant is change".

This is the first of several IT updates for the Westerly, keeping staff informed of the major IT projects currently underway.

While some of these projects are administrative and infrastructural, there are several clinical IT projects that will enable an increasingly patient-centric, patient focussed view.

So, what are these projects, and what impact will they have on West Coast DHB?

Well, like any construction project, in order to build something useful we need a solid foundation. That is where the first two projects – the Network Upgrade and Storage Area Network – begin.

To assist with patient information flow around the DHB there needs to be a fast, secure network. The Network Upgrade project began by looking for suitable sites to construct a larger server room, laying some more fibre optic cable, and upgrading some of the network equipment. A suitable 'room' has been located adjoining the main Grey Base Hospital stairwell. This new server room is more central than the current server room and has almost twice the floor space. Fitting the room out with the necessary power, air-conditioning and fire safety equipment will take place over then next few months. At the same time, the network equipment and fibre optic cable will be purchased and installed.

Meanwhile, while we will have a faster network for moving all that information we will also need somewhere to store it. That is where the Storage Area Network (SAN) project comes in. A SAN can be thought of as one large hard drive, even though it is a large number of separate hard drives. This will alleviate the current storage and backup issues we are experiencing.

We are also working hard on introducing a digital Picture Archive Communications System (PACS). PACS will allow x-ray images to be stored digitally and electronically shared with other DHBs, enabling West Coast clinicians to share x-ray images and seek advice about complex cases from counterparts at other DHBs.

The ability to digitally share x-ray images will also mean that whenever a patient is transferred from the West Coast DHB to another DHB, the patients files and x-rays will already have been seen by the doctor before they even arrive at hospital.

Benefits from the PACS will be improving patient outcomes, aiding the recruitment and retention of radiology staff, by offering them the chance to work with the most up-to-date equipment, and decrease radiology staff exposure to chemicals, used when developing x-rays.

PACS is expected to be up and running by the middle of 2005.

The biggest project, in scope and cost is the replacement Patient Administration System/Clinical Information System (PAS/CIS). Expected costs are approximately \$1.1 million and the implementation timeframe has yet to be determined, but it is expected to take 18 months to fully install. As you read this, a small team of clinical and IT staff are at Southland District Health Board's Implementation Planning Study (IPS) learning the ins and outs of implementing the system ready for when we have our IPS.

The PrISM (Primary Integration Systems Management) project is an initiative to enhance communications between primary and secondary health facilities, giving patients a better continuity of care. PrISM will allow secure and fast access to health information for doctors and nurses at outlying clinics, helping to increase continuity of care for patients. This will be achieved by giving doctors and nurses access to electronic laboratory results, email and Internet access. Eventually they will have access to information from the PAS/CIS.

PrISM is currently in Phase 2, which is a establishing a fully functional pilot site in Harihari. Phase 2 is expected to finish later this month, with Phase 3, rolling out to the other South Westland sites, beginning in March.

There will be further updates and progress reports throughout the year and I hope that you will share our enthusiasm as these projects are progressed.



*Contributed by Adrian Hendry, Chief Information Officer*

## Heating up our Houses with Energy Efficiency Retrofits

Energy Smart (project managers) are launching a new project on the West Coast to heat up the houses of low income homeowners and the homes of people with health problems such as respiratory conditions.

This project has been launched with the support of the West Coast Development Trust, Work and Income, the West Coast Power Trust, Buller Community and Development Company and the Energy Efficiency and Conservation Authority.

It is anticipated that at least 70% of participants will be clients of social agencies and health providers.

Energy efficiency retrofits involves installing measures such as insulation, weather proofing and hot water cylinder wraps into homes to make them warmer drier and less costly to heat.

This project follows a successful pilot study around New Zealand, that included houses in Hokitika. The evaluation of this study found:

- A drop in energy usage when houses were insulated
- A significant improvement in self-reported health
- Fewer GP visits required
- Fewer admissions to hospital
- Fewer sick days ( from school or work)

Recipient households will need to make some contribution to the cost of the retrofit. This will be between \$500 (Community Service Card holders) and \$900. Work and Income can assist with meeting this cost.

If you are working with patients whom you think may benefit, don't hesitate to find out more.

For more information, or referral forms, contact Energy Smart on 0800 777 111.



Okay, so it's a commercial fabrication, but (be honest) we all love getting (and giving) something on Valentine's Day...

If you are planning on doing something for your loved one, here's some commercial free ideas:

- Spread a blanket on the living room floor and have an indoor picnic.
- Dress up for your evening at home.
- Give a home-made card.
- Make some heart-shaped biscuits with pink icing.
- Play your favourite board games by candlelight.
- Rent your favourite romantic movies, make some popcorn and hot chocolate, and stay up all night watching movies and cuddling.

## Haka & Hangi ~ Haggis & Hogmanay: An insight into a tribal psyche

**Date & Time:** 28 Feb, 10am - 3.30ish

**Venue:** Community and Public Health, Greymouth

Te Waipounamu Health Promotion Coalition invite you to a one-day workshop.

The day is designed to assist individuals and organisations who work in the health arena with Maori, to do it even better.

This will be an opportunity for you to ask that question you've always wanted to ask. We will have conversations about some history and a lot of contemporary issues including the diversity and many faces of Maori. We will also discuss some things that you may never get the opportunity to discuss with Maori, and the day will include some insights that are not often shared.

The role and expectations of people in designated Maori roles is an important topic for the day. We will also look at the changes in the socio-cultural-political landscape nationally and on the West Coast within the last decade, and we will top it off with a bit of *good old-fashioned garden-variety common sense practical advice*.

You will need to come prepared with three things.

- Firstly, you will need to bring all that you know about Māori,
- Secondly, an open mind always helps,
- Thirdly you are required to bring either a highly tuned sense of humour or a pound of whitebait for the presenter.

This workshop is designed on the premise that you are already giving good service to Maori, but are not as well equipped as you could be. We will have a laugh or two, a free feed and we will have you outside the terminal by 4pm.

This day won't make you an expert but you'll sleep better.

**Presenter:** Adrian Te Patu (Te Waipounamu Health Promotion Coalition)

Enquiries to Melanie Penny, Ext 2643, Email: [melanie.penny@westcoastdhb.org.nz](mailto:melanie.penny@westcoastdhb.org.nz)

## Influenza—not to be sneezed at...

In support of Winter Wellbeing the West Coast District Health Board is again offering Influenza Vaccinations to employees and partners.

Employees working with a wide range of people are more prone to exposure and can also act as carriers transmitting flu from person to person, patient to patient and to others they may come in close contact with outside their workplace.

As part of the Occupational Health and Safety Service and Infection Control the West Coast District Health Board will make available a free Influenza Vaccination to employees and partners.

Vaccination in pre/early Autumn is the ideal time for protection, the vaccine takes about 14 days to work and that will give between 6-12 months protection. If you are allergic to eggs you should not get the vaccine.



**Registrations will be called for VERY SOON ... Keep watching this space .....**

## Active West Coast

Active West Coast is a collaboration of West Coast-based groups and organisations with a common goal to get more people more active more often.

We recently held a planning day to discuss where our involvement will be focused for the year.

If you belong to a group or organisation who aims to get people more active either by providing physical activity opportunities (e.g. a sports club) or because it benefits the health area you're working in (e.g. diabetes), then contact Rosie McGrath at Community and Public Health on phone (03) 768 1160 ext 716.

## Congratulations

to *anyone* involved in the recent Coast-to-Coast race, either as competitors or support crews: those were well earned Spring into Action points!!!

The Chair of the West Coast DHB, Gregor Coster, entered the 2-days men's veteran section and came 40<sup>th</sup> in a time of 17 hours 16 minutes.



## Upcoming Events

**Bikewise Business Battle:** 12 Feb—20 Feb 2005. Contact Melanie ext 2643 for more information.

**Disability Services Advisory Committee:** 16th Feb 2005. Starting at 8:30am, Boardroom, Corporate Office. Agenda available from DHB's website.

**Community and Public Health Advisory Committee:** 16th Feb 2005. Starting at 10:30am, Boardroom, Corporate Office. Agenda available from DHB's website.

**Social Club Music Quiz:** Friday 25th Feb 2005. Starting at 7:15pm. Teams of up to 6 members, \$18 per team. Entries to Nancy Clark, Outpatients.

**Haka & Hangi, Haggis & Hogmanay:** 28th Feb 2005. A workshop for the health sector on how to work with Maori. Practical and entertaining. Only willing people need apply. Contact Melanie ext 2643 for more information.

**WCDHB Board Meeting:** 4th March 2005. Starting 9:15am, Boardroom, Corporate Office. Meeting papers available from DHB's website from 25th or from the Corporate Office.

**Guinness Games:** 5th March 2005, from 12pm. A huge day of games, fun and frivolity. Team members must be 18+ years. Contact Sport West Coast on (03) 7680775.

**Westland Teams Quadrathon:** 19th March 2005. Run/Jog 3km, Bike 3km, Walk 3km, Swim 100m. Free swim and BBQ for teams after event. Ideal for families or work colleagues. Contact Helen at Sport West Coast, Hokitika.

*And coming to a school near you:*

**Menz B Vaccinations commence:** June 7th 2005 in Hokitika.

**If you know of any events that are coming up, send them through to Vikki Carter:** vikki.carter@westcoastdhb.org.nz or phone 2665.

**HNA – Nearing Completion....**

After a huge effort, the West Coast DHB's latest health needs assessment (HNA) is nearly ready to be released.

The document has been compiled in conjunction with other South Island DHBs and a coordinated by the South Island Shared Services Agency (SISSAL).

The document is intended to be a resource for planning and funding staff to use, but many others may also find it useful. In particular a number of clinical staff have been asking about it for use in assignments they have been doing.

The document will be used to facilitate discussion around the future direction of health care services on the West Coast when the DHB consults on its Strategic Plan this year.

The HNA will be available online once it is ready.