

The Westerly

"Te Hauauru"

The staff newsletter of the West Coast District Health Board

February 2009

Introducing Carelink

The 8am triage meeting is the heart of Carelink, the West Coast DHB's new needs assessment and service coordination (NASC) service for older people and others needing long-term support.

What is Carelink? Carelink took over needs assessment from Social Work who had been doing it on top of their other jobs for many years. Carelink's opening in November was the culmination of many years planning to improve service integration for older people

Service coordinator, Graham Cooksely took part in this planning from the start and brings his longtime knowledge of the West Coast's older population to the table.

Needs assessment for Greymouth and Westland is provided by Marjorie Mann, who brings an extensive nursing background in mental health and other areas.

Buller now has dedicated local NASC services in Pam Milligan working halftime as NASC at Buller Health, and Anne Sutherland who brings years of nursing experience having served the Reefton district as Rural Nurse Specialist also bringing specialist skills as stomal therapist combines her existing nursing role at Reefton Health with an extra day a week as local NASC. Pam brings good local knowledge from her previous social work role at Home Builders West Coast Trust. Although based outside Greymouth, Anne and Pam are firmly part of Carelink's team and get to meetings whenever they can.

NASC services for older Maori are available Coast-wide from Dickie Dewes. Dickie combines her day a week for Carelink with other roles as cervical smear taker, health promoter and residential care nursing.

Also joining the daily triage team are Helen Rzepecky, specialist gerontology outreach nurse, and Alison Third, whose extensive experience in dementia services have been brought into the new dementia outreach nurse position. Says Carelink's manager Robyn McLachlan: "Including Helen and Alison in our daily triage meetings is invaluable for strengthening our links to specialist services. We'd like to see this extending to other specialist Health of Older People staff such as physicians, OTs, physios and other allied health"

Robyn came from Occupational Therapy teaching and management in Auckland, Dunedin and Southland to take on the challenge of setting up Carelink and is now the permanent manager. She has a second role as West Coast DHB's Advisor of Older People's Services. "As Carelink beds in, this other role will become more important" she says.

Setting up systems from scratch has been the challenge for Juliette Reese, halftime office administrator. Juliette holds the team together, managing bookings, creating referral forms, designing logos ... She is responsible for the lovely picture showing Graham and Juliette's son Caleb on Cobden beach, snapped by Juliette while waiting for a quote (unused) from a logo designer!

Also based at Carelink is Torfrida Wainwright, planner and funder for older people's services. "Being able to eavesdrop on what's happening clinically is hugely valuable for identifying gaps and blockages and finding solutions like flexible funding", says Tor

Carelink – it's how we work together that matters, not where we are sited. A place for meeting, listening, feeding information in and taking it back out again. A hub that brings together services and professional groups to work collectively for the benefit of West Coasters



From left – Carelink crew at the November opening Marjorie Mann, Graham Cooksely, Torfrida Wainwright, Anne Sutherland, Dickie Dewes, Juliette Reese, Robyn McLachlan, Alison Third, Helen Rzepecky
Absent: Pam Milligan

Living Within Our Means

The Minister of Health, Tony Ryall has made it very clear to all District Health Boards that they must live within their approved budgets.

In order to do this the West Coast District Health Board must be very careful with its spending.

An emphasis on value for money will be required at all levels of the organisation if we are to keep within our approved budget between now and the end of the financial year at 30 June 2009 and into the next financial year.

The West Coast District Health Board is not alone in facing a challenge in keeping within budget as the government has signaled that with the changed economic circumstances there will not be the same growth in spending that there has been in the recent past.

All the country's District Health Boards will be looking at ways they can decrease spending and increase revenue to stay within budget.

There are challenging times ahead but with everyone working towards a common goal the West Coast District Health Board will continue to provide West Coasters with the highest level of healthcare service.

Share your constructive ideas by attending the CEO forum or contributing to the intranet forum.

Flu Vaccination Survey

We are currently evaluating the Influenza Vaccination Program 2008 for the West Coast District Health Board. If you haven't yet got a copy of the questionnaire, please read on...

To better understand the efficiency of this vaccination program we would be grateful if you would take the time to download from the intranet, fill out and return this questionnaire to Marie at the Grey Base Hospital Library. The link to the document is on the front page of the West Coast District Health Board Intranet

Many thanks for your giving of your valuable time to help us.



Spring into Action is a fun, free physical activity challenge, to help us get more active.

It is a team event, with 4 to 7 members per team. Team members earn points by being active and eating fruit and vegetables: aiming for 30+ minutes of activity and 5+ fruit and vege each per day. Prizes include iPods, balls, pedometers, drink bottles, vouchers, fruit baskets and more.....

The six week workplace challenge begins:-

Monday 23rd February

And ends:-

Sunday 5th April

To enter your team contact:
Community & Public Health
3 Tarapuhi Street
Greymouth

Fax: (03) 768 1169 or
email team details to

rosie.mcgrath@cdhb.govt.nz

Congratulations

Four nurses who have completed their new graduate programme with the District health Board were celebrated at a recent ceremony at Grey Base Hospital.

Ruhama Addis, Maria Giles, and Michele Mortenson were on hand with their mentors and supporters to receive their West Coast medals. Laura Hill also completed the programme was unable to be present.

Dot O'Connor has received an invitation to attend a breast cancer conference in Brisbane funded by the Canterbury-Westland Cancer Society with study leave granted by the West Coast District Health Board.



From left:- Sonya Neil, Maria Giles, Joel George, Angela Bradley, Alison Lobb, Michelle Mortenson, Jane O'Malley, Ruhama Addis and Michele Barber.

Dr Carol Atmore recently received her Postgraduate Diploma in Public Health with distinction, through the University of London, London School of Hygiene and Tropical

Medicine, and is now working towards her Masters in Public Health.

Anne Fitzwater, nurse practitioner of Fox Glacier has just received her prescribing rights from the NZ Nursing Council. Anne becomes one of just 30 nurse practitioners in New Zealand with such rights.

Wanted

The chapel at Grey Base Hospital, would like a keyboard or organ in working order please.

If you have such an item at home and would be willing to donate it please contact Diane Brockbank at Hannan Ward.

Acting CEO Forum

Acting Chief Executive Officer Joel George will be running a forum for all West Coast District Health Board staff.

Grey Base Hospital
Lecture Theatre
3—5 pm
Tuesday 24 February

The forum will also be available via video-conference at West Coast District Health Board facilities
Buller Health
Reefton Health
Hokitika Health

Come along with any questions you have regarding the West Coast District Health Board

If you have specific questions that you would like answered at the forum these can be sent to Bryan Jamieson, Community Liaison Officer
bryan.jamieson@westcoastdhd.org.nz
See you there!

Welcome



Three new Mental Health nurses have begun their year of new graduate training with the Mental Health Department. Gabrielle Boyd (left) and Cassie Sim have both come from the Nelson-Marlborough Institute

of Technology nursing programme and Tom Sykes who originally trained in the UK is transferring across to mental health nursing after several years as an RN in England.

Kim Hawkes has started in the HEHA-Education role as Andrea Kendrick goes on maternity leave



Daniel Kiwana is the new HEHA Maori Coordinator. He will be working with Maori communities throughout the West Coast to develop Healthy Eating and Healthy Action programmes.

Lynda Atkins, Anita Irvine and Louise McLean are new Personal Assistants in Planning and Funding, Corporate services and Nursing and Midwifery respectively.



Breastscreening Upgrade

With an increase in the age range for women entitled to free mammography to 45 - 69 the numbers of women that require screening has increased. One result of this was that the breast screening bus that was often parked in the car park close to Parfitt Ward at Grey Base Hospital would need to spend even more time here, affecting its ability to travel to other areas of the South Island.

Breastscreen South have replaced the bus for West Coast women with a Mammography Screening Unit that was lifted into place alongside Parfitt Ward by crane on the morning of Friday 13 February.

Once all the utilities are connected up the unit will provide the service that was previously provided by the bus.



HEHA Update

There are plenty of opportunities to get active over the next couple of months, with West Coast based events, so make the most of the summer sunshine and get moving!



Spring into Action starts on February 23rd – this is a fun, free physical activity challenge. Get together a team of 4-7 and earn points for being active and tucking into plenty of fruit and veges.

To register your team contact Rosie at Community and Public Health, ph 768 1160 ext 716 or email rosie.mcgrath@cdhb.govt.nz

February is Bikewise month

If you don't own a bike, borrow a HEHA bike and have a go at lunchtime – bikes are located at Community Services, Community Mental Health, Corporate, Hokitika Health Centre and Buller Health.

Leave the car at home and improve your health and save money at the same time!

Too busy to push play for 30 minutes a day? How about walking or biking to work – 15 minutes each way and you can easily slot in thirty minutes of physical activity without even trying.

Bike to Work Day – February 18th

Walk to Work Wednesday – March 18th

Mark these 2 dates in your diary – there will be stations set up around town where we will be offering breakfast goodies and prizes and giveaways to walkers and cyclists.

Healthy snacks at work

Chop a couple of pieces of fruit and pack in a small container to bring to work – this way you will actually eat it and not end up with a tired assortment of fruit lingering on your desk all week!



Keep a box of cereal at work so you always have a healthy snack on hand –

look out for one that is labeled 'wholegrain' and high in fibre to keep you feeling full for longer.

Baked beans on wholegrain toast packs a powerful protein punch – flash them up with a handful of spinach, some sliced mushrooms or leftovers from last night's dinner.

2009 Health Scholarships



West Coast District Health Board chair Rex Williams presented Health Scholarships to the recipients of the 2009 awards at a ceremony at Grey Base Hospital on Wednesday 28 January.

The scholarships are available for West Coast students who are involved in tertiary study towards a health related career. This is the third year of the awards, which are valued at \$1500 and are granted for one year.

This year there are twenty-three awards in total, seven new recipients and sixteen students who have previously received a scholarship.

The recipients for 2009 (* = first year recipients) are:-
Emma Cochrane - 2nd to last year of Bachelor Biomedical Sciences and Bachelor Medical Laboratory Sciences

Helen Martyn - 3rd Year Bachelor of Medicine and Surgery

Elizabeth Ward - 2nd Year Nursing

Beth Wiechern - 2nd Year Psychology

Leah Jones - Bachelor of Medicine

Candace McGirr - final year Physiotherapy

*Kimberley Browning - 1st year Bachelor Pharmacy

*Angela Southorn - 1st year nursing

*Iona Double - 1st year pre health sciences then nursing

Emma Knudsen - 2nd Year Nursing

Morgana Woolhouse-Williams - 4th Year Medicine

Sophie Ferguson - 2nd Year Nursing

Bryce Jackson - Medicine - 3 more years to go

Philip Daniel - 6th Year Medicine - was part of the Rural Medical Immersion Programme in 2008

Rachel Whitcombe - 2nd Year Nursing

Sarah Bushby - 3rd Year of Bachelor Pharmacy

*Wendy Jensen - 2nd Year nursing

*Georgia Wilkinson - 1st Year Nursing

Joanne Slater - Nutrition degree finishes end of 2009, considering post grad study in dietetics

*Maranda Ah Sam - 2nd Year Nursing

Natasha Bergin - Last year of Bachelor of Speech and Language Therapy

*Rachel Steele - 1st year nursing (was an Incubator student)

4Joanne Durkin - 2nd Year Social Work