

CEUpdate

20 April 2015



Flu season starts soon – it can be a terrible time for families with vulnerable elderly or very young babies, or limited sick leave. Stories from the Northern Hemisphere suggest this year's prevalent flu strains are nasty. On a daily basis we're hands on with people who are extremely vulnerable. All the literature points to the fact that being immunised will lessen your chances of getting the flu, and therefore passing it on.

I would like to think we take our jobs looking after the health of Coasters very seriously. It's really important our staff take the time to get immunised – we offer free clinics for staff and spouses,

so please talk to your managers about getting 20 minutes in your working day to get your shot.

In this update a local woman talks about her near-death experience last year of getting the flu while she was pregnant. She was in a coma for a fortnight and remained very ill for some weeks after that. It's a sobering read.

In other stories this month, we mark the departure of Westport general practitioner Vaughan Leigh, hear about a community initiative to engender a sense of wellbeing in Westport women through gardening, and hear about the great work being done by one of our smoking cessation coordinators.

Keep up the good work!

David Meates
CEO



Junior physiotherapists enjoying their Easter Egg hunt, from left: Megan Thorby, Amelia Barclay, Nikki Hegarty, in the back ground: Kerrie Howard, Margot van Mulligen, Kat Burgess

Flu nearly kills pregnant West Coast mum

Becka Jessop was probably about 20 weeks' pregnant when her midwife offered her an influenza shot last year. She turned it down because she has a needle phobia.

What followed was the stuff of nightmares for the rural West Coast family.

At the time Becka and her husband Allen Franicevich were living in the remote Haupiri Valley where Allen worked on a dairy farm.

The couple had two children, Jarna then aged 4 and Billie-May then 11 months old.

Around 27 weeks' pregnant, Becka got last year's influenza virus. She became sicker and sicker and ended up in Grey Base Hospital for a couple of days. Things were tricky with her husband busy on the farm and the two small children.

Becka returned home but Allen was increasingly concerned about her, especially as they were a long way from anyone.

"I wasn't happy with how she was when she came out of hospital. We couldn't get anyone out to our place to help – people have their own lives and things to do. When people are released to go home, you expect that they'll probably be okay, so we probably just thought she would get better," he says.

Becka went downhill fast and in the end they called an ambulance.

Allen had to work, but dropped everything when the hospital called to tell him to hurry in because it didn't look like Becka was going to survive.

She was put into an induced coma and flown to Christchurch where she ended up in the Intensive Care Unit and was still not expected to survive.

Becka had a secondary pneumonia infection and doctors were contemplating inducing the birth of



her baby at 28 weeks. They were also considering sending her to Auckland which has a bigger dialysis machine.

In the end, she stayed in Christchurch Hospital in a coma for two weeks, and then was transferred to another ward for a further fortnight.

At the same time husband Allen ended up in hospital for a night also with flu.

Friends pitched in to help look after the two little ones.

"I was using a frame to walk and wasn't supposed to leave my room. I came home with a lot of drugs I still had to take," Becka says.

Just a couple of weeks after getting home and still recovering, Becka went into labour and son Baxter was born. He had about a week in the neonatal

intensive care unit in Christchurch with complications unrelated to the flu. He's now a bonny 7-month-old and mum Becka is well on the mend.

Her advice for pregnant women?

"Get the vaccine! You're more prone to influenza when you're pregnant and I wouldn't wish my experience on anyone. I almost died."

Husband Allen chips in that hindsight is great.

"Every little thing you can do to keep well when you're pregnant has got to be helpful. Nobody wants to be phoned and told 'come and say goodbye to your wife because we're putting her in a coma and she may not wake up.'"

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Facts about flu in pregnant women:

Healthy, pregnant women with influenza are up to 18 times more likely to be admitted to hospital than women who are not pregnant. Normal changes that occur during pregnancy to lung capacity, the immune system and heart rate response, put pregnant women at risk. Those with existing medical conditions are at an even greater risk of severe influenza-related illness.

Influenza-related complications can also affect the unborn baby, and can even cause premature birth or miscarriage. Vaccination is strongly recommended for women who will be (or intend to be) pregnant during autumn and winter.

How does the vaccine protect my unborn baby?

The vaccine will not harm your baby as it does not cross the placenta. It works by stimulating your own immune system to make antibodies that can fight off the virus. Once you have immunity, you pass it on to your baby naturally.

Is the vaccine safe to have during pregnancy?

The vaccine can be safely given during any stage of pregnancy. There is no increased risk of reactions to the vaccine for pregnant women and you CANNOT get influenza from the vaccine. Immunisation in pregnancy offers protection to the mother, the unborn

baby and the newborn during the first few months of life.

I've heard that some people still get the flu after they've been vaccinated?

People can still get influenza even though they have been vaccinated. A small percentage may get a milder form of one of the strains included in the vaccine – it's milder because they are partially immune through the vaccination. Also, it's possible to contract a strain that wasn't in the vaccine – the vaccine is formulated to include the most common strains predicted to be in circulation during the southern hemisphere flu season.



From left: Caregivers Kaye Aitken, Nicola Morris and Wendy Prendergast with enrolled nurse Heather White at handover in Reefton Hospital recently.

Living the good life

A lifestyle change that puts the beach or the bush just minutes away has been a big drawcard for new Associate Director Allied Health Lara Bakes-Denman.

The Queenslander has just moved to the coast after working as a Quality Practice Lead for a mental health programme in Brisbane. For the past few years her Kiwi husband Tony Bakes has been bringing her to New Zealand for holidays and they started imagining what it would be like to live here.

Before her recent regional position, Lara had national management roles for Australian cancer charity, Redkite. The new role is a step back up to leadership.

“To have a big job in a natural environment like this, you don’t normally get that opportunity, it’s a very good combination,” Lara says.

Her husband, two dogs and a cat have now arrived, but the intervening time by herself allowed Lara to focus her energy on the new position.

“People here are amazing. There are so many exports that come out of the West Coast. There’s a lot of intelligent, clever and innovative people in all sorts of industries. In the DHB, I can see there’s a lot of innovation and change.”

She is looking forward to having an influencing role on the new Grey Base

Hospital and adjoining Integrated Family Health Centre; and generally raising the profile of allied health.

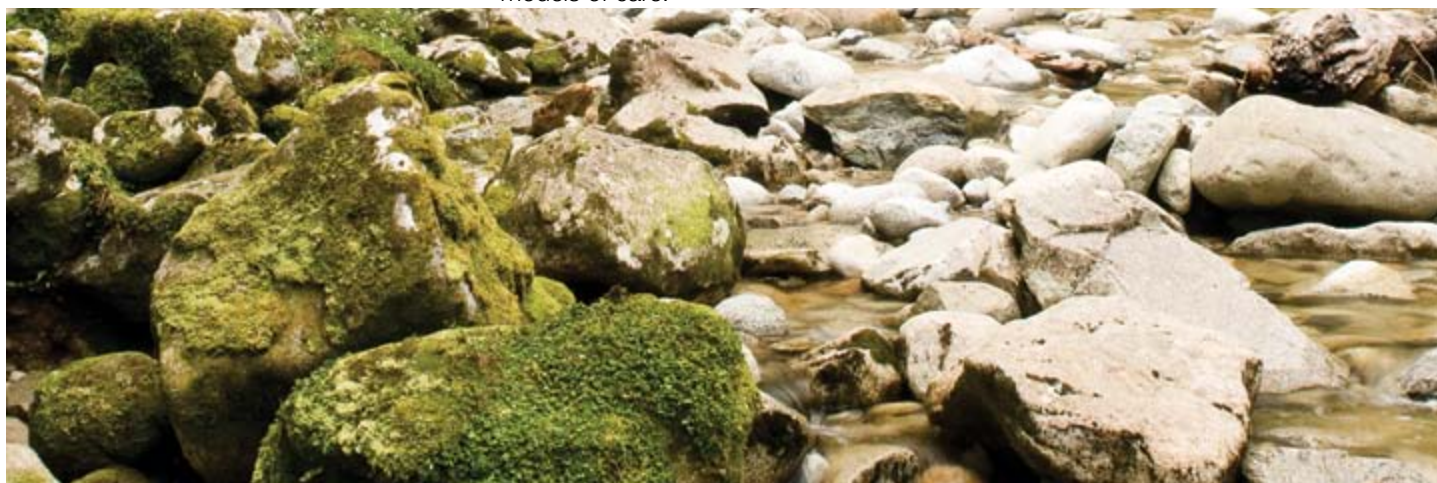
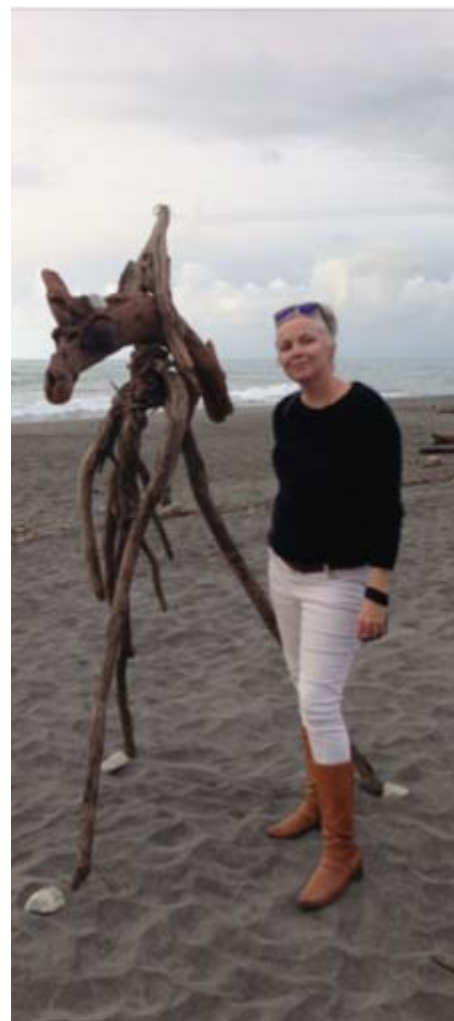
“I’m really interested in community-centred healthcare. I can see that the West Coast DHB has a struggle with the population-based funding, and how to meet the needs of people with such vast geographical distances.”

She plans to ensure there’s better data available for the West Coast and has signed up to the national allied health data collaborative.

On the agenda also is a determination to highlight and celebrate outcomes regularly achieved by the allied health team, in collaboration with other DHB departments, external providers, patients and their families.

Lara sees the need to work more closely with nursing staff.

“Together with Director of Nursing and Midwifery Karyn Bousfield we’re looking at forming an innovation and leadership group comprising nurses and allied health staff. We’ll be focused on building leadership capacity and looking at how we work collaboratively to enhance models of care.”



Support available for giving up

Whether it's the Scottish accent, or the descriptive way Ann McDonald delivers messages about quitting smoking, she seems to be getting the message through.

Ann started her career at 20 in Scotland training as a registered nurse at the Royal Alexandra Hospital in Paisley near Glasgow. She followed her nursing career with a stint in alternative therapies, tutoring in Cardonald College before coming to New Zealand with her husband and two children when she was 40.

"My husband always wanted to come to NZ. We holidayed and toured for six weeks initially in 2002 and then moved to NZ permanently towards the end of 2003."

Initially the family settled in Woodend, near Christchurch, until her husband received a job offer working in Spring Creek mine on the West Coast.

"I was on my own by that stage in Christchurch, the kids had gone overseas. They convinced me to join dad.

"I think the services in the West Coast DHB are amazing. I found myself in the breast screening clinic; the girl there had also newly moved from Christchurch. She asked me what I did for a living and then let me know about the opportunities of employment within the DHB.

"I ended up being appointed as a Smoking Cessation Counsellor three and a half years ago. It has been very challenging! Smoking means so many different things to so many people".

Ann applauds the pregnancy incentive programme, which has been running since Dec 2014.

"Smoking has many health risks for mother and baby. Offering support for pregnant woman to stop smoking and giving some rewards for being smokefree to keep them on track makes their quit attempt easier. Continued support is

carried on beyond baby's arrival. Some women struggle to stop smoking during pregnancy, having this incentive available has encouraged more women to have a go at stopping smoking. And that's great news for mother and baby and whanau!"

Although never a smoker herself, Ann has seen the effects of the addiction on her parents, friends and clients alike.

The reasons people might want to stop smoking are varied.

"Someone might have had a life threatening incident happen to them or someone close, their doctor may have told them to give up, the cost of cigarettes is now a big thing within the weekly shopping budget. It's important that smokers who want to quit know there's help out there".

Ann has to approach her role as impartial and non-judgmental since starting in the counsellor role.

"Many people think 'for goodness sake, just stop! But I can see that it's not a choice, it's an addiction. Clients are not stupid. Most smokers will say they wished they had never started; and most of them really want to stop!

What is important is getting that back-up support, helping them find the correct products, offering them choices and ways to help them stop lighting up."

Choices include nicotine replacement, or medications. Not many smokers are able to go "cold turkey" she says, although some folk find that reading the Allen Carr "Easy way to stop smoking" book gives them all the incentive they need.

The West Coast offers a number of avenues for smokers who want to



stop, including Coast Quit which they access through their general practitioner, cessation support through pharmacies, another service aimed at Maori smokers is offered by Joe Mason through the PHO, Quitline, and the two DHB counsellors – Ann based in Grey and Janette Thomas in Buller.

"Most of my referrals come from the hospital. I will also accept self-referrals."

While smokers come from all walks of life, there are higher numbers of Maori and mental health users in the statistics.

"With the right support, anyone can give up smoking. The worst withdrawals only last three days; and it does get easier from this point. Patches and medication will help."

Ann says most people know of the country's ambitious target to be smokefree by 2025.

The numbers in the 1960s were around 80% of the adult population who smoked; now it's only around 20%.

"We will keep chipping away to get down to that target as long as we can maintain a positive spin to encourage people to give quitting a go."

One minute ... Over the Hill

Jacqui Benter-Lynch – Learning & Development Advisor

What does your job involve?

Enabling people to flourish: Supporting the creation and delivery of learning opportunities so people can be more effective in their roles. To have a look at some of the options, visit [here](#).

Why do you choose to work in this field?

I feel passionate about the role each of us plays to create a great workplace culture. Most of my work is in the area of leadership, and great leadership results in better patient outcomes.

What do you love about what you do?

Seeing people have 'light bulb' moments when they recognise that it's their own attitudes and behaviour which creates the culture they work in – knowing people are committed to make behavioural changes is incredibly rewarding.

What are the challenging bits?

Trying to get such a key message heard and understood by all those in the health system.

Who inspires you?

I'm privileged to be working with some amazing leadership experts who are



Jacqui Benter-Lynch

excellent mentors. However I'm always inspired by the myriad of individuals who take courageous action to 'make things better' in our health system.

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

I'm currently reading 'The How of Happiness' by Sonja Lyubomirsky. It's an easy read and a brilliant book about how to get the life you want and be happier within it.

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

I love travel and always have a few trips planned – you can't go past tramping in the West Coast rainforest, the East Cape beaches, shopping in Wellington, and then there's Berlin, Borneo, Costa Rica...

What's your ultimate Sunday?

Cycling around the Port Hills first thing in the morning and then home for a large coffee and breakfast with the family. (Jacqui lives with husband Markus and their two teenagers)

Fave food?

I love seafood and marmite on toast – just not together!

Fave music?

I'm not so much into music, however the three Samoan tenors (Sol3 Mio) were great company on my last trip back from the Coast.

Claim to fame?

I was born in the South Island, but raised in the King Country (Te Kuiti) and grew up babysitting Jim Bolger and Colin Meads' kids.

Gardening for wellbeing in Westport

For the gardeners among us, it might seem incredible that there are folk who have never known the joy and health benefits of growing your own food.

In August 2014 the trustees of Potikohua Charitable Trust, which operates as Number Thirty-seven Community House in Westport, gave the green light to try a gardening programme.

The self-development facility for women offers a broad range of programmes, from arts/crafts, to sewing and carpentry, Maori language, yoga and croquet to belly dancing, flax weaving and cheese-making.

Manager Jane Orchard is a keen gardener, and owns a hazelnut orchard with her husband David. She says four of the women enrolled in last year's first gardening programme had never eaten anything they had grown themselves before.

"I didn't realise the impact. I was outside and there was all this hooting and hollering in the kitchen – they were so excited about how good it tasted to eat food you've grown yourself," Jane says.

The programme was initiated as a way to encourage women to work collectively towards a common goal, and to get them thinking about their own wellbeing and how they could positively influence that. And of course they benefit from eating nutritional food and saving money.

Funding from Buller Community Development Company and the Sargood Bequest provided a tunnel house, and a builder doing community



The garden, going into summer.



Tutors David Orchard and Tui Dellaca had to get their hands dirty too.

detention put it together. The builder also made shelving units for the tunnel house using pallets from Mitre 10. That meant the gardeners were able to grow vegetables with shelves for seedlings above them.



Tutor Michelle Skinner cooks the first potatoes harvested.

The first gardening course, funded through Tertiary Education Commission's Ace in Communities programme, brought a group of novice gardeners together, guided by tutors Tui Dellaca, Michelle Skinner and David

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Orchard, (whose involvement was paid for by the Public Trust's Frozen Funds). They started by planting garlic, moved on to potatoes, then learnt to plant seeds of every description (from kakabeaks to lettuce) and to take cuttings. With more pallets, they made raised garden beds to grow some of the seedlings through to maturity.

"The community support has been great. Rosie McGrath from Community and Public Health gave us lots of suggestions about exciting ways to garden, like the straw potato towers for people with small sections, and ideas for making

insect houses. Jo Howard brought in herbs and we had a session taking cuttings from some and planting others so we now have the beginnings of a herb garden as well. We are gradually learning about companion planting," Jane says.

"The Trust is always in need of money so opportunities for growing or making things to sell are hugely important. By selling some of our seedlings we have made enough money to keep us in seed-raising mix and a whole lot of seeds. Many local people have given us plant pots, punnets and seeds."

Recently the gardeners have been planting flower seeds to attract bees and deter pests, and learning about crop rotation. As the first crops were harvested, they started planning for autumn planting.

"We've had an enormous amount of support, especially local, and the results are now blossoming. Some of the women have started taking seedlings home and 13 women now have the skills to grow vegetables to feed themselves and their families."



Jane Orchard shows off some seedlings



Novice gardeners Carol Stone, Kim Aldridge and Juliet Hornblow get stuck in.



The second tunnel house is now ready to be shelved for growing seedlings.

Long term Buller GP returns home

Although Vaughan Leigh (64) first came to Buller to work as a general practitioner locum in May 2010, he quickly became a permanent fixture because he loved it. But now it's time to go home to his wife Jen and grandchildren in Christchurch.

Vaughan was semi-retired after spending a long time living in the central North Island in Turangi and working in nearby Taihape, when he and his wife shifted to Christchurch to be closer to family.

"I was contacted by New Zealand Locums to see if I would consider coming to the West Coast for about six weeks. After that, I started coming back whenever I could. I really loved it," he says.

He was soon full time, on the roster doing four weeks on and one week off, returning to Christchurch to catch up with his wife on his four day weekend in the middle of that rotation.

A recent count showed Vaughan had worked with around 46 doctors since coming to Buller. In the same five year period, only three nurses had changed.

"It has been stressful at times - I'm not able to be all things to all people, but I have to say the nurses are wonderful and the town is good.

"I guess people have come to know me, have seen me in the pub, I'm part of the town. People have been very supportive.



My patients knew it wasn't forever, I was nearly 60 when I came here."

While Vaughan has never minded the travel around the district and to and from Christchurch, he's increasingly missed being at home. And he has found the after hours cover tiring as he gets older.

"Now that we're fully staffed, it's a good time to go. But I'll miss it. I've been extremely well looked after in Buller. And I think the new system will work well."

Vaughan is referring to the new patient teams which will operate at Buller Medical, which he says was operational when he first arrived five years ago.

"It's not really new, but it works. Patients will receive continuity of care, and that's the important thing," he says.

Vaughan finished with the DHB this month.



Dedicated Education Unit (DEU) update

Clinical lecturers and course leaders from CPIT and NMIT, and members of the Canterbury DEU team visited the nursing students and DEU staff at Grey Hospital this week.

This is the second rotation of students through the Grey Hospital DEU. Feedback suggests this model of clinical teaching and learning is beneficial for the nursing students, and also the clinical staff within medical and surgical areas.

The Grey Hospital DEU model is a first for the Canterbury/West Coast health regions, and is designed to integrate nursing students from two education providers into one DEU. A short article with accompanying photographs will be forwarded to the NZNO Kai Tiaki magazine to showcase the model.

Support person for the DEU teams Jo Greenlees-Rae says the Grey Hospital DEU is well underway.

"Anecdotal evidence suggests it takes three rotations of a DEU to establish a

model of clinical teaching and learning within a clinical area, changing from a preceptorship model to the DEU model. Well done everyone."

Jayne Gibson has been appointed the new support person for the DEU teams at Grey Hospital, replacing Jo Greenlees-Rae. Jayne has a wealth of experience having been a DEU ALN and after-hours Duty Manager at Ashburton Hospital, and now takes on the lead DEU Nurse Educator role within the Canterbury DHB over the next year.

In the first instance, the Grey Hospital DEU team of Rosalie Waghorn (DEU Lead), Chris Black (co lead), Rachel Whitcombe (ALN) and the four CLN's in Morice and Barclay wards are the first port of call for DEU matters.

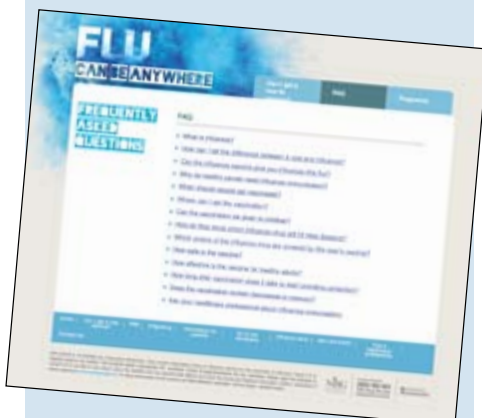



Davida Downs, Mental Health Lecturer, and Deb Sims Course Leader CPIT.

"Also, we acknowledge and thank Deb Sims for her knowledge and expertise in the Canterbury DEU over the years, and in the establishment of the Grey Hospital DEU. Deb is moving north and has spent a little time this week saying goodbye to her friends and colleagues in Greymouth," Jo says.


Get your 2015 flu shot!

[Click here](#) to read the basic FAQs about flu.





THE WEST COAST HEALTH SYSTEM
- supporting you to be well




The Coronial Process and Coroner Report Writing

with
GREG BROGDEN

Wednesday 10 June 2015

3.15 to 4.30pm & 6.00 to 7.15pm

The Lecture Theatre and Virtual Meeting Room 3



West Coast
DISTRICT HEALTH BOARD
TE POARI HAUORA A ROHE O TAI POUTINI

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Stand up to Falls

Reducing harm from falls is the fifth focus for the Open for better care national patient safety campaign. Open for better care is led nationally by the Health Quality & Safety Commission (the Commission).



The theme is 'Stand up to Falls' and it will focus on an integrated approach to falls in older people across the health sector. This theme applies in all care settings across hospital, aged residential care and primary/community care settings. Having older people at the heart of everything we do is essential.

An integrated approach to falls prevention – Know your data, know your district

Integrated care is seen as critical to supporting older people in living safely and independently at home, helping them avoid admission to hospital and recovering after discharge from hospital. Disconnected and fragmented services impact negatively on patient outcomes and experience of care, but integrated care ensures that services are coordinated around the needs and goals of the older person, their families/whānau and other carers.

Knowing your local and regional falls data is a key component of understanding how well your services are integrated. The Atlas of Healthcare Variation is designed to identify variation in the delivery of health care services across New Zealand. The goal of the atlas is to stimulate debate on selected topics with a view to understanding whether observed variation is genuine and based on differences between populations, or whether it reflects variable practice. Ultimately, the intention is not to make a judgement but to stimulate debate and conversation.

Typically, large variation in practice may indicate areas of clinical uncertainty, variable interpretation of the evidence, or it may highlight issues of access.

This atlas presents data by DHB on falls in people aged 50 and over, and includes data on ACC claims following a fall, hospital admission due to a fall, average bed days and hip fracture indicators.

Falls-related injury prevention, with a focus on older adults, is also a high priority for both ACC and the Ministry of Health. The Commission is working closely with both organisations to support the sector in this important area that requires ongoing commitment and vigilance.

The Reducing Harm from Falls programme has planned a number of initiatives for April Falls 2015, all of which support the theme 'Stand up to Falls'.

Key activities for April include:

- Promoting April Falls – a number of resources have been developed to support April Falls, including individual DHB posters with atlas falls data, pens, lanyards etc. If you would like any of these resources please let us know.
- Annual [April Falls Quiz](#)
- Release of the [Atlas of Healthcare Variation falls domain](#), on 1 April
- Competition: Send us photos of your April Falls display and win (bridgette.connor@hqsc.govt.nz). All photos will go on the Commission's website, and there are chocolate fish up for grabs for the winner!

Useful resources for April include:

- [Topic 1](#): Falls in older people – the impacts
- [Topic 9](#): improving balance and strength to prevent falls
- [Topic 10](#): an integrated approach to falls in older people: what's your part
- [Ask, assess, act](#): pocketcard and information posters

More information on the 'Stand up to Falls' campaign can be found on the [Open for better care](#) or Commission [Reducing Harm from Falls programme](#) websites.



Welcome to the newsletter for Child Health News Update from the South Island Alliance's Child Health SLA.

[CLICK HERE](#) to read more.

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A group of former West Coast nurses living in Canterbury get together regularly each year and recently they ventured back to their alma mater to get an update from Director of Nursing and Midwifery Karyn Bousfield.



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Cyb Haronga

Finance Assistant – Accounts Payable

What does your job involve?

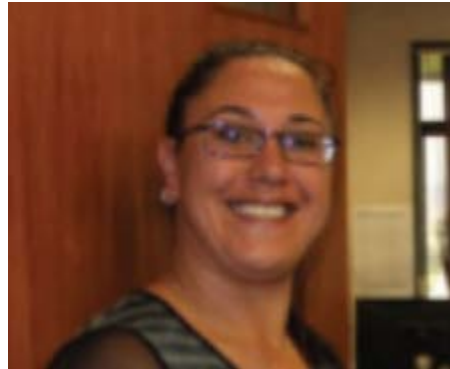
Processing invoices for payment, Customer Service, Mail.

Why do you choose to work in this field?

Opportunity which arose when I was wanting to rejoin the workforce after having my family.

What do you love about what you do?

Love the office environment, I've made lots of new friends here, and knowing suppliers/locums rely on me for efficiency.....everyone likes to be paid!!



What are the challenging bits?

The invoice process - balancing the incoming workload to ensure the processing runs smoothly in a timely manner.

Who inspires you?

A couple of my colleagues in corporate whom I respect for their excellent work ethics.

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

Manual on Oracle. And movie – 22 Jump Street, Lol – gotta luv Channing!

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

Wouldn't mind a holiday in the tropics in the middle of our winter- but wouldn't live anywhere else than the Best Coast! I was born and bred on the Coast.

What's your ultimate Sunday?

Chillin on my deck with a wine!

Fave food?

Lasagne and Roast Pork

Fave music?

Dubstep, Pop, Classic Heavy Rock – lil' bit of everything!

Ever won an award or a medal?

A few - but not lately!



Bouquets

"... I want to thank everyone at the hospital, but especially Dr [Susan] Burslem, for the great care. A kidney stone is not a big problem, except for the pain, but it feels like it at the time. It is even more difficult when you are far from home. New Zealand is a wonderful country. Your hospital and the people I met were exceptional. I hope you have great pride in the fact that you provided such good and compassionate care to a stranger from another country."



Special days...

World Meningitis Day 24 April 2015

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Psst - Have we got a deal for you!

Here's one target that we can all work towards. Last year the West Coast District Health Board vaccinated 44% of its own staff against flu. This year, our target is 70%.

Get the facts on flu [here](#) from the intranet.

The flu vaccine has arrived and staff clinics have been set up over several weeks to allow all staff, contractors and spouses to have the opportunity to receive a free flu jab.

West Coast Flu Clinics

Influenza.
Don't get it.
Don't give it.

Greymouth

Date	Time	Venue
Monday 13 April	6am – 8am 4pm – 8pm	Outpatients
Tuesday 14 April	7.30am – 4pm	Outpatients
Friday 17 April	10am	Corporate
Monday 20 April	7.30am – 8pm	Outpatients
Tuesday 28 April	7.30am – 4pm	Outpatients
Tuesday 5 May	7.30am – 4pm	Outpatients

Westport

Date	Time	Venue
Tuesday 21 April	10.30am – 12.30pm	Outpatients - Buller

Please book your spot through Flu Line: 03 769 7400, ext 2490, vaccinations@westcoastdhb.health.nz

IMMUNISE
your
SELFIE

Snap a selfie before, during or after your
Flu vaccination to be in to win!

Email to Andreas.urban@westcoastdhb.health.nz

FLUHQ TO WIN!