

# The Westerly

“Te Hauauru”

March 2007

## Healthy Eating Healthy Action co-ordinator ready for the challenge

Born and bred West Coaster Kim Sinclair is ready to take on a new challenge.

Kim was recently appointed to the newly created position of Healthy Eating—Healthy Action co-ordinator and will be working to encourage West Coasters to take charge of their health by eating well and exercising.

Kim has completed a masters in Applied Science and is currently working on her PhD focussing on body composition and physical activity in children over the past 90 years.

However, while she may have spent a few years off the Coast earning her qualifications she has remained a West Coaster.

Her family and partner live on the West Coast and her cat Oscar is adjusting well to life on the Coast.

So what does Healthy Eating Health Action mean?

Its means that Kim will focus on working with Coasters on their needs in regard to getting the right information, to the right people, so they can make decisions that are right for them.

One of her first goals will be to find out what is already happening in the community and finding out exactly what information people need.

While her role encompasses all age groups for the next 12 months will focus on.

- ▶ Children and Young people.
- ▶ Workplaces
- ▶ Breastfeeding
- ▶ Low socio-economic groups.

With a passion for physical activity Kim was the perfect choice for the role.

She can be contacted on ext 2803 in corporate office.



Kim Sinclair is taking on a new role on the West Coast

**An alert for all employees who currently have less than four weeks annual leave entitlement**

**From 1 April 2007 these employees will become entitled to four weeks annual leave upon the first anniversary of their start date which falls after April 2007 (Holidays Act 2003)**

**If you have any questions about this please contact your Head of Department or Human Resources who will be happy to discuss with you.**

## A touch of glamour coming to West Coast DHB

On 4th August this year we are having a Hospital Ball. The suggestion was made to hold an event that would involve all the departments of the hospital, a committee of volunteers was formed and we decided to hold a formal ball. Further we moved on with this idea and came up with the idea of forming a Friends of the Hospital Trust which would benefit from any funds raised. And now its bigger than Ben Hur!! We are still in the process of forming this trust with the help of the DHB. The ball will be held in the Regent Theatre and lots more information will be distributed soon. We are looking at live bands, (maybe two) plus other entertainment. We are hoping that everyone will get behind this event and help us get the Trust established along with having a humdinger of a time on the 4th August. There will shortly be a raffle (with excellent prizes) sold around the hospital.

**Watch this space for updates.**



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# Creating more options of older West Coasters.

Greater collaboration between agencies, more focus on keeping elderly well and more housing options are all part of a new approach the West Coast DHB is taking on services for older people.

The DHB expects that future models of care and service delivery for older people in the district will include a whole range of new and innovative approaches to ensure that older people:

- Can get the help they need to remain healthy, fit and independent within their homes and social networks, and to prevent illness, injury and disability
- Receive home support services that are better tailored to their individual needs and that help them retain and regain their ability to manage at home.
- Have more supportive/sheltered housing options available of they would prefer this, for company, support and safety.
- Have access to short stays in more homely, local non-hospital facilities, if they need this for respite or longer-term rehabilitation

General Manager of Planning and Funding Wayne Turp said to achieve this the DHB wanted to encourage greater collaboration between DHB, community and other service providers and in particular to develop close partnerships between community health services, homecare services and residential care facilities.

“We need to ensure all the services aimed at keeping elderly well are working effectively and efficiently together,” Mr Turp said.

He said with a growing number of elderly on the West Coast it was important to look at finding new ways of delivering services to ensure all those who needed to could access the care they needed.

“We want to ensure that the right mix of hospital, home care, residential and community support services are available and that these are easily accessible.”

The increasing older population means that more long-term support services will inevitably be needed by 2021.

For example:

- 130 more people will need general long-term hospital care.
- 10 more hip fractures a year.
- 20 more strokes a year, 20% of whom are likely to go on to long-term residential care

The average 65 year old lives longer and more healthily now than 20 years ago due to better prevention (e.g. stopping smoking, diet) and better treatment (e.g. hypertension medication)

Mr Turp said it was hoped that hospital admissions for preventable illnesses could be reduced and this could lead to elderly being able to stay in their own homes longer.

The DHB has been working closely with a number of groups on its WISE Plan (West Coast Improving Services for Elderly) over the last year to jointly develop this innovative plan for the future delivery of services.

As part of this process the DHB is now calling for Registrations of Interest from providers of services for the elderly.

“This is a really exciting opportunity to help us become a leader in the future provision of good quality rural health care for the elderly.

“We would like to hear from services and agencies interested in sharing and exploring our vision, and in providing some or all of our future eldercare services either at a local level or on a West Coast-wide basis.”

## Buller Hospital set to go digital

The x-ray department at Buller Hospital currently carries out around 3,500 examinations per year using conventional film and chemical based processing techniques. But within a few months the traditional x-ray films will have been consigned to history at Buller Hospital.

The new system means that Buller will now become electronic with images able to be transferred at the press of a button and viewed on screen.

Patients will notice little if any change while having their x-rays taken – however the new system means that images can be sent to either Greymouth or Christchurch.

This means doctors can begin work on treatment plans even before a patient is transferred from Westport.



## Cardiac Nurses on the job

Valentines- a day symbolised by hearts was the perfect day for the West Coast DHB to announce its new cardiac rehabilitation programme, which aims to mend broken hearts in this region.

The West Coast has one of the highest rates of heart disease in the country and a new community based programme is aiming to help those who have suffered from a cardiac event regain health and maintain it for the long term.

This programme is in addition to hospital level care.

Cardiac Nurse Specialists Lisa Smith and Karyn Kelly have been seeing patients who have suffered a cardiac event such as heart attack, angina and coronary bypass surgery. The patients are referred to them on admission to hospital.

The goal being to assist patients to continue their recovery once they have returned home.

Lisa Smith said for some of the patients a cardiac event can mean they need to make significant changes in not only their lives but their family's lives as well, while for others small changes can lead to significant benefits.

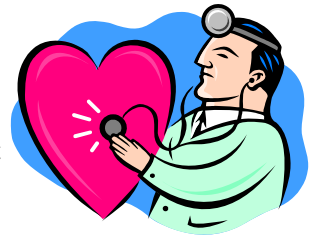
"We really encourage people to bring a support person or family member to our meetings, because heart disease affects not only the patients but those around them as well."

The programme involves providing patients with up to date information, assisting with lifestyle changes, assistance to lead an active and enjoyable life and to help families deal with the psychological issues that are common with heart problems.

Cardiac patients will meet each week at Grey Base Hospital for two hours and will be run through a six week physical rehabilitation programme by the physiotherapists, as well as education sessions provided by allied health staff such as dieticians, pharmacists, social workers and if needed smoking cessation, all supported by the cardiac team.

The long-term goal of the programme to assist patients to maintain their quality of life while attempting to prevent them from suffering further heart problems.

People wanting more information can contact Lisa or Karyn at Grey Base Hospital. They are located in Community Services.



## Dementia Care Unit construction begins

In just a few short months a brand new Dementia Care Unit will have risen from the grassed area adjacent to Manaakitanga at Grey Base Hospital.

Monday March 12 saw the first sods of soil turned in the development of the purpose built Dementia Care Unit in Greymouth. West Coast builder Evan Jones has been awarded the contract for the new 22-bed unit, which will be located adjacent to mental health services in Greymouth.

Minister of Health Pete Hodgson approved funding for the multi-million dollar development in May 2006.

General Manager Mental Health Services Hecta Williams and General Manager Facilities Wayne Champion were delighted that work was set to begin on construction.

A blessing of the site will take place at dawn on Monday.

Mr Champion said patients should be living in the purpose built unit by the end of November.

The unit is designed to provide patients with a safe, comfortable and homely environment.

Once building work has been completed the DHB will hold an open day for the public, before beginning to move patients into the new unit.

A naming competition is also planned

The West Coast District Health Board is working with unions and current staff members based at the Seaview site in Hokitika.

When the DHB exits the Seaview site at the end of this year it will bring to a close more than 130 years of history.



**Reverend Richard Wallace accompanied by Gary Coghlan and Wayne Champion carried out a dawn blessing of the Dementia Unit site.**

# Aiming High



Next time you have a meeting in the lecture theatre at Grey Base take a moment to look up. Two carvings were recently unveiled. The carvings represent aiming for the highest intent and seeing the wider view.

**Congratulations to everyone who took part in Relay for Life**



If you have any pictures of happenings from around the DHB don't forget to send them in.

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