

CEUpdate

6 October 2014



What's happening with the Facilities Rebuild?

The new Grey Hospital & Integrated Family Health Centre design team has now been appointed by the National Health Board and has had two rounds of meetings with West Coast DHB clinicians and other users to discuss how the project will proceed.

Firms included in the design team are *CCM Architects* supported by *Jacobs* (Health Planners) and Greymouth architect *Wayne Kelsall*; Quantity Surveyor *Davis Langdon* and project managers from *Johnstaff*.

Further appointments will be made for other services such as engineering, planning advice and other specialist areas.

The project team will work with the government-appointed West Coast Partnership Group, chaired by Cathy Cooney, and with the West Coast District Health Board and user groups over several months in designing the

new hospital and Integrated Family Health Centre.

The first two rounds of workshops with clinical teams were held in Greymouth over the last month. The design team is back on the coast later this week for the third round.

These workshops have been run fortnightly but they'll shortly move to a three weekly cycle to enable more time between workshops both for the design team and our clinicians to work offline on advancing the plans. Construction is expected to start by the end of 2015, with building to be completed in 2017.

Buller IFHC

The District Health Board recently sought expressions of interest on the Government Electronic Tender Site from organisations interested in working with us to complete the design and construction of the Integrated Family Health Centre for Buller. We are currently evaluating the responses



received. When the evaluation is complete we will have a better understanding of the next steps and broad timelines in this important process.

Take care.

David Meates
CEO



Programme Director draws on Coast experience for new role

West Coast DHB Programme Director Michael Frampton has been appointed General Manager People & Capability for West Coast and Canterbury District Health Boards.

The role, part of the Executive Management Teams on the Coast and in Canterbury, is accountable for leading the People and Capability team [previously known as the HR team] to deliver:

- a people strategy that supports and enables the Canterbury and West Coast health systems to deliver on their vision. This includes recruitment, talent management and succession planning; learning and development; performance management and support; and health, safety and well-being;
- strong and constantly developing clinical and non-clinical leadership;
- a workforce that is connected and aligned, and a culture that supports new and different ways of working; and
- first class operational HR advice and support for managers and staff.

Michael says his past two and a half years with the West Coast DHB has prepared him well for the new role and has been “one of the most privileged and rewarding times in my career”.

“I’m enormously proud of what it is that the West Coast health system has achieved over the last couple of years, in particular the continued transformation of primary care, the improved safety and sustainability of a whole range of services, and - after more than 15 years in the making - securing the Government’s commitment to new

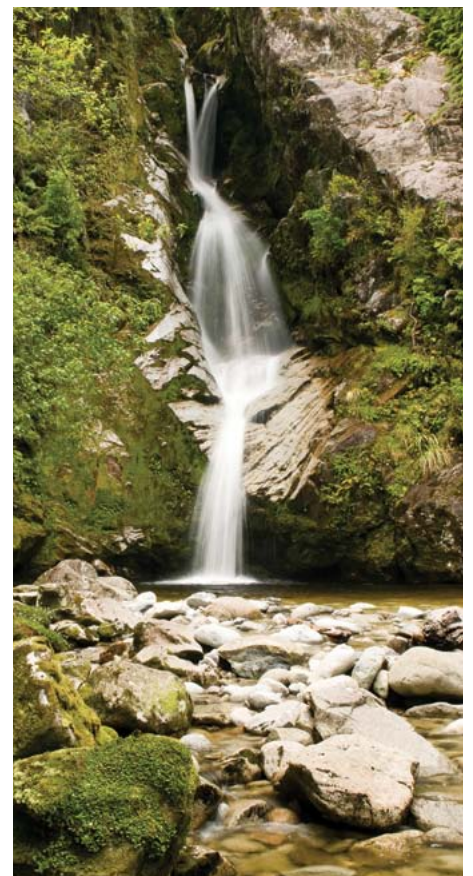
facilities in Greymouth and Buller.

“And of course the fact that we continue to deliver more care to people living independently in their own homes than ever before is hugely important. We’re also more closely living within our means today than we have been for the longest time.”

Michael says the achievements are a testament to the enormous commitment, contribution and unrelenting passion of people in the West Coast health system to delivering the kind of health service that Coasters need and of which they can be very proud.

He will be working in the new role from today, splitting his time between Christchurch and the West Coast on a weekly basis. He will continue as Programme Director of the West Coast DHB over a transition period, and all reporting lines will remain the same during the transition.

“With the joint appointment across the West Coast and Canterbury DHBs, I’m thrilled to be able to continue my involvement with the Coast. I’ve become really attached to this place. It’ll be great to stay engaged as the Coast health system continues to deliver more integrated care closer to people’s homes, and as new facilities are planned and commissioned over the coming couple of years.”



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STOPTOBER 2014: the biggest stop-smoking challenge ever

Smokers are urged to stub out for good this October in New Zealand's first nation-wide stop smoking month.



This Ministry of Health-funded campaign addresses the country's 460,000 smokers and encourages as many as possible to sign-up to stop from October 1st.

Smoking is the biggest cause of premature death in New Zealand, taking 5000 lives each year. The life expectancy of smokers is 10 years less, on average, than non-smokers. Most smokers would like to stop; STOPTOBER is a great opportunity.

Sign-up at www.stoptobernz.co.nz for daily tips and advice, plus text and e-mail support.

Start the Conversation... to see how the Australians deal with the ABC smoking campaign, go to <http://starttheconversation.org.au/>. It's helpful if you have sound. If you don't here's a couple of slides from the video:



"I was 21 years old when I started smoking. Over the years I've seen many doctors for various reasons, and nobody's mentioned smoking to me in any depth."

QUITTING TOGETHER

Quit smoking in a group with people in the same boat as you.

FREE 6-week quit smoking group that meets for 1 hour per week, 5.15 – 6.15pm.

NRT Patches, Gum and Lozenges provided **FREE**. Groups running for Stoptober in Hokitika, Greymouth, and Westport.

Phone to find out more:

- Hokitika: Starts Wednesday 24/9, phone Joe on 027 2127390
 - Greymouth: Starts Tuesday 23/9, phone Ann on 03 769 7488
 - Westport: Starts Thursday 25/9, phone Jeanette on 03 788 9238
- or John on 03 7686182 for more information



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Rangatahi work placement

A group of West Coast rangatahi/ youth interested in health as a career visited the hospital and other relevant organisations recently.

This inaugural work placement programme Kia Ora Hauora is a Ministry of Health funded initiative which is led by Tumu Whakarae – General Managers of Maori Health. It was organised by the Maori health team with assistance from Mokowhiti consultancy.

General Manager Maori Health Gary Coghlan says there has been great interest in the programme available to year 12 and 13 students, thanks to the team's efforts with secondary schools and Tai Poutini Polytechnic. The students received presentations and visited a number of services: Maternity, social



Theatre enrolled nurse Milt Sloan talks to students (from left): Katie Robinson and Tameka Gallon, Westland High School; Daniel Burgess, John Paul II; Paige Kirby, Westland High School

work, laboratory, paediatrics, the Primary Health Organisation, Community & Public Health, Westland Medical Centre, Poutini Waiora, physiotherapy and occupational therapy.

New CT scanner installation

With the arrival of the new CT scanner at Grey Base Hospital, please be aware that the CT Scanner at Greymouth Radiology is out of commission until Thursday 16 October.

An email will be sent out to staff to confirm that the new scanner is operational.

The key points of the contingency plan (available from Jason Lister ext 2871) outline what to do in case of surgical, medical or major trauma need. Acute scan patients can be transferred to Christchurch Hospital and less acute ambulant patients can be sent to St

Georges Radiology – however where possible, staff are encouraged to hold ambulant patients over for the new Greymouth scanner.

If there are any clinical concerns for patients during this period please phone the relevant consultant, on call at Grey Hospital, for guidance – or CDHB for tertiary cases.



Loud Shirt Day

To celebrate Loud Shirt Day on Friday 19 September, many staff members at Grey Base Hospital supported the day by wearing their brightest and loudest shirts.

Organised locally by the Medical Technicians, Loud Shirt Day raised \$1258 for the Southern Cochlear Implant Programme to help deaf and hearing-impaired children around the country get the therapy they need to listen and speak like hearing kids.



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Marcia Liberatore

- Born to a father from an Italian family and a German-born mother.
- Has a daughter graduating with a degree in public health from Tulane University, New Orleans this December. She is there on a volleyball scholarship.
- Son studying new media health communications .
- Husband Jerry has been a pilot in Alaska working for the forest service, and although he's retired, he's keeping his eyes out for local flying opportunities.
- Marcia first visited New Zealand two years ago with family on a holiday



and they loved it.

- Loves the outdoors and hiking.
- Finds driving on the other side of the road a challenge.
- Loves the friendly, "exceptionally down-to-earth" people.
- Struggles to understand some of the lingo.
- Notices more smokers but fewer cases of diabetes in the Reefton area.

- Notices the difference in healthcare in New Zealand – "in the States you see how often people are being bankrupted by the medical system".
- Believes people in New Zealand get a "pretty high level of care", provided by a good calibre of trained people.
- Marcia also loves having a garden.



Special days ...

**School holidays:
Friday 26 September
– Sunday 12 October**

One minute ... Over the Hill

Over the Hill with Mardi Postill

Mardi Postill has fond memories of growing up in a small town on the West Coast where “everyone knows everyone”.

It's a feature of rural life she is enjoying again now that she is back working not far from Fox Glacier township where she lived with her family during her primary school years.

“Everyone is so friendly and welcoming on the Coast. I like that everyone knows everyone and people can wear many different ‘hats’. Coasters have such a ‘can do’ attitude,” says Mardi, who is Service Development Manager for Older Persons’ Health.

Her years living in Fox Glacier as a child were defined by the freedom she and her sister had of riding their bikes everywhere, trips to the glaciers, playing on Gillespie's Beach and waking up every morning to a view of Mount Tasman and Mount Cook.

“Where we lived was just like a picture on a postcard, when it wasn't raining!”

After attending high school in the North Island, Mardi returned to the South Island where she attended Otago University, completing a Bachelor of Occupational Therapy. She became a registered Occupational Therapist and



since then has mostly worked in older person's health apart from a stint as a Child Development Therapist.

“I have a passion for older person's health and was fortunate enough to work for Canterbury DHB as a new graduate, nearly 15 years ago within The Princess Margaret Hospital's assessment, treatment and rehabilitation wards.”

In later years she worked in the interdisciplinary community teams. She has been in her current role for just over a year.

Mardi says she loves working on the Coast and encountering the people who make up this special place.

“There are some wonderful characters here who I enjoy meeting and I really admire the determination people have to age in place.”

Mardi likes the engagement between primary and secondary care on the coast with practice nurses regularly attending the community interdisciplinary team meetings.

“It makes a huge difference for the patient when communication between services is clear.”

When she isn't working, much of Mardi's time is taken up by being a “taxi service” to her three primary school aged children. She and her husband enjoy skiing and camping with the kids and Mardi likes running, sometimes entering fun run events with friends.

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World-leading West Coast infant mental health services shared

West Coast infant mental health clinicians have recently presented a paper to the World Association of Infant Mental Health (WAIMH) 14th World Congress in Edinburgh, Scotland.

The two-yearly congress brings together renowned theorists, practitioners and experts in the field, to share research results, new interventions and developments.

Of the more than 1200 abstracts for papers to be presented Sarah Haskell and Heidi Pace from the West Coast District Health Board Infant Mental Health Service were chosen to deliver a clinical teach –in.

The clinicians presented at a congress in Leipzig, Germany in 2010. This year Sarah and Heidi presented a paper titled “The audacity to be real: forming a relationship with the distrustful”.

Combined years of clinical wisdom, judgment and experience, knowledge of research and sensitivity to the culture and values of the families with which they work informed their presentation.

They brought to life for participants the small rural West Coast communities, and the often-distrustful families they serve.

With case material and videos, they focused on relationships, which were often complex and required a high degree of skill, integrity and diplomacy to navigate.

While the light-hearted presentation was well-received, they ended on a serious note:

Spontaneity and creativity are only possible in the field of infant mental health when the clinician has a solid foundation in evidence-based practice, which would include postgraduate training, supervision and reflective process facilitation.



Whānau Ora Update for District Health Boards



Please [click here](#) to read the 26th issue of Te Kete Hauora's electronic newsletter, providing District Health Boards with Whānau Ora updates.



Welcome to the first newsletter from the SI PICS programme office

In this first edition we look at what's involved in getting ready to implement this innovative new solution across the South Island.

[CLICK HERE](#) to read more.

Snapshot youth services help young people

The two staff who run Snapshot Youth Services are very positive about the benefits the service's short term intervention can bring to 14 – 17-year-olds on the Coast.

Senior youth worker Estelle Connell and youth worker Pita McDonald offer one-on-one support for up to 10 hours a week for three months to youths identified as heading down the path to being at risk.

Agencies such as the New Zealand Police, sporting groups, families and youths themselves between Reefton and Haast refer to the service.

Estelle and Pita try and quickly establish what goal the referred youth wants to achieve – anything from returning to school, to getting fit, stopping smoking, putting a CV together or communicating better with family.

The youth workers then gather resources to help the youth achieve their goals. They enlist community help from the likes of teachers, community groups, self-defence classes and sporting organisations to step in when the three month programme finishes.

Estelle has lived in Dobson for 17 years, working with special needs children as a teacher aide and gaining her Diploma in Child and Adolescent Psychology. She's now studying a Bachelor of Social Work.

Pita recently moved to Greymouth from Nelson where he had been teaching alternative education, worked at Outward Bound and before that was in the New Zealand Army.

Both youth workers have three children and a lot of patience.

They're impressed with the number of things for young people to do in the bigger towns on the Coast. In more rural areas, often it's the schools supporting after-school activities.

"We're doing a lot of networking with schools, so they know we're here and we know what they're doing," Estelle says.

"They're glad there's another organisation to support their rangatahi (youth)," Pita adds.

Snapshot relies on the likes of rural and district nurses, and sexual health providers to be their "ear" to what's happening in their local communities.

"If there's something going on that doesn't seem supportive or right, they can have a conversation with us to refer or encourage the young person to self-refer," Pita says.

They don't deal with youths with special needs or mental health issues, as there are other organisations that cover those.

"We're very non-judgmental and supportive. We can go with them to support them at meetings. We've only been here nearly three months, but we can see a real difference in our early clients," Estelle says.

To find out more, phone 03 768 7878, or email snapshot@ght.co.nz.

Health Workforce Funding

Applications for post graduate nursing health workforce funding for semester one and two is now open and will close on 10 October 2014.

Applications are open to all registered nurses on the West Coast who meet the Health Workforce New Zealand eligibility criteria (<http://www.health.govt.nz/system/files/documents/pages/1-b57-hwnz-postgraduate-nursing-training-spec.doc>)

There is a new online application process:

West Coast DHB HWNZ funding application (https://docs.google.com/forms/d/1362z8jflfbqVYX8dMS2bSnfB5ftL8iY_jhlVuoWD4yA/viewform)

Forward any questions or enquiries to Vicki McGhie, vicki.mcghie@westcoastdhb.health.nz, phone 03 7697400 ext 2656.

Swap-a-book

A bookcase kindly donated by corporate services has been turned into a 'swap-a-book' initiative for mental health service consumers. Over the past few months many of the mental health staff have kindly donated books, however the success of this venture has led to dwindling stocks.

All staff are asked to consider donations of books of any sort to support this venture. Please contact Ingrid Dugand (ext 2518) or Sue Duff (ext 2685).

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Planning for our aging workforce

A recent report titled Coming of Age: The Impact of an Aging Workforce on New Zealand Business found just 18% of employers have specific aging workforce planning strategies. This despite findings that show employers note the productivity benefits older workers bring and a shortage of highly experienced workers in some industries.

The NZ Human Rights Commission is running two surveys which are aimed at hiring managers and all staff and take only a few minutes to complete. We encourage you to participate:

Survey for Employers/Managers:
<http://questionpro.com/t/AD9qrZRcOj>

Survey for Employees/All staff:
<http://questionpro.com/t/AD9qrZRcOm>

The Commission will return survey results to Crown entities with the aim to assist in formulating future ageing workforce strategies. This research is being conducted by the Human Rights Commission, The Office for Senior Citizens, OCG Consulting and Lonergan Research Ltd.

If you have any queries regarding this survey please contact Moana Eruera at moanae@hrc.co.nz or (04) 496 9773.



Barbara Cook (Medical Secretary) won the staff prize draw after visiting the Get Ready Get Thru Display last week.



Bouquets

(Attention: Terri Southorn, Ingrid Dugand, Lyn Hibbs, and Cameron Lacey)

On the first Thursday in June I went to the Mental Health Greymouth front counter and asked to see a counsellor about my son.

Soon I was in a private office, with two women, and a hot coffee, discussing my worries and concerns.

A doctor was briefed about my son and he popped in to encourage me that he supported my decision, whether it be to continue as I was doing with loving encouragement for my son to seek help himself; or whether I finally decide to call them for intervention/help.

On the last Friday in June I returned and again chatted to social workers, two exceptionally supportive and knowledgeable women.

I haven't yet come to a decision but continue to lead [my son] to sort it out for himself.

Thank you to your awesome team of encouragers.

To:

Infant Child & Adolescent Mental Health Service

I wish to convey my sincere gratitude for the outstanding care my children and I received while working with Shane Stevenson. The understanding, commitment and dedication afforded us during a very difficult, tense and often volatile time in our lives was outstanding.

The regular appointments would not have been possible if Shane had been unable to travel to [location]. My children would have been very reluctant to travel to appointments and would have added to our family stress, delaying progress.

It is wonderful that your service is able to provide this professional care to families living rurally, as we are overlooked by government departments.

My family has been rescued and the future is so much brighter for us all. I hope your service can continue to reach those in need, you do make a difference.

Grant Fisher (Transport Manager) would like to congratulate Ruth Gallaway from Physio in Greymouth for consistently adhering to the 20km speed limit. Grant has followed Ruth both coming on and leaving the hospital grounds, and she always adheres to the speed limit. Staff are reminded that there is a 20km speed limit on the hospital grounds.

Be part of the conversation: **BULLER OLDER PERSONS' HEALTH**



What older persons' health services will **YOU** want one day? How do **YOU** think we should deliver services to the older members of our community? What do **YOU** think is most important for helping older people live well at home?

Come to a community meeting to hear ideas from the Stakeholder Group set up to discuss options for older persons' health in Buller.

Karamea Bowling Club

Waverley St, Karamea

1pm – 2.30pm or 7.30pm – 9pm

Wednesday 15 October

Ngakawau Hall

1pm – 2.30pm

Thursday 16 October

For more information,
phone 0800 789 001 or email
bulleroph@westcoastdhb.health.nz



Leadership for patient safety workshop with Dr James P Bagian

The Health Quality & Safety Commission and South Island region are excited to be hosting human factors specialist Dr James P Bagian.

Dr Bagian has extensive experience in the fields of human factors, aviation and patient safety. He is the Director of the Center for Healthcare Engineering and Patient Safety and a Professor in the Department of Anesthesiology and the College of Engineering at the University of Michigan. Previously he served as the first and founding director of the VA National Center for Patient Safety and as the VA's first Chief Patient Safety Officer where he developed numerous patient safety related tools and programmes that have been adopted nationally and internationally. Dr Bagian can list many accomplishments, including astronaut, anaesthetist, engineer and mountaineer. He remains internationally recognised for his work in human factors and patient safety.



This regionally focused and interactive workshop has three broad themes:

- Understanding the role of leaders in health care quality
- Organisational features that enable and support quality improvement
- Teamwork and communication for quality.

When: 7 November 2014, 8:45am–5pm (includes *Open* hour, 4–5pm)

Where: Otago Museum, Great King Street, Dunedin

Cost: \$200

Spaces are limited. To register, go to jim-bagian-workshops.lilregie.com

If you have any questions, please contact Maria Kempster – maria.kempster@hqsc.govt.nz

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West Coast
DISTRICT HEALTH BOARD
TE POARI HAUORAA ROHE O TAI POUTINI

play the wellbeing game

6-31 October



www.thewellbeinggame.org.nz

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Why should I play The Wellbeing Game?

Playing The Wellbeing Game improves your wellbeing. Really! In 2013, wellbeing improved for people who played the game for at least three days, but not for people who played less often. It only takes a few minutes each day, so 15 minutes of your time could be enough to make a real difference to your life. What's more, you might even win a prize.

For those of you who like statistics, wellbeing was measured using the Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS), which has a possible range of scores from 7 to 35. People who played the game on at least three days had an average wellbeing improvement of 2.1 SWEMWBS points, from 24.4 to 26.5 ($P < 0.0001$). People who played on fewer than three days also had a small average wellbeing improvement of 0.9 SWEMWBS points, but it was not significant ($p = 0.1$), so we don't know whether it was real or caused by random variation. In any case, people who played on at least three days had a significantly larger improvement in average wellbeing than people who played less often ($p < 0.05$).

What is Wellbeing?

Wellbeing describes how satisfied we feel with our life, and how well we are able to get on with living. People with high wellbeing can think clearly and solve problems, are able to relax, feel optimistic about the future, and feel connected to other people.

Wellbeing is related to but different from happiness – people who usually feel happy are more likely to have high wellbeing, but it is possible to feel very sad but still have high wellbeing (e.g. when a relative has just died).

How do I play The Wellbeing Game?

Sign up at www.thewellbeinggame.org.nz. Once you've signed up, you play The Wellbeing Game by recording things you have done which support your wellbeing. To help you out, the game asks you to think about activities which match one of the Five Ways to Wellbeing – Give, Connect, Take Notice, Be Active, and Keep Learning. You just select one (or more) of the five ways, write down what you did, and click to say how long you spent doing it.

The great thing about the game is that you don't have to do anything different from your normal life, you just start to realise what makes your normal life good.

The Wellbeing Game was developed by Healthy Christchurch and the Mental Health Foundation of New Zealand following the Canterbury earthquakes, and is now played nationwide.

What are the Five Ways to Wellbeing?

The Five Ways to Wellbeing – Connect, Take Notice, Keep Learning, Give, and Be Active – are a set of evidence-based actions which help to support our wellbeing. The Five Ways were created through a meta-analysis of wellbeing literature carried out by the New Economics Foundation in the United Kingdom. By recognising when you perform each of these actions throughout the day, you can make a real difference to your wellbeing.

Connect

With the people around you. With family, whanau, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them.

Take Notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Be Active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Do what you can, enjoy what you do.

When can I play The Wellbeing Game?

This year the Wellbeing Game is running from 6 October – 31 October 2014. Registrations open on 22 September 2014 at www.thewellbeinggame.org.nz

You mentioned prizes, how do I win them?

As well as weekly spot prizes, there will also be prizes for the winning team and the team with the highest total score. The individual who encourages the most people to sign up the game will win an Air NZ Mystery Weekend.