

# The Westerly

"Te Hauauru"

June (Pipiri) 2005

## MenZB Campaign Underway

The West Coast celebrated a momentous occasion on June 7th as it joined the national Meningococcal B campaign.

Pictured is Sonya McKenzie (7) first child on the West Coast vaccinated against Menz B with Bev Manera vaccinator and Julie Tomlinson Public Health Nurse.

More than a years worth of planning and preparation went into the launch of this phase of the campaign.

All children enrolled in West Coast schools are now eligible for the vaccination against Meningococcal B. Across the West Coast around 93 percent of school children will receive the vaccination against the disease that has been at epidemic levels in New Zealand for the past 14 years.

Community Liaison Officer Vikki Carter said the dedication shown by

staff to this important public health campaign had been amazing.

"People have worked nights, weekends, spoken at numerous schools and parents groups much of it in their own time to get the message out there."

Ms Carter said we know vaccination against this disease works and that it will save lives.

Over 1 million doses have now been issued.

Ms Carter said an added benefit of the campaign is that parents and schools were now becoming much more aware of the symptoms of Meningococcal disease.

The vaccine protects against the B strain of the Meningococcal disease however, there are still A and C strains in the community, although these make up a much smaller

number of cases.

"One of our main objectives along with ensuring children are protected from this disease, has been to make parents better informed about the signs and symptoms of Meningococcal disease

The first round of vaccinations is due to be completed at the start of July

For information on MenZB ring 0800 20 30 90 or email [menzb@westcoastdhb.org.nz](mailto:menzb@westcoastdhb.org.nz)



## Manaakitanga opens nature and cultural garden

The inpatient unit, Manaakitanga, recently held an opening for their project called "Nature and Cultural Garden". This opening held on June 24 celebrated this worthwhile project..

The consumers / tangata whaiora from the reference and focus groups took pride in inviting people to see the hard work that had done into the gardens creation.

General Manger of Mental Health Services Hecta Williams officially opened the gardens, which feature two limestone carvings donated by two students from Tai Poutini Polytechnic.



### In this issue:

- Mid-Winter Christmas Charity Ball.
- Monthly Health and Safety Award.
- Appetite for Life
- Parfitt Ward Update
- MenZB Safety

### PrISM Makes its way to Greymouth

PrISM the West Coast DHB designed computer system that was recently established in South Westland has now been implemented in the Grey District. Clinics in Greymouth, Dobson, Moana, and Blackball now have access to this IT service. Buller including Ngakawau and Karamea are scheduled to have the system in mid-July. This project has been huge for the DHB and has benefits to both patients and staff .

# MID-WINTER CHRISTMAS CHARITY BALL

A Mid-Winter Christmas Charity Ball is to be held on July 23 in Greymouth. Firstly the ball is chance for you to dust off your party frocks, gather some mates and have a great evening.

But, the event will also raise money for St John Ambulance Stations in Greymouth and Hokitika, a cause deemed worthy by the Ball organising committee.

"St John provide a service that all of us may need at any time, so we thought it would be a great cause to help out", said organising committee member Rob Silvester.

"We wanted to make sure the money stays on the Coast, so that's why the funds raised are for the ambulance stations specifically."

The Ball, which is being held at the Omoto Racecourse, has an excellent band, a finger-food supper, transport to and from the venue and other entertainment throughout the night.

Entertainment includes a dance-off between local radio celebrities, a bachelor(ette) auction and a raffle.

Tickets have gone on sale after

months of planning.

"We are hoping that this will be a huge event for the whole community to get behind, we're certain it will be a great night", said another organising committee member Alice Cardwell.

Tickets cost just \$35 per person and are available from the Greymouth and Hokitika information centres. The ticket price includes supper and two complimentary drinks.

Pictured: Alisa McKenzie and Rob Silvester



Mid-Winter Christmas Charity Ball tickets can be purchased directly from Melanie Penny or Alisa McKenzie at the WCDHB [Melanie.penny@westcoastdhb.org.nz](mailto:Melanie.penny@westcoastdhb.org.nz)

## Weekly Interdenominational Church Service

Every Wednesday at 1130hrs.

Starting - 22<sup>nd</sup> June

11.30 am - 12 noon

Where: grey hospital chapel

Who can attend - staff, patients/visitors. All welcome

The **Pharmacy Department** is extremely short staffed at present.

The following activities may take longer than usual, so they ask for your patience:

- \* Prescribed medicines may take longer to dispense
- \* Phones and door bells may take longer to answer
- \* Wards may be stocked up on different days or not as often
- \* Research to answer information queries may be delayed

*"We look forward to being fully staffed and appreciate your help and understanding in the meantime."*

## Appetite for Life—heading your way

Want sound advice about weight management without dieting?! Does that sound too good to be true?

Community and Public Health are delivering their Appetite for Life (AFL) programme to full classes throughout the West Coast.

Lead facilitator and dietitian Ruth Harvie says, "Appetite for Life is about a non-dieting approach to lifelong weight management".

The programme is for women only and covers basic nutrition facts with heaps of opportunity for discussion, particularly about reasons for eating behaviours and attitudes to food.

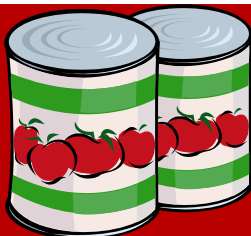
Depending on the time of day an afternoon tea or supper doubles as an opportunity to try some of the foods being talked about - in many cases for the first time.

Two programmes with 15 participants each are currently being run in Westport - proving so popular that people had to be turned away until next time. Whataroa will host a programme later in the year, and courses have already been run in Greymouth and Hokitika with more planned. Reefton is also hosting AFL at the moment.

The programme consists of 6 sessions, each 2 hours long. They are held in the afternoons or evenings.

The aim is to develop women's skills in identifying behaviours that lead to weight gain and provide support for sustainable lifestyle changes. Each session has a different topic, including food and feelings, fibre, physical activity, recipe modification and the development of new food habits.

If you could benefit from learning more about what you eat (to manage your blood pressure, cholesterol or weight), then look out for the next session in your area. Contact Ruth for more information: 7681160 or [harvr1@cph.co.nz](mailto:harvr1@cph.co.nz) or [ruth.harvie@westcoastdhb.org.nz](mailto:ruth.harvie@westcoastdhb.org.nz).



## Why water?

Fluoridated water is cheaper and more effective at reducing dental decay than fluoride tablets or toothpaste.

## Allergy Alert

Because of an ear infection, a mother had to take Charlie, her son, to visit the doctor.

She was impressed with the way the doctor directed his comments and questions to her son.

When he asked Charlie, "Is there anything you are allergic to?" Charlie nodded and whispered something in the doctor's ear.

Smiling, the doctor wrote out a prescription and handed it to my friend. Without looking at it she tucked it into her purse.

Later, as the pharmacist filled the order, he remarked on the unusual food-drug interaction my friend's son must have. When he saw her puzzled expression, he showed her the label on the bottle.

As per the doctor's instructions, it read, "Do not take with broccoli."

## Meningococcal B Safety

The West Coast DHB has absolutely no doubts as to the safety and effectiveness of the Meningococcal B vaccine.

New Zealand has had an epidemic of the B strain of Meningococcal disease for the past 14 years.

The Independent Safety Monitoring Board has reviewed safety data for the first 32 weeks of the Meningococcal B immunisation programme. The WCDHB has categorically stated it had no concerns in relation to vaccine safety.

West Coast Medical Officer of Health Dr Cheryl Brunton said a lot of work had gone into informing parents and local organisations about the Meningococcal B vaccine with the 0800 number promoted and all consent forms carrying the number of a locally based public health nurse.

Dr Brunton said people were encouraged to ask questions about the vaccine and how it works and to discuss any concerns they had with a nurse or doctor. "It is important that parents and young people make an informed choice", she said. "As a mother myself, I looked at the available information carefully, and I had no qualms about giving consent for my child to be immunised".

With close to one million doses of the vaccine now given across New Zealand and no unexpected complications from the vaccine having arisen West Coast parents could rest assured the immunisation was safe "We have not seen anything we would not have expected based on the vaccine trials."

When children are immunised against Meningococcal B they are given an after care form explaining to parents what sort of side effects to expect, these can include temporary redness, pain or swelling where the injection was given or a slightly raised temperature.

She said it was disappointing that the few people who questioned the programme had chosen to focus on the number of deaths caused by Meningococcal B.

"Only talking about the numbers of deaths gives the impression that death is the only outcome of infection that is important. New Zealand's death rate from meningococcal disease is low, thanks to high awareness in the community about the disease and prompt treatment. Even so, four people out of every hundred who get the disease will still die from it and another twenty survivors will suffer from a life long affliction such as loss of limbs or deafness."

"The vaccine is safe, we wouldn't give it to children if it wasn't."

## WATER FLUORIDATION

"There is a wealth of evidence demonstrating the effectiveness of fluoride in preventing tooth decay. Water fluoridation is an effective public health measure for dental health and can reduce dental decay in children by as much as 50 percent"

*Public Health Advisory Committee,  
Page 15 - 18. May 2003*

"These studies provide a substantial body of evidence that fluoride at up to 1ppm does not have any adverse effect on bone strength, bone mineral density or fracture incidence."

*Australian Dental Journal,  
Vol 46(2): page 80-87. 2001*

"Studies undertaken to examine claims of non-epidemiologists have, time and time again, shown that, with the use of accurate data and correct statistical methods, the purported effects cease to be apparent"

*Community Dental Health,  
Vol 13(2): page 56-62. 1996*

## Health and Safety

*Monthly Message*

### ACCIDENTS AND INCIDENTS

#### Reporting

**An Accident Incident Form is required to be completed when there is any event in the work environment that results in or could have resulted in an injury to a person or loss of or damage of equipment or property.**



#### Reporting Required Because

**Incidents/near hits happen more often than injuries and data gathered provides information so that:**

- Documented evidence is available if there is a delayed physical injury response
- Injury factors and hazards can be identified
- Injury factors and hazards can be prioritised for actioning
- Solid evidence of the changes required is available
- Before and after situations can be compared, monitored and evaluated

#### Important Points to be Aware of

- Remember to use both pages
- Remember to complete all details especially Patient Details
- Write on yellow pages only, writing clearly to be seen through all colour copies
- Remember to place cardboard between page 1 of 2 and 2 of 2 and under page 2 of 2
- Ensure your Manager has seen the Form and has completed Box 22
- Follow the guidelines on the Central Flip Chart
- If Accident/Incident involves patient Green Personal Copy to be filed in patients medical records
- Ensure you Staple the Forms Together
- Ensure all copies are sent to correct destinations.

## Advice for parents and caregivers looking after children with respiratory illnesses

June 23, 2005

There have been a lot of respiratory illnesses circulating in the community over the last few weeks. Schools in particular are reporting higher levels of absenteeism in students. One of the main illnesses circulating seems to be influenza B.

### Limiting the spread of the illness

- Keep sick children at home. They should not return to school until they have been better for at least 24 hours.
- Make sure hands are washed and dried well after sneezing, wiping or blowing the nose; going to the toilet; and before eating and preparing food.
- Keep coughs and sneezes covered with a tissue. Dispose of the tissue in a rubbish bin.

### Looking after sick children at home

- Keep your child warm and give them frequent small drinks of clear fluid, for example, water or watered-down juice.
- Give your child paracetamol, **not aspirin**, if they are irritable, miserable or appear to be in pain. Check the correct dose is given.
- Check your child frequently, including overnight.

### What to watch out for

Most school-aged children recover in 5 to 7 days. It is important, however, that parents and caregivers also watch out for signs that their child may have developed a bacterial infection or another serious illness.

The following signs indicate you need to seek immediate medical attention for your child.

- If your child was getting well, and then a high temperature (more than 38.5°C) returns. This may indicate a secondary bacterial infection.
- If the child is persistently breathing faster than usual or has difficulty breathing for example, breathing is noisy or it is taking a lot of effort for the child to breath.
- Persistent pain that doesn't go away and isn't relieved by paracetamol, or requires more than 4 doses of paracetamol in 24 hours, or requires regular paracetamol for more than a day.
- A rash that looks like small bruises under the skin and doesn't go away when pressed on with a finger.
- A child that is drowsy or not responsive.

If your child's illness gets worse or you are concerned ring your GP immediately

- Say what the symptoms are and why you are concerned.
- If your child has been seen by the doctor, follow their advice and keep a close eye on your child.
- If your child's illness gets worse go straight back to the doctor or, in an emergency, dial 111 for an ambulance.

*The Ministry of Health acknowledges the work of Regional Public Health, Capital & Coast District Health Board and Hutt Valley District Health Board in producing this material.*

## Upcoming Events

July 3, third round of Otago University undergraduate medical students arrive to study on the West Coast.

July 12 Disability Network Meeting.

July 6, Orientation training will be held.

July 22, registration for the Health Service Improvement training closes. For more information please contact Bianca Kramer. The training session will take place on August 2 and 3.

July 23 Mid Winter Christmas Charity Ball.

July 29 West Coast District Health Board meets.

If you have an upcoming event email  
vikki.carter@westcoastdhb.org.nz

### June Health and Safety Winner

Vivienne McSherry became concerned with the dangers associated with the poor state of the car park and was compelled to complete a Hazard ID report.

This resulted in further discussions around capital expenditure requests, and trades staff will continue to fill in the pot holes in the meantime

*Congratulations!!*



## Parfitt Ward

The children's ward at Grey Base Hospital will continue to operate out of Morice Ward for the month of July.

General Manager of Operations Ebel Kremer said staffing numbers had not increased and therefore the decision was made to keep the children's ward operating out of Morice.

"We would like to have had the children's ward operating out of its normal location by now, but in the best interests in patients and staff we have made the decision to keep it in its temporary location for now."

Mr Kremer said agency nurses would be arriving on the West Coast in August and that was expected to alleviate the nursing shortage somewhat.

He said the DHB had hoped to have the children's ward operating out of Parfitt by now, but a nationwide nursing shortage had hampered efforts to increase staffing numbers.

"It appears we are not the only region to have a shortage of nurses."

The children's ward has had relatively low numbers of admissions since the decision was made to temporarily relocate it to Morice Ward and the DHB was continuing to monitor the situation.

He said paediatric outpatient clinics had not been affected.