

# CEUpdate

24 November 2014



It's been a disappointing time for our Buller staff and families learning that Air New Zealand will be pulling its services as of the end of April next year.

Delivering quality health services on the West Coast always has its challenges, with weather and roads and staffing sometimes creating havoc. To remove the air links that we've previously been able to dangle as a useful link when recruiting just adds to those challenges.

We really appreciate the efforts of our staff everywhere they operate, from Karamea to Haast, and we know that sometimes it can be hard to be so remote.

Our staff have been very engaged in the conversations we're having with the community about the future of older persons' health. We all have a vested interest in these types of discussions – it's important to know what your choices and options will be and what the community and health system can do to

keep us all well in our own homes for as long as we can safely be there.

Meanwhile the second round of stakeholder meetings was scheduled in Reefton on Tuesday 18 November. Staff have also been very engaged in the first of these group meetings and the earlier public meeting.

We rely on our staff who work more closely with the community to be our eyes and ears. I appreciate the personal time and energy and passion our teams put into these and many other important health system initiatives.

And let's continue to support each other, particularly those in increasingly remote or isolated locations. Thanks for all your efforts to make a difference.

Take care.

**David Meates**  
CEO



## Duathlon/Triathlon results

**A number of West Coast DHB staffers entered the 2014 Sport Canterbury - West Coast Duathlon, Triathlon event held on November 2.**

Pictured here are Mai-lin Ranson, Margot van Mulligen and Lisa Jackson who came fourth in the team triathlon.

Congratulations to:

Stephanie Firth – 2nd in women's triathlon

Kathryn Conradson – 3rd in women's triathlon



Ian Henderson – 1st in men's duathlon

Nicola Winter – 2nd in women's duathlon

## Christmas online!



**People will be on leave over the Christmas period, including our IT friends. What this means is any website and intranet updates you send to IT Help will appear on a page set up specifically to record all updates.**

It would be helpful if you ran spellcheck over your document before sending it, and check that the formatting is well set out. This will be in place from December 19 to January 15, 2015. If there are any updates or posts that can be held over to January 15, that would be appreciated as the team will be short-staffed.

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

## MERRY CHRISTMAS

Time to dust off the silly hats!  
Join your colleagues  
for some good food & festive cheer.

*A thank you for staff across the coast!*

### South Westland

Thursday  
11th December  
Catered lunch

### Grey

Friday  
19th December  
BBQ Lunch

### Reefton

Tuesday  
16th December  
TBC Late afternoon-early evening

### Buller

Thursday  
18th December  
Catered Lunch

### Hokitika

Tuesday  
16th December  
Catered Lunch



## Pact West Coast celebrates a milestone

**Pact celebrates 15 years on the West Coast this month and the community might be surprised to know just how different its services are now compared to 1999.**

Back then, Pact provided supported accommodation (residential) support to people with intellectual disabilities or people recovering from mental illness and later added youth community mental health services.

But over recent years, and particularly in the last year, the organisation has become incredibly versatile and now provides something for all ages and needs.

In the past year alone Pact has added:

- Social networking centres – places people can use for meetings and community programmes
- A recovery and outreach service – where people recovering from mental illness and addiction are supported to achieve goals across a variety of settings, with people living in their own accommodation, leased either from community landlords or from Pact as a supportive landlord
- A budgeting service – where we help people with a household budget and provide budget education programmes and refer people to specialist interventions if needed
- A Housing coordination service – where we assist people recovering from mental illness to locate and access suitable accommodation.
- An Alcohol and Drug Co-Existing Problems/Early Intervention Service – where we support people with experience of mental illness, who are developing alcohol, drug, nicotine or gambling problems.

- A youth mental health community support worker based in Buller, who works with the two based in Greymouth

We have also been running our Options West Coast vocational service for four years, helping people with any disability develop work skills, take part in training, find work and even start their own businesses.

We also still offer peer support for people recovering from mental illness, planned and crisis respite and supported accommodation services for people with an intellectual disability.

“In some ways the service is barely recognisable to what started here 15 years ago,” says Pact West Coast general manager Glenn Murtagh. “We still provide residential services for people with intellectual disabilities. Now the focus is much more on getting people to be part of their local community, live in their own homes, develop natural supports and setting and achieving challenging goals.”

Mr Murtagh said the changing nature of Pact was a good sign in a tough environment for non-governmental organisations (NGOs).

“You can’t sit back and expect the same model to work forever. We are so involved with our local communities we can see the needs very early on and we shape our services to match. We’re grateful to have staff who respond well to change and funders who are will to talk about new and innovative ways of providing services.”

## Maternity review outcomes

**Recent consultation on a proposal for change to the way midwifery services are delivered in Greymouth has now been analysed and we are moving to a self-employed midwifery model, similar to elsewhere in New Zealand.**

The new model is a change to how the services are provided, not a change to users. Mums shouldn’t notice any difference, although once we’ve finished recruiting, there should be more self-employed midwives available on the coast = more choice for mums. This model also offers improved continuity of care for women and their babies.

We will be presenting information about our new model to the community at meetings in Hokitika, Greymouth and Westport early next year.



### Tēnā koutou

**CLICK HERE** to read the 27th issue of Te Kete Hauora’s electronic newsletter, providing District Health Boards with Whānau Ora updates.

Previous newsletters are available online at the [National Service Framework Library](#).



## Coast initiative to encourage pregnant women to quit smoking

**Pregnant smokers are being offered financial rewards in an effort to encourage them to quit, for the good of their own and their baby's health.**

Following successful similar initiatives in the North Island, the West Coast District Health Board and Primary Health Organisation have agreed to an ongoing 12 week quit programme, available from December onwards.

The programme will be run through the DHB and Aukati KaiPaipa smoking cessation counsellors, and women will have their smokefree status confirmed by blowing into a carbon monoxide measuring device.

At certain points in the programme, they will be rewarded with fuel or supermarket vouchers, to a total value of up to \$350 if they manage to remain smokefree through to at least two weeks after their babies are born.

To be eligible, women have to be less than 28 weeks' pregnant. They can be referred to the DHB smoking cessation



service or the Aukati KaiPaipa counsellor through their midwives or can self-refer.

West Coast Smokefree Services Coordinator John Caygill says the initiative is being financed through

existing smoking cessation funding. It's understood there are up to 100 West Coast women a year who continue smoking while pregnant.

"First and foremost here we're thinking about the wellbeing of the baby. Smoking while pregnant can have all sorts of long term health effects on babies," John says.

West Coast DHB Planning & Funding Project Specialist Jenni Stephenson says the initiative is relatively low cost compared to what it costs to keep a baby in Intensive Care Unit each day.

"There's a stigma attached to smoking while pregnant and women won't always admit it when asked. We're hoping this initiative will facilitate a conversation with the woman's midwife, so that they can get the help they need. And ultimately what helps their baby will also provide long term health benefits for them," she says.



## Years of service

General Manager Grey Westland Mark Newsome visited Val Gladstone recently to thank her for the 49 years of service she put in working for the DHB.

## Breastfeeding Plan put together

**A plan has been put together to encourage and support more West Coast women to breastfeed.**

West Coast Primary Health Organisation breastfeeding advocates Erin Turley and Raewyn Johnson (an International Board Certified Lactation Consultant) say the plan has been put together to help health professionals understand and work on the West Coast goals around breastfeeding.

Ten years ago, the West Coast had the worst breastfeeding rates in New Zealand. We're working on reaching and exceeding Ministry of Health targets by making sure women get good information about breastfeeding even before they have their babies, and letting them know that there is plenty

of community support afterwards," Raewyn says.

Breastfeeding support on the Coast is free, where mums in other parts of the country will pay sometimes \$100 to see a lactation consultant.

The plan clarifies breastfeeding information and support pathways for midwives, GPs, pharmacists, rural and district nurses and Plunket, among others.

"A main message we want to promote to anyone working with breastfeeding women is to support them to breastfeed exclusively for at least 6 months, then



**Erin Turley and Raewyn Johnson with the new West Coast Breastfeeding Plan.**

continue breastfeeding along with the introduction of solid foods for 1 year and beyond," Erin says.

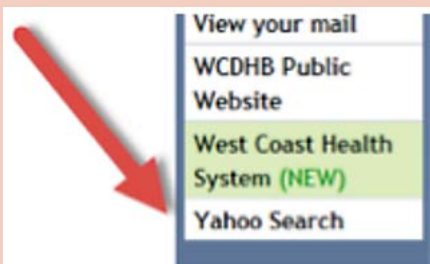
Health professionals can get a copy of the plan by contacting Erin or Raewyn at the West Coast PHO.

## IT Tip: Finding Documents on the WCDHB Intranet

### Use the YAHOO SEARCH Tool

First you need to open our dedicated Intranet and Public Website Search engine: **Yahoo Search**

*(This can be found near the bottom of the Intranet's left-hand main navigation bar)*



### Use the search tool carefully

- Check that what you've entered doesn't contain typos

- Don't worry about upper or lower case when using this search tool
- Whenever entering a collection of words in the search box avoid using words commonly found in other WCDHB documents

### Search strategies

Try each of the tips that follow, press the 'Search' button at the end of each step.

1. If the document you're searching for has a serial code, long string of numbers, especially if it identifies that exact document, and you know it, then use that in your search (*i.e.* WCDHB-HS-008 – which is the code for Formaldehyde Storage Procedure)
2. If you know the full or even just part of the document's title or perhaps a sequence of words in one of the document's paragraphs enter this (as

a search phrase) into our Intranet Search Tool.

3. Enter a collection of words, another search phrase or any combination of the 2 that appear in your document, or try keywords that describe your document. (*i.e.*: catering "food services" process – to find the Catering for Functions procedure)

### Contact IT Help

Still unable to find the document you were after?

- Let IT Help know, attention 'For the website developer'.
- The website developer will then try and locate the document for you and make improvements to the web so that in future users will find it easier to locate the missing or hard-to-find document.



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## Your Consumer Council

**The West Coast District Health Board's Consumer Council is looking for a Pacific Island representative.**

The Consumer Council was established as a way for consumers to have a strong voice in planning, designing and delivering services on the West Coast.

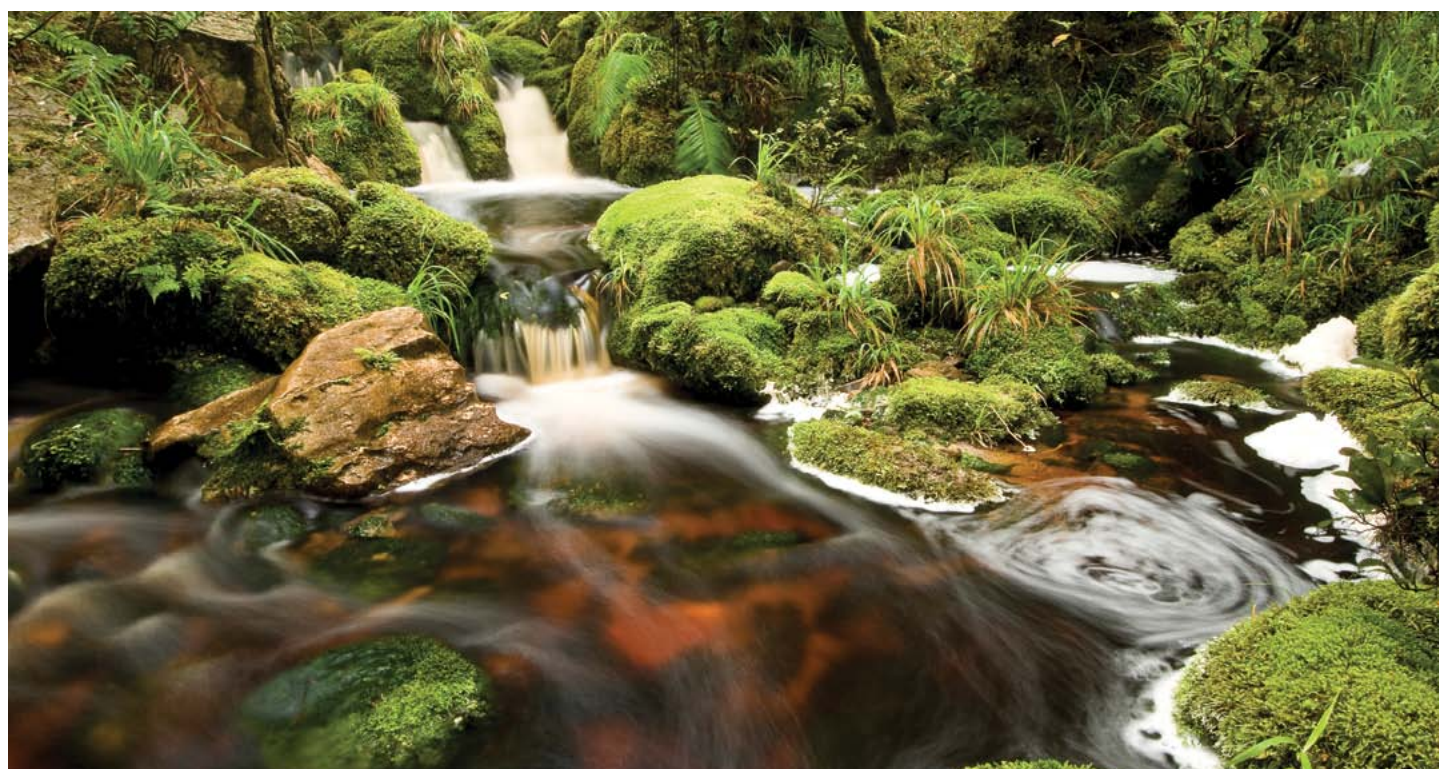
The Consumer Council is invited to participate in, and comment on, many of the West Coast DHB initiatives to enhance the patient's experience.

The council is made up of a range of people with diverse ethnic backgrounds and areas of interest that include Māori health, mental health, people with long term conditions, people with physical, intellectual and sensory disabilities, older people, youth, men, women, rural communities, people with visual and hearing impairment and people with alcohol and other drug addictions.

For more information, visit the Consumer Council pages on the DHB website, [www.westcoastdhb.health.nz](http://www.westcoastdhb.health.nz).



Keith McAdam (Westland), Julie Bell (Admin Support), Barbara Holland (Chair), Katherine Adlam (Buller), Judy Tutchen (Greymouth), Lynnette Beirne (Greymouth), Mark Davies (Westland), Joe Hall (Greymouth), Neil Stevenson (Buller), Alice Cardwell (Greymouth). Inset: Ned Tauwhare (Westland).



## New health literacy resource helps patients plan for GP visit

**For many New Zealanders, GP and pharmacy visits are their most frequent interaction with health services, but are they getting as much out of them as they could?**

*Let's PLAN for better care*, launched as part of the inaugural Patient Safety Week, 3 to 9 November, is a Health Quality & Safety Commission initiative to help patients prepare for doctor appointments and find out more about their medicine at pharmacies.

The A4 flyer, with an accompanying promotional poster, encourages people to plan ahead for practice visits and to ask questions when there so they fully understand their diagnosis and treatment. It also suggests questions they can ask pharmacy staff.

**PLAN** stands for:

**P** = Prepare for your visit;

**L** = Listen and share;

**A** = Ask questions;

**N** = Note down what you need to do next.'

The back of the flyer has space for patients' questions and notes.

GPs like patients to be well prepared for their visit to the doctor, says Tony Dowell, a Wellington GP and Professor of General Practice at the University of Otago, Wellington.

'We want patients to be able to tell their story well because it helps in the diagnosis. And we do like patients clarifying things. We want them to be safe. If they go away with misunderstandings about what has been discussed, that can be potentially dangerous.

'GPs already encourage patients to ask questions and help them to make their voice heard. But we can always enhance that, and having a structured way to do it, such as *Let's PLAN*, is a great boost.'



*Let's PLAN* has been tested with groups of different ethnicities, and piloted in medical practices and pharmacies in Hawke's Bay and Auckland. It is available free of charge to GPs and pharmacies, and copies can also be downloaded from the Commission's website.

'Our consumer network started the ball rolling with *Let's PLAN* and has been involved as we have developed it,' says Dr Chris Walsh, the Commission's Director of Partners in Care. 'When visiting your doctor, it is easy to forget or not mention health information that can sometimes be really important. *Let's PLAN* will help patients gather their thoughts before their visit, making

it more efficient for both them and their health providers.'

For more information, contact Health Quality & Safety Commission Communications Coordinator Guy Somerset, (04) 913 1745, 021 813 591, [guy.somerset@hqsc.govt.nz](mailto:guy.somerset@hqsc.govt.nz).

Follow on Twitter at #LetsPLAN and visit Facebook page LetsPLANforbettercare.

If you would like copies of the *Let's PLAN* A4 pads and posters, please email [patientsafetyweek@hqsc.govt.nz](mailto:patientsafetyweek@hqsc.govt.nz) stating the numbers you would like and where you would like them delivered.



## New drink driving limits start 1 December

**Lower drink driving limits become law on 1 December to help reduce alcohol-related harm.**

While limits for under 20 year-olds remain at zero alcohol for drivers, the breath alcohol limits for adult drivers 20 years and over will reduce from 400 micrograms (mcg) of alcohol per litre of breath, to 250mcg. The blood alcohol limits will reduce from 80mg of alcohol per 100ml of blood, to 50mg.

West Coast Alcohol Health Promoter Carol McIntosh welcomes the change and says the new legislation recognises that drinking and driving are a dangerous combination.

"The safest option is not to drink any alcohol if you are going to be driving."

Ms McIntosh says bars and people having a get-together at home will now need to think more about host responsibility. It is important to have food available as well as interesting non-alcoholic drinks with drivers and non-drinkers in mind.

"It's often an afterthought – what to provide in the way of non-alcoholic drinks. And with a bit of creativity, it can be fun. We want people to have a good time, and a little planning can help ensure everyone stays safe and good time is had by all."

Reports written last year by the West Coast Medical Officer of Health Dr Cheryl Brunton show all three districts of the West Coast have higher rates of alcohol-related deaths than the national rate. Westland is the highest, followed by the Grey District (twice the national rate). The West Coast also has higher rates of alcohol-related hospitalisation than the national rate.

West Coast young people aged 15-24 have almost two and half times the rate of alcohol-related hospitalisation of New Zealand as a whole. The West Coast overall has higher than the New Zealand average rate of alcohol-involved road traffic crashes (11.6 vs 7.8/10,000 population). The rates vary between the districts with the Grey District having the highest rate (13/10,000), followed by Westland and Buller.

These reports also contain evidence that West Coast health professionals deal frequently with a wide range of health impacts from alcohol, ranging from acute intoxication and its effects on behaviour to its chronic effects on mental and physical health across the age range. Several observe that these effects are widespread and pervasive and create a significant burden on local health services, families and whānau and the wider community.

As part of the "Good Memories No Regrets" safe drinking and safe sex campaign, mocktail recipe cards are available from Community and Public Health, or search for non-alcoholic cocktails online.



**Low risk drinking advice for adults**

Always serve food with alcohol

Reduce your long-term health risks	Pregnant women	What is a standard drink?
 No more than... <b>2</b> STANDARD DRINKS Daily and no more than <b>10</b> a week And at least <b>2</b> alcohol-free days per week	 No alcohol <b>0</b> STANDARD DRINKS There is no known safe level of alcohol use at any stage of pregnancy	 Standard drinks measure the amount of pure alcohol you are drinking. One standard drink equals 10 grams of pure alcohol.  <b>1</b> STANDARD DRINK <b>1</b> STANDARD DRINK <b>2.1</b> STANDARD DRINKS

ALCOHOL ADVISORY COUNCIL OF NEW ZEALAND  
Kaitiaki Whakaitiaki Māpū o Aotearoa



**WEST COAST SUNSET**

- 1L Pineapple juice
- 1L Cranberry juice
- 1L Soda water
- Lime juice

**THE CHARLESTON**

- 1L Orange juice
- 1L Pineapple juice
- 1L Diet ginger beer

**MOCKTAIL RECIPES**

**RAINFOREST REFRESHER**

- 1L Grapefruit juice
- 1L Apple juice
- 1L Diet tonic water
- Lemon juice / lemon

**GOOD MEMORIES NO REGRETS**

For more information about the new limits, visit <http://www.transport.govt.nz/land/bloodalcoholqanda>



## Recipient of the Pat Farry Rural Health Education Trust Travelling Scholarship

**New West Coast fan Laura Hammersley, a sixth year medical student at the University of Otago Faculty of Medicine, has been announced as one of two 2014/2015 recipients of the Pat Farry Rural Health Education Trust Travelling Scholarship.**

The scholarships are worth a total of \$7,000 and will assist the students with costs associated with undertaking trainee intern electives in innovative and challenging overseas situations over the next four months. Natalie Irving, from Fielding, will travel to Nepal and Kenya while Laura Hammersley, from Darfield, will travel to Vanuatu.

Laura will spend seven weeks on Vanuatu at Vila Central Hospital where she hopes to gain clinical experience and an appreciation of medicine in a developing country and how doctors work to distribute their limited resources.

"The Pat Farry Rural Health Education Trust's vision is for our work and the



### Seeing Purple!

Staff celebrate Occupational Therapy week recently by dressing up in purple for a shared morning tea.

experiences that these medical students gain on their electives to ultimately contribute to the quality of rural health services in all regions of New Zealand," Sue Farry said last week on behalf of Pat Farry Rural Health Education Trust.

While based at the Christchurch campus of the University of Otago Faculty of Medicine, Laura Hammersley has spent the past year living and working in Greymouth in the Rural Medical Immersion Programme. The RMI Programme, or RMIP, was developed by Dr Farry in six rural locations around New Zealand and sees around 20 fifth year students a year learn under the guidance and mentoring of experienced general practitioners, rural hospital generalists and tertiary hospital specialists.

Laura's experience at Grey Base Hospital in Greymouth has convinced her that rural practice is her future.

"My experience at Grey Base Hospital has been extremely positive and although I previously only had occasional thoughts of becoming a rural doctor, I am now convinced that this is where I will end up," Laura says.

This is the third successive year, that at least one of the Pat Farry Rural Health Education Trust Travelling Scholarship recipients has been a 'graduate' of the Greymouth RMI Programme.

Laura so valued her time in Greymouth that she has chosen to spend the second half of her elective at Grey Base Hospital when she returns from Vanuatu before eventually returning to Christchurch for her sixth year studies.

# CEUpdate

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## Leeanne Pascoe

### Manaakitanga Inpatient Unit Secretary/Records Clerk Grey CMH

#### What does your job involve?

Secretarial duties for Inpatient Unit & Processing of Records Requests for Grey CMH.

#### Why do you choose to work in this field?

The job sounded interesting in the paper, which is right it is an interesting job!

#### What do you love about what you do?

The variety of the work, each day is different.

#### What are the challenging bits?

Having to think on your feet to find solutions for distressed clients.

#### Who inspires you?

My Mum.

#### What was the last book you read and/or movie you saw?

Just set my wedding date, so have been busy reading wedding magazines gathering ideas.

#### If you could be anywhere in the world, where would you be?

Somewhere warm with a nice beach sipping on a cocktail.



#### What's your ultimate Sunday?

Chillaxing at home.

#### Fave food?

Any...

#### Fave music?

Depends on my mood, I have a varied taste in music. Anything but rap & heavy metal.

#### Ever won an award or a medal?

No



## Special days...

## World COPD Day

[Click here for more information](#)







Join our biggest challenge of the year...

# GRATITUDE CHALLENGE

Starts 17th November

Register now on [www.tracksuitinlive.co.nz](http://www.tracksuitinlive.co.nz)

Company code: dhbstaffwellbeing

You could win 1 of 3  
\$150 Prezzy Cards!

# THE BEST LIFE EVER



## GRATITUDE CHALLENGE THE GUIDE



### Duration

The Gratitude Challenge runs for two weeks (10 days, Monday – Friday excl. weekends).

### Start date

The challenge starts on 17 November, 2014.

### What is it?

Two weeks of daily activities designed to inspire and help you re-connect with the positive energies in your life through cultivating the art (and science!) of being grateful.

### Who is it for?

The Gratitude Challenge is for any individual who wants to improve their general health and mental wellbeing. Those who need to de-stress, are feeling low or anxious, or need some inspiration on how to get the most out of life will benefit significantly! Activities are designed to fit into your work day and some take as little as 2 minutes.

### Sign me up

Register from Monday 3 November at <http://healthchallengelive.co.nz/hc/registration/CDHBgratitude> using your email address, and you will then receive a confirmation email with your username and password.

### Check In

Log on to the challenge website [www.healthchallengelive.co.nz](http://www.healthchallengelive.co.nz) on the day that the challenge begins (17 November) for details of your first activity, and every day thereafter for the two week duration. Enter your responses to the activities each day to score points and get feedback.

## Prizes

There will be regular prize draws throughout the two weeks as well as 3 overall prize-draw opportunities for the chance to win a \$150 Prezzy Card!

### Check Out

Log on to the website each day to check out:

- The Challenge calendar – flick back through the days to enter your scores for previous challenges
- The Noticeboard for any special messages including prize winners
- [tracksuitinlive.co.nz](http://tracksuitinlive.co.nz) (company code-dhbstaffwellbeing) for more information!

### Check your email

Every day we'll send you an email which will include a link directly to the website and updates on the daily activities! Check your inbox each day from 17 November for more information.