

The Westerly

"Te Hauauru"

December 2008

Innovation Winners

There were some beaming smiles around the West Coast District Health Board after Tuesday 4 November when the project "Alternative Pathways for New Patients" was named as winner of the Process Improvement category of the New Zealand Health Innovation Awards.

At a posh gala awards dinner, Patient Journey Improvement Coordinator, Alison McDougall and GP Liaison, Dr Carol Atmore accepted the award on behalf of everyone involved.

The New Zealand Health Innovation Awards are a long-standing joint initiative by the Ministry of Health and ACC. They celebrate innovative thinking and, often, life changing developments in the health field.

The project, also won the supreme award at the 2007 West Coast Health Innovation Awards.

Over 130 people living on the West Coast have already benefited from the scheme, which has reduced waiting time for colonoscopy and cataract surgery by up to 80 percent.

Alternative Pathways for New Patients has cut waiting times for those with suspected colorectal cancer that need a colonoscopy by almost three months, and for patients needing cataract surgery by nine months.



Alison McDougall and Carol Atmore with Minister of Health, David Cunliffe



Carol and Alison were supported by Jane O'Malley, Director of Nursing and Midwifery and Wayne Turp, General Manager Planning and Funding.

Previously patients would go to their General Practitioner and be referred for a consultation with a specialist who would then place them on the waiting list for surgery. Because some specialists aren't local and do not visit the West Coast frequently, patients often waited some time to be seen.

Under the new scheme General Practitioners and optometrists work together to send patients requiring cataract surgery straight to the waiting list, instead of first referring them to a specialist. For patients who require a colonoscopy, General Practitioners complete a form based on the patient's symptoms and test results which is then sent straight through to the surgical waiting list.

The scheme has not only dramatically reduced waiting time for patients but has also increased efficiencies in both services. The West Coast District Health Board which runs the project is now considering which other services could benefit.

The project is part of a plan to investigate improvements in the patient journey through the healthcare system on the West Coast. Schemes such as the Alternative Pathways for New Patient are important developments as the West Coast District Health Board plans to provide sustainable healthcare services into the future.

IT Update

Audits of Patient Care Systems

Staff are reminded that in order to ensure that the West Coast District Health Board manages patient information in accordance with the Health Information Privacy Code, spot audits are being undertaken of the clinical information system (iSOFT HealthViews) and the patient management system (iSOFT iPM) to ensure that only legitimate use is being made of personal health information, and that no inappropriate or unauthorised access is being made. For instance, looking up details on a patient for personal reasons (i.e. curious to know what is wrong with them or curious to know how old they are) is not appropriate. Essentially, staff who have access to these systems should only use them for legitimate care of a patient they are involved with. Staff who are found to be reviewing details of a patient which they have no obvious reason to, will be required to justify why they needed to do so.

Staff members are reminded that the maintenance of patient confidentiality and the appropriate use and management of personal health information is covered by the following:

- Health Information Privacy Code
- Code of Health and Disability Service Consumers' Rights
- Professional Standards
- West Coast District Health Board Policy and Procedure
- West Coast District Health Board Employment Agreements

For further information, please contact Miles Roper or Mark Bowen

Computer Security

It is important that users regularly change their user passwords, and do not use passwords that are easily known. No user within the organisation should have a password of "password". Users doing so violate the terms of access to the WCDHB computer systems as per what they sign when first given computer access. The full details of this agreement are located on the intranet, under IT Services, IT Access Form, IT New User Form.

Users who need help in changing their password should contact IT Help on ext 2911. It is a simple process that takes less than one minute to do.

Phone numbers in iSOFT

Please make sure that you enter phone numbers into iSOFT in the correct format

- Correct xxx-xxxx
- Wrong 03xxxxxxx
- Wrong xxxxxxx

Welcome

Kim O'Keefe is the new Human Resources manager for the West Coast District Health Board. Kim started out her career as a Registered General and Obstetric Nurse and then later completed her University studies in Psychology before focusing on Human Resources Management.



The West Coast is familiar to Kim. She emigrated from England with her family to live in Greymouth and completed her high schooling here before moving to Wellington to commence her nursing studies.

Lynda Driver is the newly appointed HPV (Humanpapillomavirus) coordinator. Lynda, who is based in Community Services at Grey Base Hospital, is involved with the HPV project involving girls aged 12—18 years.

Lynda's background is in project management involving the arts and community events. She also has a real interest in women's health especially in a preventative role.



Farewell

The West Coast District Health Board has also had a number of staff move on recently.

Chief Executive Officer Kevin Hague has gained a seat in Parliament on the Green Party list, and as a consequence has resigned from the West Coast District Health Board. Our loss will certainly be the country's gain. Arrangements for an official farewell for Kevin have yet to be made.

Human Resources manager Ruth Punnett has moved to a similar position in Christchurch with St John.

Clinical Nurse manager, Helen Rereti has taken on a position with the West Coast Primary Health Organisation.

Long serving Mental Health Services Management Secretary, Cheryl McMaster has moved after a lifetime living on the Coast.

We wish these people and any others who may have moved all the best for their futures.

Healthy Eating Healthy Action

Home grown greens for summer salads!

Salad greens grow well in pots or planter boxes on a deck or terrace, or even on a windowsill. Sow some seeds now and enjoy through the summer holidays.



Buy a packet of mesclun mix, which is a mixture of tender baby lettuces, greens and herbs. Sow seeds directly onto a seed raising or potting mix tamped down, damp but not wet. Cover

with a sprinkling of seed raising mix – not too much – fine seed should be barely covered. Water carefully and evenly during germination and make sure soil does not dry out or get waterlogged.

Once the leaves reach about 15cm, they can be harvested by cutting or plucking just above the growing point. Within a week or so they will grow back and can be harvested again. Avoid full sun in the hot summer months, as lettuces will become hard and shoot to seed. Semi-shade is best.

Warm kumara and smoked chicken salad

2 smoked chicken breasts, skin removed, cut into thin slices

3 large red kumara (700g), scrubbed

4 c mixed salad greens

½ c orange juice

1 tbsp oil

1 tbsp balsamic vinegar

2 tsp grainy mustard

Place the kumara in a large pot, add a pinch of salt and enough cold water to cover the kumara and bring to the boil. Reduce the heat to a simmer and cook the kumara until they are tender but not mushy, 15-20 minutes. Drain in a colander, run under cold water and rub off the skin.

Cut the kumara into pieces and allow to cool slightly. In another bowl combine the juice, oil, vinegar and mustard. Fold this dressing into the kumara without breaking the kumara up too much. Now gently fold the smoked chicken and salad greens into the kumara. Serve immediately.

West Coast Healthy Schools

Congratulations to Whataroa School – the winner of the Healthy Schools category of the West Coast District Health Board Innovation and Excellence Awards. They have taken an innovative approach to integrating healthy living into the school's strategic plan via healthy living club sessions. Well done also to runner up Reefton Area School for their efforts in achieving their health goals and objectives via a student led health team.

Grandparent's Great Gardening Tips – on sale

This little book is the compilation of gardening tips sent in by West Coast children and their grandparents last year for grandparents week. These make a great gift and cost \$10 each – ph HEHA 768 1307.

Tucking in at Cobden School

HEHA has recently welcomed Cobden School to the Tucking In programme, and helped set up three raised beds at a community gardening day. Cobden



School students assisted with building and planting the gardens, as well as helping HEHA cook up some healthy salads using fresh veges.

WANTED: WEST COAST GARDENING GURUS

If you or someone you know is a keen gardener, there is an opportunity to support edible gardening in West Coast primary schools. It may be a case of donating your extra seedlings, old tools, or sharing your expertise and experience with the kids by helping out with an afterschool garden club.

DHB staff 'Walking the Talk'

Congratulations to the 70+ DHB staff that took part in Sea2Sea this year, a great effort. Staff members were quick to take advantage of onsite yoga classes offered at Grey Base Hospital throughout November. If there are specific activities you would like to see offered onsite please let Rebecca at HEHA know. Remember the HEHA bikes (located at Hokitika Health Centre, Corporate office, Community services, Community Mental Health, Brick Building and are available for use both during work hours to travel to meetings but also lunchtimes and after work for a workout. Cycling is a great way to get some physical activity into your day.

Activity snacks = Snacktivity

Sometimes when you're working it's not possible to take 30 minutes out of your day to get active, so you have to do it in bits. Here are some ideas...

- 'Walk' on the phone – every time you are on the cordless or mobile, walk while you talk.
- Stand up and sit down several times while on the phone – this is great for your legs
- Walk around to talk to a workmate rather than ringing or emailing them

Walk a 'lap' of your workplace at morning or afternoon tea, fresh air and exercise can rival a caffeine hit!

If you are interested in anything on this page please contact Rebecca at HEHA to find out more on 768 1307 ext 810.

Stay warmer and healthier

Great IT Sale

Can't afford double glazing or insulation to keep warm and healthy in your home? Think again!

If you have struggled this winter with 'weeping' windows, problems with water pooling on your window sills, or just keeping warm and healthy in your home, Community Energy Action (CEA) can help.

CEA sell an effective DIY plastic window insulation kit, which acts like permanent double glazing but at a much more affordable cost. Installing plastic window insulation will reduce condensation and help to keep your home at temperatures of between 18-21°C (recommended by the World Health Organisation). Kits are available in three sizes and prices range from just \$9.50 to \$24.70.

Plastic window insulation kits consist of a thin plastic film which is fitted onto the internal side of window frames using double sided sticky tape. Kits can be easily cut to size and installed onto both wooden and aluminium frames. CEA recommends window frames need to have a minimum depth of 1cm, but have received positive comments from satisfied customers who have installed the kit onto 5mm frames.

The best place to install plastic window insulation is in the rooms you heat the most - this will maximise the benefit you gain from them. The end of summer and early autumn is an ideal time of the year to install the kits because your house will have had a good chance to dry out. This will help to minimise moisture and condensation between the window and the plastic.

This year CEA conducted a survey of just over 160 customers who purchased our window kit online. Of the 54 customers that completed the survey 85% reported that the plastic window insulation was effective at improving warmth and comfort, plus reducing condensation.

The cost of a 2x3 metre plastic window insulation kit is approximately 2% of the cost of



The left hand window is insulated using a window insulation kit. The right hand window is un-insulated, and continues to collect condensation and lose heat.

similar sized window using clear, toughened double glazing. What have you got to lose?

CEA provides lots of information and tips about the kits at <http://www.cea.co.nz/retail-shop/#Window%20kit>. You can order and purchase kits online as well (don't forget to measure your windows first). If you don't have access to the Internet and want more information or wish to make a purchase, call Community Energy Action on (03) 374 5698.

Insulation Want a warmer, healthier home?

Also advertised in the local newspapers recently was a scheme where you could receive an ENERGYWISE™ grant of a third of the cost to install insulation—up to \$1125 or an interest subsidy up to \$1400.

To be eligible your house needs to have been built before 2000 and you need a household income of less than \$100,000 for one or two earners and less than \$140,000 for three or more earners.

Find out more:-
Ph 0800 749 782 or
www.energywise.govt.nz

Information Technology has a large amount of surplus equipment which is either no longer required (the technology has been superseded and is no longer useful), or the equipment has some faults due to age and wear and tear, but is not totally broken (so is no longer reliable enough for use by the West Coast District Health Board).

As this equipment has some value/use, we do not wish to dump it, however we also have no need for it and wish to sell it. The Information Technology department will have an area within the doctors lounge on **11 December 2008** to sell this equipment. Prices will be based on what similar items go for on trade me, taking into account age and wear and tear.

Items for sale will include printers (large, small, dot matrix), old screens, old faxes, keyboards, PDAs (no cell phone), very old servers (minus any harddisks) and much more.

Any items purchased, must be taken on the day. There will be no rain checks/credit card/eftpos, please bring cash only.

Congratulations

- Four mental health staff have recently completed qualifications.
Paul Eathorne - gained a Postgraduate Diploma in Rehabilitation (Massey)
Lyn Hibbs
Lauraine Elley
Guru Shanamuga
all completed the Postgraduate Certificate in Cognitive Behavioural Therapy (Otago)
- Robert Raeder received a Highly Commended certificate for his work on the Dementia unit at the recent New Zealand Institute of Health Estate and Engineering Management conference.