

# CEUpdate

12 May 2015



## **There's some exciting work afoot with initiatives by our West Coast workforce to improve patient safety outcomes.**

It's great to hear Safety 1st is well embedded in both primary and secondary health arenas now and our reporting is up a staggering 41% in the first month. It sounds like the technology has made reporting easily accessible across the system—within a short time we expect to clearly distinguish patterns that will help us improve outcomes.

In this issue a West Coast multidisciplinary group leads a project to reduce constipation resulting from opioid-based medicine following surgery. Lippincott Procedures are being introduced to standardise and improve evidence-based nursing practice and Grey Base Hospital has

achieved Baby Friendly Hospital Initiative accreditation.

It's heartening to see our staff working with other agencies to Get Ready Get Thru. Many of you will have read the predictions about the next Alpine Fault, it could happen any time. That's a timely reminder to ensure you are personally ready with your survival kit, and have family emergency plans about where you might try and meet up.

Lastly, flu shots have just arrived in Canterbury. The West Coast DHB has had immunisations available for about four weeks – and many of you have elected to make yourselves and your patients safe by getting your shots. I urge you to get your free staff and spouse immunisations soon, flu season isn't far away!

Take care.



David Meates  
CEO

## **Lippincott Procedures “Go Live” in West Coast DHB**

**An online nursing resource intended to improve evidence-based nursing practice in the South Island is now operational on the West Coast.**

Lippincott Clinical Procedures will be available online in all South Island District Health Boards, and to the wider health system over the next few months.

Lippincott Procedures provide access to step-by-step guides for more than 1300 evidence-based procedures and skills in a variety of specialty settings online. The South Island Executive Directors of Nursing and the South Island Regional Training Hub (SIRTH) have supported the implementation of Lippincott in partnership with Midlands region where it has been in place for over three years.

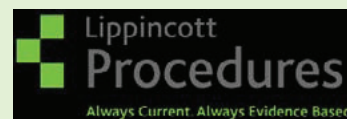
Lippincott procedures can be accessed from any hospital workstation or via a mobile iPad app, both online and offline. Offline access will enable nurses in remote regions or with unreliable internet connections to still retrieve procedures and information. When fully implemented access to Lippincott will be available 24 hours a day, seven days a week to all nursing staff across the South Island health system.

Once introduced across primary care, community services, aged residential care services, non-government health organisations

and relevant tertiary education providers, clinical procedures will be delivered in the same way whether in a hospital or community setting.

West Coast District Health Board Director of Nursing and Midwifery Karyn Bousfield welcomes the new resource.

“It makes sense for us to be using the same procedures across the South Island – it makes things a lot simpler in particular when teaching students or on the occasions when staff from other districts are working at the WCDHB. This will definitely improve patient safety outcomes,” Ms Bousfield says.



## Baby Friendly Hospital Initiative achieved

**Grey Base Hospital's McBrearty ward has earned a new trophy, and in doing so has been recognised as among the best baby-friendly hospitals in the world.**

New Zealand Breastfeeding Authority Executive Officer Julie Stufkens and Baby Friendly Hospital Initiative (BFHI) Coordinator Dianne Powley visited Greymouth recently to present a trophy and BFHI certificate.

At the ceremony, Julie acknowledged the huge effort put in by staff to achieve BFHI status. The World Health Organization initiative is carried out around the world, as part of their primary intervention strategy to improve breastfeeding.

BFHI-accredited hospitals are a long way ahead in terms of standard of care for babies and mothers, Julie said. This was the West Coast DHB's fourth accreditation.

Grey Westland General Manager Mark Newsome thanked Clinical Midwife Manager Chris Davey and the team. It had been a tough 12 months with a lack of staff, overheating problems and changes in the way staff work as a result of the Maternity Review.

"Maternity is one of our services that's really starting to fly," he said.



**McBrearty staff and self-employed midwives, from left:**

**Lian Pansino (LMC), Chris Davey, Dawn Kremers (LMC), Bev Sinnott (enrolled nurse/lactation consultant), Linda Monk (midwifery educator), Maja Rissel (LMC), Lesley Beckwith (registered nurse).**

### Draft West Coast DHB Strategic Disability Action Plan & Questionnaire

The drafts are available on both the DHB website and intranet – if you have a disability, or are involved in delivering care or supporting a person with a disability, take the time to give us your feedback.



**Julie Stufkens, Dianne Powley, Linda Monk**

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## Hokitika gets ready to get thru

*From Lesley Holmwood, Emergency Response Coordinator, West Coast DHB:*

**On Wednesday 29 April staff at the Hokitika Health Centre took part in an emergency preparedness and response exercise.**



This exercise forms part of a larger piece of work to strengthen the Hokitika Community's resilience and response to an event that may isolate the communities in and around Hokitika, disrupt normal health care delivery, or see a large number of casualties arriving at the Hokitika Health Centre.

This larger piece of work is a collaboration between agencies in Hokitika that includes the DHB, Civil Defence, South Island Alliance Planning Office, Emergency Services, Westland Medical Centre, Local Pharmacy and NGOs such as Red Cross and the SPCA.

Observers from Canterbury District Health Board and Civil Defence were present as 'patients' arrived, were triaged, treated and discharged from the Health Centre. The feedback from participants was both positive and constructive. Ideas and recommendations that came out of the exercise will now help consolidate and ratify the plan for the Health Centre in an emergency.

It's important the Hokitika Health Centre is prepared not only to care for the 'walking wounded' it is expected would arrive following an event, but also to be able to integrate the large number of staff who live in Hokitika and work in Greymouth into the response, as they may not be able to get to Greymouth. This was a great start to that work.



**Stand with us to stop bullying!**

[CLICK HERE](#) to read more.

**Friday 22<sup>nd</sup> May 2015**

[pinkshirtday.org.nz](http://pinkshirtday.org.nz)

TEXT PINK TO 2446 TO DONATE \$3 TO

Mental Health Foundation  
mauri tu, mauri ora

**SPEAK UP**  
Stand together  
**STOP BULLYING**  
PINK SHIRT DAY

## Barbara's flu story

**"I always have my flu jab and last year my husband was more vulnerable than usual after an operation, so he had it too – it's free to DHB staff and their spouses, so that's a great opportunity."**

Barbara and her husband Ash stopped off en route to her graduation at Massey University to visit family in New Plymouth. A three-year-old grandson had a mild dose of the flu.

Just days later, fortunately after the graduation, Barbara and Ash made it home but were bedridden for days "as sick as dogs". The couple had sore throats, runny noses, sore mouth, aching muscles and joints, earache and were pretty much unable to move for three or four days.

Immunisation Coordinator Betty Gilsenan says it may have been that the flu vaccine hadn't quite kicked in – it can take up to two weeks to be effective.

"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 because they have been vaccinated.

"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 our flu season," Betty says.

For Barbara, that doesn't mean she won't bother getting the flu shot this year.

"I've experienced the flu now and I never want to get it again. Thank goodness we had the shots, what would have happened if we hadn't?

"As a health professional, it's vital that we have our vaccinations. We're working with vulnerable people all the time, whether in the community, medical centres, aged care, with children, pregnant women – I think it's our professional responsibility."

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



Reefton Nurse Manager Barbara Smith



WEST COAST  
**HealthPathways**



**HealthPathways is continually being updated with new content localised for the West Coast. To keep up with the latest changes, make sure you subscribe to monthly updates:**

<http://wc.healthpathways.org.nz/13454.htm>

**Contact the West Coast Coordinator for the username and password to access the HealthPathways West Coast site (03) 768 1305.**

If anyone would like to submit West Coast resources to be included in HealthPathways, or would like to get involved in reviewing or localising the pathways contact Marie West, West Coast HealthPathways Coordinator, Phone DDI: 03 768 1305 Fax: 03 768 6184, [wc@healthpathways.org.nz](mailto:wc@healthpathways.org.nz)

## Changing their tunes ... using music to help challenged youngsters

**Making recognisable music is less important than the sense of wellbeing and opportunities for conversations brought about by playing with music for Heather Fletcher's clients.**

The registered music therapist uses music as a therapeutic medium to build relationships. Once the relationship is established, positive changes follow. Exactly what form that music-making might take depends on the individual needs of clients.

"We meet clients where they're at. Our clients (at Infant Child & Adolescent Mental Health Services (iCAMHS)) range in ages from newborns to 18 years old, and they present with a variety of issues," Heather says.

Issues include attachment problems, behavioural and psychiatric disorders including mood disorders, anxiety, ADHD and autism.

A typical session might start with improvisation. Heather makes a range of instruments available and clients don't need any musical ability, nor are they "taught" to play.

"We just play together and see what comes out of that. For some people, the therapeutic process happens in the music, for some we may play together and then talk," Heather says.

Clients with quite complex physical and/or intellectual disabilities, or on the autistic spectrum might have great difficulty communicating.

"Music therapy creates the potential for non-verbal communication, which in turn provides opportunities for making connections and helping young people realise their potential. Goals might be to facilitate engagement, improve communication, facilitating them to be in

control of something. For some clients, being able to control the music can have quite a profound impact, when so much is beyond their control."

Often Heather will work in schools with teachers and teacher aides, helping them to see what the young person is capable of, and also helping staff to identify what they can do to assist and support that young person.

She also works in adult mental health, and will sometimes be heard singing wartime tunes in Kahurangi, or making music with clients in Manaakitanga.

One of the challenges of being a music therapist from the UK, is learning the songs Kiwis have grown up with.

"One of the first songs my music therapy supervisor said I had to learn was Ten Guitars," she laughs.

Research into the benefits of music therapy has resulted in an ever increasing evidence base of its efficacy, not only in mental health, but in early childhood intervention, education, rehabilitation and palliative care. Heather has documented case studies to add to the understanding of its role in mental health settings, including writing a chapter entitled: Music therapy and collaboration in an infant, child and adolescent mental health service for a UK textbook *The arts therapist in the multidisciplinary setting*.

She is also published in the *New Zealand Journal of Music Therapy*, and regularly presents at conferences.



There are currently 65 registered music therapists in New Zealand. Heather is now the president of Music Therapy New Zealand, having previously chaired its Council.

Since starting with the West Coast DHB in August 2005, Heather has increased the amount of music she plays in her own time.

Heather runs the Waiata Koha community choir in Greymouth and plays fiddle and sings in The Brewery Hill Band.

For more information on music therapy, visit [www.musictherapy.org.nz](http://www.musictherapy.org.nz).

## Our Smokefree DHB

These photographs show cigarette butt litter from three areas near the main hospital building taken in March and April this year. That's a lot of smoking in a no-smoking precinct! Some of this is by staff, some by visitors, and some by patients.

### Why does it matter?

- Smoking is still a huge health issue - in fact, the biggest single contributor to preventable disease and premature death.
- New Zealand is in the middle of a campaign to be smokefree by 2025 (i.e. fewer than 5% of the adult population will still be smoking, down from the current 15% nation-wide, and 20% on the West Coast).
- The West Coast DHB formally endorses this goal, and has a very clear Smokefree Workplace policy, summarised as follows:

*\*In this DHB all buildings, vehicles and outdoor areas are smokefree – this includes privately-owned vehicles on DHB grounds*

*\*All staff are responsible for informing patients and visitors of the smokefree policy*



*\*Clinical staff are responsible for asking their patients about their smoking status. Patients who smoke are to be offered appropriate smokefree interventions, including NRT (nicotine replacement therapy) for symptom relief while they are in hospital [so they don't have to go outside for a smoke].*

"We have got better at meeting the tobacco health target (offering our patients help to quit smoking). Let's



get better at keeping the grounds smokefree," Smokefree Services Coordinator John Caygill says.

Contact John for more information at:

West Coast PHO  
Phone: 03 768 6182  
Fax: 03 768 6184  
[www.westcoastpho.org.nz](http://www.westcoastpho.org.nz)  
Top Floor, 163 Mackay Street  
P O Box 544, Greymouth, 7805

**Gerontology Nurse Specialist Helen Rzepecky and PHO health navigator Danielle Smith discuss "Conversations that Count" with Tony Fortune of Reefton, at Grey Base Hospital recently.**



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## Juulian Grimmshaw

### Hospital Orderly

#### What does your job involve?

Officially working in the boilerhouse and doing lawns and gardens.

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

I needed a job and happened to turn up here at the hospital and have been here ever since.

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

I like my bosses and like the people I work with and people who work here.

#### What are the challenging bits?

Having to change what I'm doing at short notice.

#### Who inspires you?

Creative types, especially musicians.

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

A biography of Andre Gide.



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

France. Bien Sur!

#### What's your ultimate Sunday?

In France enjoying the company of my French friends.

#### Fave food?

Fresh fish.

#### Fave music?

Sally Oldfield, The Kinks, Celestial "Spirit House" Miles Davis. The Grateful Dead. Steve Forbert. This list is endless really.

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

Got an excellent worker award from the company.

## Cave Creek remembered

**A commemoration service to mark the 20th anniversary of the Cave Creek tragedy was held last week in Greymouth.**

Thirteen Tai Poutini Polytechnic outdoor recreation students and a Department of Conservation officer died when a DoC viewing platform collapsed into a ravine in the Cave Creek area near Punakaiki on the West Coast on 28 April 1995. Four students survived the 30-metre fall.



## Special days...

### World Hand Hygiene Day - 5 May

To mark World Hand Hygiene Day, the West Coast DHB is running a fun word game competition. Visit the intranet to download an entry and drop it off or scan and email it to Julie Ritchie by **Tuesday 12 May** (you've got a week to complete the competition and enter)! Prizes are \$20 Countdown vouchers.

## West Coast leads project to reduce constipation

**A West Coast DHB group is leading national work to reduce constipation resulting from the prescription of opioid-based medicines following surgery.**

The West Coast Opioid Collaborative multidisciplinary group includes Pharmacist Consultant Nick Leach, Quality and Patient Safety Manager Paul Norton, anaesthetist Will McIlvaine, Resident Medical Officer (RMO) David Short, surgical nurse Stephanie McRae, and Clinical Nurse Manager Rosalie Waghorn.

Groups in DHBs around the country are tackling different issues, to look at ways of reducing harm from opioid use, and sharing information through the Health Quality and Safety Commission.

Project Lead Nick Leach says the group is looking at a number of measures to reduce constipation caused by opioid medication, such as the frequency of laxatives prescribed, the recording of bowel movements and the education of both clinical staff and patients about ways to prevent what can often be a debilitating post-operative complication.

HQSC representatives visited the West Coast last week to review work done to date and offer feedback.

Consumer feedback on project outcomes will be channelled through the West Coast DHB Consumer Council for comment during the course of the project.



**Back Row:** left to right Stephanie MacRae Registered Nurse Barclay Ward, Nick Leach Pharmacy Manager, Rosalie Waghorn Nurse Manager

**Front Row:** Dr Will McIlvaine Anaesthetist, Paul Norton QSPM

**Absent:** Dr David Short RMO Rural Academic Practice



HEALTH QUALITY & SAFETY  
COMMISSION NEW ZEALAND  
*Kōwhiri Taurangi Hauora o Aotearoa*



**The Health Quality & Safety Commission was established under the New Zealand Public Health & Disability Amendment Act 2010 to ensure all New Zealanders receive the best health and disability care within our available resources.**

PLEASE [CLICK HERE](#) TO READ THEIR LATEST NEWSLETTER.