

The Westerly

“Te Hauauru”

The staff newsletter of the West Coast District Health Board

June 2009

Country Scrubs 2009

On Friday 22nd May, 35 medical and nursing students traveled to Greymouth from Christchurch and Dunedin for the annual Country Scrubs Rural Skills Weekend.

During the first day on the Coast, students enjoyed presentations from local health workers Greville Wood and Jane O'Malley who outlined the opportunities available to them in the rural health field.

This was followed by two practical workshops – suturing with Kate Barendrech from Johnson and Johnson who explained the differences between the types of sutures and stitches before letting the students try



for themselves on pig's trotters or bananas. The second workshop was plastering, a skill never before tried by these groups and, as always on this trip, it proved to be very popular (and very messy!).

After lunch a visit to Grey Base Hospital where a tour of the facilities, including the plaster cutting room, gave the students a first hand look at how a rural hospital works and what facilities they do and do not have. Fortunately for us one of the rural immersion students, Diane Murphy, was with the group and volunteered to show us the living facilities there for any-



one considering immersion in their 5th year of medicine.

The afternoon saw us drive to Lake Kaniere Lodge followed by an exciting, albeit wet, bushwalk to a spot with an absolutely stunning view of the lake. Upon returning to the lodge, the students enjoyed dinner whilst listening to a variety of exciting presentations by Christchurch Emergency Department staff on Wilderness Medicine including log rolls and exactly how to avoid hippos and alligators when kayaking in Africa!

These newly learned skills came in handy on Sunday when the students rotated in groups around four different wilderness scenarios kindly put on by the ED staff and helpful West Coast locals, including St John, Hokitika. This was enjoyable and may prove to be crucial learning to be put into future practice as we are not necessarily taught how respond in emergency situations with only the bare essentials – there are no CT scanners conveniently placed on bush walks!

Sadly the weekend had to come to an end. It was clear to see that everyone involved had not only enjoyed the trip but that it had also opened a lot of people's minds to possible careers outside of big city hospitals. We hope to continue this annual event, growing each year and aiming to ignite an interest in rural health for future health professionals. None of this would be possible without the generosity of the helpers and our sponsors; West Coast DHB, Solid Energy, Westland Milk Products and Johnson and Johnson.



Prime Minister visits Greymouth



Eunice Brown was the Kai-karanga for the Prime Minister John Key when he visited Grey Main School last month



Eileen Royal. Kuia Maori Mental health, Eunice Brown Maori manager Te Rauawa(Kai-Karanga), Ben Hutana Deputy Chair Ngati-Waewae Tatou Pounamu), Prime Minister Hon John Key, Richard Wallace Deputy Upoko Ngati-Mahakai)Chair Tatou Pounamu, Mere Wallace Social Worker WCDHB(Kai-Karanga)

IT Helpdesk

National Collections Annual Maintenance Project 1st July Changes

The Ministry of Health has reviewed their mandatory data collection and made modifications. IT staff will provide relevant training and information to the staff who are affected by these changes closer to the 1st July 2009.

Funding code BreastScreen Aotearoa will be retired, DHB Funded Purchase will be used.

Ethnicity code 54 (Other) is being retired and four new codes will be added 61 Other Ethnicity, 94 Don't Know, 95 Refused to Answer and 97 Response Unidentifiable

Ward Attendance data will be mandatory

New categories for outpatient appointments for Cystoscopies and MOP

Community Contracts will have some new Contract Codes and some will be retired to meet Ministry requirements.

Clinical Coding will no longer require CPAP hrs but NIV hrs will be required.

Maternity Services purchase code Overseas Purchaser will be used for non resident ineligible birth events.

IT staff will provide relevant training and information to the staff who are affected by these changes closer to the 1st July 2009.

Swine influenza A (H1N1)

The novel influenza A (H1N1) better known as the swine flu has arrived on the West Coast.

As healthcare workers we owe it to ourselves, our families, our colleagues and our patients to do our best regarding avoiding contracting or passing on the illness.

The seasonal influenza vaccine does not protect you from swine flu however by protecting yourself against other strains of influenza you are far less likely to have had the disease and be debilitated should you contract the new virus

as well. Infection Control is about reducing



the risks

Lessen the risks of contracting or spreading influenza :

- Cover coughs and sneezes
- Wash hands frequently
- Stay at home if unwell
- Follow procedures (PPE, etc.) when triaging any unwell patients who may have influenza.

Follow this link to our procedures

<http://coastweb/intranet/policy/>

HEHA Update

Healthy Cooking on a Shoestring

HEHA has recently introduced a community cooking programme called 'Cooking Skills to Life Skills'. HEHA provide training, teaching resources and support to community groups so they can run their own healthy cooking on a budget classes.



If you are interested in taking part in the training and teaching a group, or know of a community group that would like to take part in the programme please contact Rebecca at HEHA telephone 768 1307 ext 3 or email rebecca.manley@westcoastdhd.org.nz

HEHA funding for Granity Community Orchard



Next time you are passing through Granity check out the newly planted Community Orchard near the museum. Plums, lemons, limes, grapefruit, feijoas, figs, tamarillo, olives and blueberries were all

planted in a community planting day held in May. The Orchard Group was funded through the HEHA Community Grants Fund in late 2008, which provided financial support for innovative community projects that promote healthy eating or physical activity in West Coast communities – edible gardening does both!

Take a lunchtime walk...



Make the most of the clear, crisp winter days and get some fresh air in your lunch break. Even a quick 10 minute circuit around the block will help you to avoid that post-lunch energy slump. The Kowhai Bushwalk which starts from Anzac Park - just down the road from Grey Base Hos-

pital – is a good one if you have a little more time. This walk through native bush is approx 700m over boardwalk and track, and a brisk loop from the hospital will take around 30 minutes. *Tip – bring your walking shoes to work each day, or keep an old pair there, so you can take advantage of sunny lunchtimes on the spur of the moment!*

Need some fresh ideas for meals?

Check out www.healthyfood.co.nz for loads of recipe ideas for healthy and delicious meals, snacks and sweet treats - the archive has over 800 recipes that are simple to make and use affordable, everyday ingredients.

Run Wild in Waiau - 25th July 2009, Franz Josef Community Centre

The challenge is to collect as many points as you can, on foot, during the allotted 2 hours by visiting checkpoints marked on the topo map provided. Team size is 2-5 people and your team must stay together for the duration of the event. Interested? Contact Sarah Bond on 03 752 0084

Congratulations

Garry Chapman, medical technologist recently clocked over 40 years of continuous service to West Coasters at Grey Base Hospital. Well known for his wicked sense of humour, Garry's roles include audiology, stress testing and work in the plaster room.



Welcome



The West Coast District Health Board welcomes a number of new staff that have commenced or are about to commence work here.

Apologies to any who haven't been mentioned, we value all our staff.

Occupational Therapist Amber Haar (Buller)

Enrolled Nurse Shanon Solomon (Barclay)

Information Technology Gary Solomon

children's hospital appeal



Fresh Future



West Coast children benefited from \$65,000 of health equipment purchased with funds raised by the 2008 Fresh Future appeal.

Money raised in the 2009 appeal will have a real impact in providing for babies and children in our West Coast hospitals.

making life better for our children

The 2009 appeal launches 6 August
fundraising ideas welcomed
See Dot (Parfitt or Jude (McBrearty)

