

The Westerly

"Te Hauauru"

The staff newsletter of the West Coast District Health Board

November 2009

Rural GP Training Programme

In December 2009 the West Coast District Health Board will be commencing the first year of its Rural General Practitioner / Rural Hospital Medicine Training Programme.

This programme is a pilot funded by the Ministry of Health through the Clinical Training Agency. The objective of this training programme is to model a way of training specialist rural generalists that enables both the Fellowship of the Rural New Zealand College of General Practitioners (RNZCGP) and the fellowship of the College of Rural Hospital Medicine (FRHM) to be obtained concurrently. Once a fellowship has been awarded, a medical practitioner can then apply to the Medical Council of New Zealand for vocational registration and therefore recognised as a specialist.

This would result in specialist medical practitioners who would be well equipped for providing health services in the communities and hospitals of the West Coast.

The West Coast District Health Board is committed to excellence in rural health, and as well as training rural general practitioners is also developing specialist and advanced rural nurse training pathways to appropriately train nurses for general practice and clinical speciality positions as well as rural nurse specialists for the provision of care in the numerous outlying rural clinics along the West Coast.

A purpose built general practice facility, modelled along the lines of the Ngakawau Rural Clinic, will be built opposite the current Grey Base Hospital Outpatients/Emergency Department. From December 2009 until the building is constructed, the practice will be based at the West Coast District Health Board's Dobson Health Clinic.

The practice will be an independent general practice in Greymouth with its own enrolled population and will be responsible for the care of these enrolled patients. The practice will also be responsible for the outreach clinics in Blackball, Moana and Haupiri and will be closely aligned to the South Westland practice.

The programme will offer a rich experience of learning opportunities which will be supported by dedicated teachers and offer the opportunity to meet and work alongside a number of Allied Health professionals, including nurses in training to become Nurse Specialists.

Strong relationships have been developed with the University of Otago and the University of Auckland. Their general practice departments in particular, offer courses that are relevant to this training and these courses provide the academic backbone to the programme.



Dr Greville Wood, the driving force behind the Rural General Practitioner Training Programme.

All trainees will be expected to enrol in the University of Otago Diploma of Rural Hospital and Provincial Medical Programme and will also be offered the opportunity to complete two further diplomas or the equivalent number of papers. Diplomas of relevance will be the Diploma of Paediatrics and Child Health, Diploma of Obstetrics and Gynaecology, Community Emergency Medicine Diploma, Muscular Skeletal Diploma.

This combination of University coordinated academic support with the practical day to day experience on the West Coast should provide a great medical environment to prepare for a future in rural medical practice.

ABC Mandatory Training

Healthy Coasters are

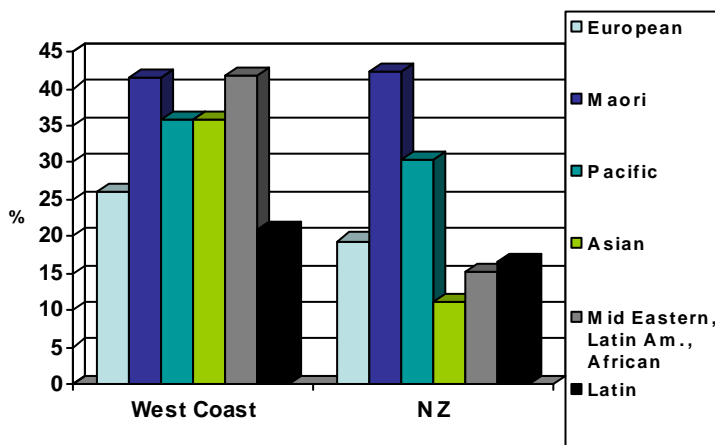


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The West Coast District Health Board wants all health professionals to be involved in helping to reduce the smoking rate on the West Coast.

- Smoking has a high personal cost to individuals, their families, and the community, from poorer health, reduced quality of life and reduced life expectancy.
- Smoking impacts on most chronic illness.
- In 2003 it was estimated that smoking related illness cost the WCDHB \$2.5 million per year.
- It is something that can be changed.
- There are good proven strategies to reduce smoking rates.
- Smokefree will have a big impact on reducing inequalities in health status for the West Coast Maori Community.



West Coast smoking prevalence (by ethnicity) compared with NZ Smoking Rate 2006

Research shows that to make a difference **more health workers need to participate in helping people to quit.**

A shift in focus: 'more supported quit attempts, more often'.

The Ministry has recently updated the New Zealand Smoking Cessation Guidelines to support healthcare workers who provide quit advice to smokers. The guidelines are structured around an 'ABC' approach, whereby healthcare workers will:

- **Ask** about smoking status
- Provide **Brief** advice to stop smoking to all smokers
- Provide evidence-based **Cessation** treatment

Smoking cessation is the focus of the ABC strategy. It is harder to get people to stop smoking once they have started because cigarettes are addictive.

Evidence shows that the majority of smokers want to

quit and need help to do so. Around 65% of smokers in New Zealand have made a quit attempt in the last five years and 44% of smokers made at least one quit attempt in the previous 12 months. Most smokers who try to quit will do so without the aid of evidence-based smoking cessation treatments, both behavioural and pharmacological – but with a low success rate (only 1-3% quit for a year).

National and international evidence on best practice in smoking cessation shows that initiating *more quit attempts that are supported by treatment, more often*, is crucial to increasing the number of smokers who quit long-term.

While existing programmes are making an impact on quit rates, there is considerable scope for increasing the reach and intensity of smoking cessation services across the health sector. Cessation has been identified by Government as the weak link in the chain of New Zealand's tobacco control programme. This has resulted in a major increase in funding to enhance cessation, announced in the 2007 and 2008 Budgets.

Mandatory Training

One hour training will be available to all clinical staff and cover ABC, NRT (Nicotine Replacement Therapy), Brief Advice and Documentation processes. This will ensure we all have a clear understanding of our role in this new strategy.

Mike Dyne, the WCDHB ABC Trainer, will advertise regular training times so that all staff can attend. Another training opportunity is ABC E-learning tool. If you are a health professional, you are able to issue Quit Cards for NRT, on completion of the training.

You can find this on the WCDHB intranet, in the Health & Safety folder. It is a good tool as you can start the programme and then return to it at a later stage and not have to repeat what you have already completed.

Congratulations

- Congratulations to Sonya Neill on completing her Master of Nursing degree.
- Wendy McNeish has been appointed to a part time role as Clinical Nurse Specialist (Cardiac). She comes to this role with a wealth of Medical Nursing knowledge, has been a Smoking Cessation Coordinator and is currently Clinical Nurse Specialist (Respiratory). This role she will continue alongside her new Cardiac role.

Family Violence

The 60 month follow-up audit of Grey Base Hospital's Responsiveness to Family Violence has recently been received, showing continued response to partner abuse and increased responsiveness to child abuse.

The audit noted

'Ongoing policy review, senior management support, staff refresher training and programme refinements in response to quality improvement will further develop and sustain a quality family violence system response'.

The West Coast District Health Board has implemented routine screening for partner abuse in the:

- Emergency Department
- Social Work Service
- Mental Health and AOD Services

Improving responsiveness

Since the audit was undertaken, partner abuse screening has begun in the sexual health and maternity services and expanding this into the other Ministry of Health identified priority services is the focus for 2009/10.

Over the next eight months

- Screening will expand to include all paediatric and child health services
- Partner abuse screening rates will increase across all departments

With a screening rate of 21% there is still considerable room to improve the hospital's Responsiveness to Family Violence and achieve the District Health Board target of 50% of women screened during 2009/10.

With the high correlation between partner abuse and child abuse, increasing screening for partner abuse is also a key initiative for improving the hospital's responsiveness to child abuse. Further initiatives, including implementing a centralised recording of cases of identified/suspected child abuse to child, youth and family, embedding the utilisation of the child injury flow chart and increasing the number of staff trained in identifying child abuse and child protection issues will be implemented.

Infant formula

- It is ideal to use freshly made infant formula straight away and to discard any remaining formula
- Made up infant formula can be stored at room temperature for up to two hours or in a refrigerator for four hours
- Do not leave prepared infant formula in a commercial warming device for long periods of time
- Always check the temperature of the infant formula before feeding your baby
- Never re-heat warmed or partly consumed infant formula

PHO changes

The Chief Executive Officer of the West Coast Primary Health Organisation, Andrea Baker has resigned.



During her time as CEO the District Health Board and the Primary Health Organisation have forged a very good collaborative working relationship.

Of particular note have been the success of the Buller Kaiawhena project in making it to the national final of the NZ Health Innovation Awards and the recent announcement that the WCPHO expression of interest for changing models of care in primary health, was one of nine projects of 92 submitted from throughout New Zealand to get the go ahead to submit a business case.

New Payroll System

The West Coast District Health Board has recently started a project to move its payroll from the existing Stargarden system to the newer PSe system hosted by the Canterbury District Health Board. Stargarden is an older payroll system and is becoming difficult to maintain. Canterbury DHB came to the same conclusion and changed about a year ago.

What does the project look like?

Over the next few months the payroll team will be configuring and testing the new system to ensure it performs up to WCDHB standards. We'll then copy payroll information from Stargarden to PSe and begin to parallel run. When we are comfortable the system is performing as we expect, we'll "go live". The project is being overseen by Kim O'Keefe, who manages HR and is a combined effort between the two DHBs. We expect to cut over to the new system in April of 2010.

How will it impact me?

You should see no changes in the service provided by the payroll team. While reports and payslips may look a little different, they will carry the same information. The project has been designed to impact WCDHB staff as little as possible.

Who should I contact if I have any questions?

We'll put notes out in the Westerly from time to time to tell you how we're going. However, if you wish to ask about the project, please email Kelly Balloch at kelly.balloch@westcoastdhb.org.nz. She will forward your query to the appropriate person. Please be patient. We're working hard on the project and may take a day or two to respond. The usual payroll enquiries should still be passed through normal channels.

HEHA Update

Congratulations and thanks to all the staff around the various WCDHB sites who participated in the healthy happenings throughout October during Wellness Month.

Over the last month, staff had the opportunity to experience a variety of different ways to improve their "wellness" and "walk the talk". Staff tried and learnt more about yoga, sushi, couscous, edible gardens, food labeling, and even salsa dancing.

Next time you are in the café at Grey Base Hospital check out the new HEHA edible garden. If you look closely, there may even be some cherry tomatoes

you can add to your lunch!

Grow your own groceries.

It's easy to save money by growing your own groceries. Raised bed gardens are easier to plant and weed, have better drainage and warmer soil. Kitset gardens make starting an edible garden even easier. Now is the time to get started, and plant those greens ready for summer salads.

Sign up for NZ Gardener magazine's **FREE VEGE GROWING EMAIL NEWSLETTER**. The Get Growing newsletter includes special offers, recipes and planting ideas – plus they'll answer your vege growing questions and queries.

To sign up, email getgrowing@nzgardener.co.nz

Raw Energy Salad

This colourful salad helps tick off your 5+ a day, and tastes delicious. The toasted seeds add a nice crunch to the salad. Add other veges when in season – steamed broccoli is nice mixed through it, so is grated courgette.

½ red cabbage, finely shredded

1 red capsicum, finely sliced

1 large carrot, grated

1 beetroot, peeled and grated

1 handful mint or parsley, finely chopped

1 teaspoon white vinegar

1 orange, juice and grated zest

2 tablespoons oil

salt and pepper to taste

1/2 cup sunflower or pumpkin seeds

Heat sunflower seeds in a frying pan over a medium heat, stirring until toasted, no oil is needed. Combine herbs, vinegar, orange rind and juice, oil and salt and pepper in a large bowl. Add cabbage, capsicum, carrot, beetroot and toasted seeds. Toss well and serve.

Fresh Future Appeal



Dot O'Connor and Jude Bruce were both delighted with a sizable cheque and children's knitwear received for paediatric and maternity services from the Fresh Future

West Coast children's hospital services will benefit significantly as the result of this year's Fresh Future Appeal.

At a short ceremony held at Grey Base Hospital on Thursday 5 November Fresh Future Trust chair Ruth Krippner and Progressive Enterprises representative Robert Smith presented an appreciative Dot O'Connor, the paediatric Clinical Nurse Manager and Jude Bruce, the Clinical Midwifery Manager of the West Coast District Health Board with a cheque for \$50,000.

The money will be divided between maternity and paediatric services and used to purchase equipment that will enable newborn babies, children and their families to enjoy an improved level of care and comfort on the West Coast.

An additional bonus was the donation of a large number of hand-knitted garments for new-born babies. These were knitted by staff members from several of the large Progressive Enterprises supermarkets throughout New Zealand.

Joel George, West Coast District Health Board Chief Executive, expressed his appreciation of all the efforts made by everyone involved in the fundraising process nationally but also particularly on the West Coast. Local Fresh Choice supermarkets in Greymouth and Westport, Super Value in Reefton and Dick Smith Ltd in Greymouth were all involved in publicising and raising money for the appeal, with the 'Splash for Cash' headlining the fundraising efforts.

Grey District mayor Tony Kokshoorn commended the people of the West Coast for the community spirit demonstrated throughout the duration of the appeal.