

The Westerly

“Te Hauauru”

September (Mahuru) 2005

‘Payman’ Dave is to retire in October

In an open letter to all DHB staff Dave Heenan shares his final thoughts on his 25 year career with this organisation:

Hi everyone,

Well its hello and goodbye really, for, as most of you know, I retire after 25 years on the 28th of October.

Twenty five years in the payman role has really been a great time and what made it such were the people, you.

The diversity of staff and the ever changing world we live in has created some very interesting times.

When I began in 1980 there were two of us in payroll in the Grey Office, three in Hokitika, one in Westport and one in Reefton. There were 11 managerial staff tucked away in what is now the CAMHS building, staff numbered around 1500.

All staff had the same conditions of pay of employment, nothing like the wide ranging and diverse contracts we have today for each employment group.

We enjoyed the benefits of training nursing students in house, all living in at the hostel I remember many a student taking sick leave on a Monday after a big night at the Rec Hotel.

The 1990’s heralded the Corporate creation bringing with it many changes with the staffing scenario some good and some probably not so good. So it is with some sadness that I conclude my term and head off to be spoilt by grandchildren, nothing however, can take away the memories the good times and the bad, that I will hold forever. I wish you all a great future and much happiness to my work colleagues.

Dell and Lyn, boy I will miss you two.

Payman Dave



Payman Dave is handing over the reigns of payroll to paywoman Lyn.

Here she receives a file filled with top secret payroll information.

Dave will officially retire on October 28.

Safety = serious fun

The West Coast District Health Board has been selected as one of the winners in the ACC Safety Week Bubble Wrap competition.

The Prize is \$1000 worth of vouchers to Spend On Health & Safety

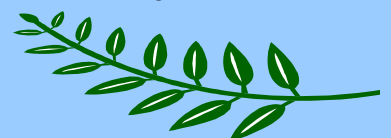
While Chief Executive Kevin Hague could not make the DHB’s bubble wrap show case, he did still make the effort to show his support for the DHB’s entry.

CONGRATULATIONS TO EVERYONE WHO GOT INVOLVED – WE WOULD NOT HAVE WON WITHOUT YOUR EFFORTS



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From the CEO's desk

Over the next couple of months we need to finalise our District Strategic Plan, setting our goals for the next 5 - 10 years. While some DHBs have simply revised the plan they developed 3 years ago, we have chosen to develop a new plan that reflects what we are really trying to achieve.

While West Coasters are never going to have local access to some of the services available in cities, we see no reason why they shouldn't have access to the best services possible in a rural environment and we are setting out to be "the centre of excellence for rural health services in New Zealand. This "centre of excellence" talk can turn out to be just rhetoric, and I need

your help to ensure that it is not just empty words.

There is no secret about how excellence is achieved: it comes down to continually improving the quality of our work, learning from our experience, and making use of the skills, knowledge and ideas of everybody who forms part of the organisation.

Right now we are looking at how we can reinforce a commitment to quality and to improvement in every aspect of our work, and how we can use complaints, patient feedback and incident reporting as opportunities for our organisation to learn to do things better. Let me extend an invitation right now: if you have ideas, big or small, about how we can improve,

then I want to know what they are.

I'm sure you will have read about our recent success in persuading the Ministry of Health to increase our funding for the next few years. This gives us the opportunity to agree an appropriate level of future funding for the West Coast with the Ministry. It also gives us the opportunity to ensure that we are making the best use of the funding we do receive. We will need to look at everything from the services we provide through to how we buy stationery. It's going to be a busy time, and again everyone who works here will have some ideas about how we could do better. *Kevin Hague*

The best way to beat mid-shift cravings

Do you find the middle or towards the end of your shift is the time you feel tired, have poor concentration and feel low in energy?

Do you get the urge to dive into snack boxes, where that chocolate bar is waiting to pep you up?

Why does this happen?

Is it just a lack of willpower, or is it physiological?

Actually, it could be to do with your food choices and meal patterns earlier in the day. The "3pm slump" is thought to be caused by a small drop in blood glucose levels. This often follows a lunch with insufficient fuel, or one that is made up mostly of high glycemic foods. These foods are absorbed quickly and cause a rapid rise and then corresponding fall in blood glucose levels.

Protein foods, fruit and whole grains are more slowly absorbed providing a more sustained release of energy, so tend not to produce the same response.

Breakfast

Studies on breakfast clearly show that breakfast-skippers overeat and make poorer choices in the afternoon. The strategy to prevent the slump starts with eating a good breakfast. A small breakfast doesn't provide sufficient fuel for the day's activities and your energy stores are used up long before the end of the day. Trying to survive the entire day on very little food will leave you

famished in the afternoon, with poor concentration and tolerance.

Lunch

The next step is to eat a well-balanced lunch (containing wholegrain breads, fresh fruit, and lean meats, legumes, dairy foods and yoghurts). A few rice crackers and a cup of soup will just not provide the long-term energy needed to get you through the afternoon

Snacking

Finally, you should expect to need a snack in the afternoon. The mid-afternoon is the one time when a snack is really needed, especially for people who exercise in the early evening and also when dinner is later in the evening.

You'll need a snack to boost brain power and activity around 3 hours after lunch. So don't deny yourself next time you feel hungry in the mid-afternoon. Check the clock; you could be entirely entitled to a snack. Examine the composition of your breakfast and lunch: did you eat enough? Have you missed a food group completely?

Remember, a low blood glucose level may make making a healthier choice more difficult and that chocolate bar harder to resist. You'll need more willpower to make a good snacking decision.

A great idea is to plan your snacks rather than leaving them to the last minute.

Healthy Snack choices

- Fresh fruit - use seasonal varieties
- Fruit salad - fresh or canned
- Dried fruit - raisins, apple, apricots
- Fruit and nut mix - ¼ cup
- Yoghurt
- Low-fat smoothies
- Fruit smoothies
- Boxed smoothies - 'Up and Go', 'Fastbreak'
- Flavoured milk, 'sculpt'
- Plain popcorn - 1 cup plain
- Carrot or celery sticks, wholegrain crackers or rice cakes, with hummus or cottage cheese or tuna
- Small uncoated wholegrain muesli bars
- Hot soups with a few noodles or rice
- Half a packet of instant noodles with added vegetables
- Salad sandwiches
- Small to medium size muffins - fruit and vegetable based
- Muffin splits with cottage cheese, hummus, or salsa and grated cheese
- Serving of breakfast cereal and low-fat milk
- Low-fat dip and crackers

*Source: Jeni Pearce, Dietitian,
in the Healthy Food Guide.
www.healthyfood.co.nz*

QUALITY AND INFECTION CONTROL

Quality is all about getting it right first time, every time!

Quality Assurance = Activities that evaluate, monitor and regulate the services that are provided at your hospital.

The purpose of Coast Health Care's Infection Control Protocols is to ensure that the highest possible health and hygiene standards are achieved and maintained.

You play a vital role in helping to achieve this goal.

- Be familiar with Coast Health Care's hygiene and Infection Control Standards and Procedures. Make sure you adhere to these guidelines at all times

If you are not sure about some aspect, then ask your Manager/CCN/HOD for additional guidance or training

- If you consider that improvements or changes need to be made, then make sure you let your manager/CCN/HOD, or the relevant Health and Safety or Infectious Control Committee know
- You play an important role in making sure that your organisation's record keeping and reporting procedures are kept up to date. This is important when trying to measure how

effectively your organisation is meeting the quality targets / objectives, which have been set

- You must always report accidents, incidents and near misses
- Report and record infections (patients and staff)
- Report hazards or other potential problems to your Manager/CCN/HOD



Feedback from all staff who have first hand knowledge of the task, the work environment and work situations they face is invaluable. Quality Improvement will only occur if everyone participates in and adopts a quality approach.

Remember, it is important to always strive for a continuous improvement of health and hygiene standards at your Health Care Facility

Health and Safety Award Winners

Roberta McHerron, Buller OCS Domestic Supervisor, has been selected for this month's Health & Safety Award.

Roberta is very diligent in her duties, always ensuring the safety of others by putting out signage, reporting incidents and hazards and generally working in a safe manner, whilst encouraging others to do the same.

Well done Roberta, for your high standard of work, you are the winner of this month's morning tea.

Congratulations also go to Geoff Rankin who has received the Health and Safety Award for his work around making the unit safe, particularly in relation to storage of wheel chairs.

Geoff wrote a QA improvement plan for stage and encouraged staff at hand over.



**HAVE YOU HAD
YOUR SAY?**

**REMEMBER TO VOTE IN
THE FLUORIDATION
REFERENDUM**



**FLUORIDATION IS A
PROVEN WINNER**

Chronic Care Plan and Co-ordinator on her way to the West Coast

The West Coast region increasingly is facing the challenge of meeting the needs of people with chronic health problems/diseases. It is not alone in this, as every District Health Board in the country, and health services across the world, are facing the same challenge. The ageing population means illnesses such as cardiovascular disease, asthma, arthritis, chronic obstructive pulmonary disease and diabetes are becoming more prevalent and the demands on the health system are rising. The WCDHB is committed to tackling this issue and have recently appointed Fiona Doolan Noble to work alongside Dr Carol Atmore (GP Liaison) to develop and establish an integrated framework of care for people with one or more chronic condition. People with multiple chronic conditions, mainly those over 65 years, generally have 3 or more, typically receive health and social care from multiple providers within the system. As a result their health care is often fragmented, less effective and more costly. A draft chronic care plan is underway and wide consultation of this draft document will take place early in 2006.

Fiona and Carol are also looking at the possibility of establishing pre-hospital fibrinolysis in the region and it is anticipated a draft plan will soon be circulated regarding this to all stakeholders.

Fiona's contact details are:

Riverside Cottage
Back Creek Road
Woodstock
RD3
Hokitika

Ph: 03 755 5166

Fax: 03 755 5167

Mobile: 021 372 328

E-mail: johnnoble@xtra.co.nz



Have you made a difference by doing something new in Health?

Have you thought about entering or nominating someone for the Health Innovation Awards?

Expressions of Interest are open. To register your interest now, visit www.healthinnovationawards.co.nz

Expressions of Interest close on 28 October 2005.

NEW ZEALAND HEALTH INNOVATION AWARDS

Colossal Colon on its way

The West Coast Cancer Society is inviting the public to experience a new cancer awareness tool—the Colossal Colon.

The Colossal Colon is a fibre glass tube, almost five metres in length, that is a much larger than life depiction of a colon, complete with its very own sound effects. The unique exhibit, which even includes its own toilet, will educate and inform children and adults about the importance of a healthy lifestyle and the potential risk of bowel cancer.

Adults and children can crawl through, walk round and look through the Colossal Colon's windows, to observe and understand healthy colon tissue and talk about bowel functions.

Elizabeth Chesterman, Cancer Society Chief Executive says the Colossal Colon is the only one of its kind in New Zealand, and is the perfect education tool for bowel cancer awareness.

Bowel cancer is one of the common cancer in New Zealand with more than 2000 people diagnosed every year. The ministry of health reports New Zealand has the highest death rate from large bowel cancer in the developed world. However, it receives little public attention or education. The Colossal Colon is bound to get everybody talking, which is important because if bowel cancer is diagnosed early and treated, then there is a very good chance of the treatment being successful.

Bowel cancer can be described as a lifestyle disease, Ms Chesterman said.

“The Cancer Society encourages all people to adopt a healthy lifestyle. Both physical activity and nutrition play a vital role in reducing the incidence of bowel cancer in men and women.”

The Colon will be at the Greymouth United Tennis Rooms, Shakespeare Street from October 19 to 21.

Menz B update

Meningococcal B vaccination numbers on the West Coast are getting better all the time but project organisers are still urging people to get vaccinated. At present around 79 percent of those eligible have had dose one. In schools that percentage increases to just under 90 percent.

The Meningococcal B team are on the verge of having 90 percent of eligible school children vaccinated with dose one. We are really close to the 90 percent target.

The entire Meningococcal B team had worked tirelessly and having 79 percent of the eligible population vaccinated was a credit to the amount of work they had done. However, more people needed to have the vaccination.

The Meningococcal B campaign started on June 7 this year.

Statistically Spring was the highest risk period for contracting Meningococcal disease and children under the age of five were the most at risk.

Anyone who has been thinking about taking their children to be vaccinated should ring their local GP clinic and make an appointment now.

The slowest group to take up the vaccination had been teenagers no longer enrolled in school around 45 percent of those eligible have had dose one on par with other regions around New Zealand.

We are reminding everyone that this vaccination is free and it can save people lives.

The good news for parents thinking about vaccinating is that the national figures relating to reactions from the vaccine have been incredibly low in New Zealand.

Study options galore on offer for nurses



More than 50 nurses turned out to hear about the opportunities for postgraduate studies recently. Representatives from Otago, Massey and Victoria Universities as well as from Otago and Christchurch Polytechnics were at Grey Base Hospital promoting the best education has to offer. Michelle Barber is pictured with the representatives of tertiary training organisations.

Weekly Interdenominational Church Service

Every Wednesday at 11:30hrs.

Starting - 22nd June

11.30 am - 12 noon

Where: Grey hospital chapel

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

Reefton Women's Health Day

Local Reefton women are being given a great opportunity to attend a women's health day in Reefton on 18 October. The venue will be the old Reefton School on Buller road from 10am until 3pm.

The West Coast branch of the National Cervical Screening Programme has worked in partnership with local health providers and Healthy Inangahua Project to offer free health checks and information for Reefton women throughout the day on a drop-in basis.

Childcare and lunch will be provided at no cost to those women who attend.

The focus of the day will be on raising awareness of health providers available to women in the area.

Health professionals and services available will include:

- Sexual Health Nurse,
- Hearing Therapist,
- Dietitian,
- Diabetes Nurse Educator,
- Naturopathy,
- Arthritis Educator,
- Cardiac assessment,
- Cervical screening,
- Smoking Cessation and
- Reflexology
- Skin/mole checks will be available from 1-3pm.

The Cancer Society will be providing one of its latest educational tools "The Colossal Colon".

Rata Te Awhina will also be providing the services of Te Waka Haoura (mobile health unit) which will be on site offering its full range of health checks and health promotion information.

For more information about the day contact:

WCDHB Health Promoter, Tina Fox Ph 788 9030 or

HIP Co-ordinator Dawn Chandler Ph 732 8260.

New Director of Nursing appointed

The West Coast District Health Board today announced the appointment of Jane O'Malley to the position of Director of Nursing.

Jane was, until September, the president of the New Zealand Nurses Organisation (NZNO) and was at the helm of that organisation during the Multi Employer Collective Agreement (MECA) negotiated with all DHB's earlier this year.

She is also a senior lecturer in nursing at the Christchurch School Medicine.

Chief Executive Kevin Hague said the field of applicants for the position had been extremely strong and he was excited to have attracted a candidate as well respected and well known in nursing circles as Ms O'Malley.

"We are really excited because Jane is the right fit for our strategic direction," Mr Hague said.

Jane's appointment will be something of a homecoming, she was born in McBrearty Ward in Greymouth Hospital and raised in Ikamatua.

Previously the Director of Nursing position had been a joint role with that of General Manager of Primary Care.

However, the DHB felt it was now appropriate the DON position deserved the full attention of the person appointed, Mr Hague said.

"The West Coast DHB has a strong commitment to the ongoing recruitment and professional development of nursing staff and believes having a DON able to focus on this will pay dividends for the organisation."

Nurses are by far the largest group of professionals employed at the West Coast DHB, with approximately 220 Full Time Equivalent positions.

Jane O'Malley will begin work at the West Coast DHB on October 31.

Mummy & Daddy
Please vaccinate
me.
Love Sam





World Physiotherapy Day

Life - with Physiotherapy



Physiotherapists are registered healthcare practitioners educated to apply scientific knowledge and clinical reasoning to assess, diagnose and manage human function. They promote mobility; health and independence; rehabilitate; and maximise potential for activity (New Zealand Society of Physiotherapy).

At present WCDHB has 7 physiotherapists and 2 Physio Assistants.

The staff are based in Greymouth, Hokitika and Westport and cover the whole coast from Karamea to Haast. Physiotherapists are involved with people of all ages - from new born to death.

Physiotherapists assess and treat a variety of conditions:

Back pain; Broken bones; Muscle strains; Work fitness; Strokes; Arthritis; Multiple sclerosis; Women's Health; Breathing problems; and Children with special needs.

Some of the activities WCDHB Physiotherapists are involved with include:

Otago Exercise Programme: Falls risk. This is part of a falls prevention programme to assist older adults to maintain strength, balance and mobility.

OEP is funded by ACC and is based on the Otago Exercise programme which is shown to reduce falls in over 80 year olds by 36%.

Otago Physiotherapy Students:
The Greymouth physiotherapy

department continues to be part of the Otago University's - Christchurch campus - programme of teaching for undergraduates physiotherapy students.

The University relies on these placements to ensure undergraduates have sufficient hours of workplace experience.

Pulmonary Rehabilitation: A multidisciplinary programme to assist patients with chronic lung disease to increase their exercise tolerance and to receive education on breathing techniques and other information that will improve their quality of life.

Ante Natal Classes: Learn about the changes that occur to your body during pregnancy and how this affects your posture and your ability to work and exercise. Learn some exercise that will help you through your pregnancy and help prepare you for the delivery of your new baby.

Pilates for Staff: A very popular class provided in the physio team's own time with over 100 staff participating over the last 2 years. A hardy group religiously attend every Wednesday - spot the well toned staff in Morice Ward.

Continence: Bladder control problems are very common. Over 280 000 New Zealanders experience bladder leakage. Only 1/3 of these people seek help. Bladder problems can seriously limit people's social life.

Physiotherapists can assess and instruct on appropriate exercises to regain the strength of the muscles

controlling the bladder - pelvic floor exercises.

Lymphoedema: Lymphoedema is the collection of lymphatic fluid in the bodies tissues. It presents as swelling. Lymphoedema can be classified as primary - you are born with the condition - or as secondary - develops as a result from surgery or radiotherapy.

Physiotherapists can help you with a self massage and exercise programme to control this extra fluid or measure you for compression garments.

Fit for Work: A staff initiative to ensure the physiotherapy staff are physically prepared to do their work. Fitness testing, personal measures, strength and flexibility tests before and after "Spring into Action" helped motivate staff to improve eating habits and increase exercise levels. There was significant improvement noted by all staff.

Paediatric Service: Physiotherapy is an integral part of the Child Development Service, providing physiotherapy for children 0-16 years. This includes assessment, early intervention, specialist equipment issuing and community/home based programmes.

WCDHB also provides physiotherapy for the Ministry of Education by providing school based programmes.

Health Promotion: Physiotherapists regularly visit groups in the community and give talks on a variety of topics.

The most popular session is on the importance of exercise and keeping active as we grow older.

After doing all this the physiotherapy staff still assess and treat all the usual aches and pains of the general public, do community mobility assessments, provide rehabilitation programmes for the patients in Hannan and Morice wards, and provide a 7 day service for the general and orthopaedic surgical patients in Barclay ward.

Phew!! - lucky we are all "fit for work".

Upcoming Events

ALAC Presentation: Latest initiatives and resources available. Grey Hospital Lecture Theatre. Monday 3rd October 2005. 1:30pm.

Orientation: 5th October 2005. New staff (or their managers) contact Marie McCrudden, phone 2647.

Palliative Care Breakfast Session: 6th October 2005. 7:30am-8:30am. Priorities in Palliative Care Research—The Work of the Palliative Care Research Group, Dunedin (*and others*).

Hospital Advisory Committee Meeting: 7th October 2005. 9am. Boardroom.

WCDHB Board meeting: 21st October 2005. 9:30am.

Bullying Seminar: 26 October 2005. 11am-1pm.

Push Play Day: 4th November 2005. Also the last day of Sea-2-Sea.