

Stoptober could be a fresh start!

Unless you really want to do something, you can usually find all sorts of justifications for why you can't do it. Smoking is definitely one of those situations. We all know it's addictive, but should that be a reason for continuing? It's so important to understand the damage smoking does to you personally, to your families and friends, to your bank balance, to your future.



I would love it for the West Coast DHB staff to be right behind the upcoming Stoptober campaign. We want to offer some hope to smokers who choose to give quitting a go. Stopping could be the

start of something – smokers can picture themselves doing all sorts of things that they can't at the moment, because they don't have the breath, they don't have the money, they don't have the time.

There will be all sorts of reasons why people take up smoking and find it hard to give up. We have some excellent smoking cessation coordinators and resources on the Coast to refer people to. They have a number of tricks up their sleeves for getting smokers to start stopping and keeping them stopped.

In the latest health targets we again achieved the target for getting cessation advice to hospitalised smokers. Well done! We've still got some work to do in primary care. And we still have a



number of our own staff who are not getting the message.

Why not treat yourself and your patients to a better future, and get some advice and support?

Stopping could be the start of something good!

Take care.

David Meates
CEO



IDEAL way of working

Māori Health General Manager Gary Coghlan says the IDEAL way of working is very important when it comes to patient discharge planning.

"It's been proven that outcomes for patients improve vastly when we involve the patients in their own care. There's some great resources for the IDEAL methods linked from the poster on the intranet. I'd like to see every team incorporating this tool in patient care," he says.

Acting Nurse Manager Clinical Services Julie Lucas agrees.

"Print it off so you're using the checklist when you're talking with patients. Make sure you're using this tool. If you have any questions, come and see me or ring me," she says.

Contact Julie on ext 2690, or email Julie.lucas@westcoastdhb.health.nz if you would like Julie to come and talk about IDEAL with your team.



Sugary drinks to be removed

The West Coast DHB (along with all DHBs) wants to reduce obesity in our population. All DHBs have agreed to limit the availability of sugar-sweetened beverages sold through DHB premises.

We will stop selling all sugar-sweetened beverages in West Coast DHB cafes and vending machines **by 30 September 2015**.

To enable our food service provider Spotless to work toward achieving this date, stocks are now being decreased and not replenished. You should therefore expect to see some changes in the beverages sold in the coming weeks.

If you have any questions about the new policy, please contact Rachel Cadle, Support Services Manager, Rachel.cadle@westcoastdhb.health.nz or phone her on 03 337 8634.



Winners of the recent competition to design a poster to promote the IDEAL discharge planning tool, from left: Juliette Reese, Julie Lucas (handing out the prizes) and Michelle Rooney.



Update on Admin & Clerical workstream consultation

Recent facilities development, changing models of care and ways of working for the West Coast, provide an opportunity to reconsider how West Coast District Health Board (WCDHB) provides administrative and clerical support services. As support services that were previously independent can now be co-located, there are opportunities for shared services, and for different ways of delivering administrative support to operations.

WCDHB has formally commenced an engagement process with key stakeholders to identify future administrative and clerical support service needs, processes for delivering on those needs, and structures / roles to support delivery.

Currently the workstream is discussing the clinical models of care within the various service areas of the new facility and looking at how Administration and Clerical roles can best support these models of care.

Project manager Laura Aileone says the workstream sessions have provided very

useful feedback. Further sessions are scheduled on Thursday 17 September. Check the intranet for session times applicable to different areas.

Recommendations on administrative and clerical services will go to the Executive Management Team in November.

Any queries and/or feedback for Laura Aileone or Robbie Gerard should be directed to:

Karen Robb
karen.robbs@westcoastdhb.health.nz
Extn: 2830

IT transforms into ISG

Over the next couple of weeks you will notice that our IT (Information Technology) department is transforming into Information Services Group. The rebranding will bring the West Coast DHB into line with Canterbury.

In effect, the new Information Services Group will be offering a more integrated service, moving towards a joint West Coast-Canterbury team. This will mean transalpine support for information services which goes both ways.

From now on, instead of asking for ITHelp in an email request, you will need to lodge a request with ISGHelp. If you want to know more about the changes taking place in the Information Services Group, contact Chief Information Officer Miles Roper.

Brain Injury Seminar open to DHB staff

Christchurch-based Clinical Psychologist Dr Nina McLoughlin is holding a Brain Injury Seminar in Greymouth soon.

Supported by the Brain Injury Association, the seminar will be split into a session in the morning of Friday 2 October for individuals who have suffered a brain injury, their friends and families; and an afternoon session for professionals working with those who have experienced brain injury.

Dr McLoughlin has worked in a variety of settings engaging in assessment and rehabilitation, with individuals who have experienced brain injury, including inpatient and community based rehabilitation.

Both sessions are free, with donations towards costs gratefully accepted. To find out more or book, contact Sue Kelly on 027 839 1547 or 0800 272 461, admin@braininjury.org.nz

Calderdale Framework developed for West Coast DHB

The Calderdale Framework is currently being developed for use across the West Coast DHB, to enable skill delegation and sharing across professions.

Based on a UK programme, the Calderdale Framework provides a systematic method for reviewing skill mix and roles within a service to ensure quality and safety for patients. It enables patient-focused development of new roles and new ways of working, leading to improved efficiency in utilisation of roles. Using the framework leads to the development of a detailed competency training document, based on tasks and functions which are needed to deliver patient focused services. This provides the basis for work-based training, and reduces unjustifiable variations in care.

In charge of implementation, Clinical Manager Physiotherapy Janette Anderson and Clinical Manager Occupational Therapy Joy Aiton say Allied Health staff are currently identifying specific professional tasks to analyse whether they are discipline specific to physiotherapy or occupational therapy or if these tasks can be shared or

delegated across disciplines, or by an Allied Health assistant.

“It’s often a matter of competency training. What we’re aiming to do is to free up the registered staff to do the things that only they can do, and work with other staff to be upskilled to perform some of these other tasks. It’s about the best use of resources and breaking down silos,” Janette says.

While initially the project is focused on OT and physiotherapy in the Greymouth community, it will ultimately be opened up to all allied health areas across the West Coast.

For the patient, it will mean better use of their time, with fewer visits by different departments if a task can be completed by any one of several different health professionals.

Physiotherapist Sue Donaldson and OT Rachel Neame have been appointed project leaders and are currently

looking at the tasks and competencies required for each area. After training, the framework also means an increased level of confidence and competence in assistant staff. The staff have been carrying out the Calderdale Framework development on top of their usual roles, often in their own time.

“This is a great opportunity for Allied Health staff to work to the top end of their scope of practice for a more integrated and efficient service for the clients” Joy says.

With an upskilled workforce able to help each other, physiotherapists and OTs will be able to spend more time on preventative measures – “the bread and butter of allied health” Janette says.

The project plan should be ready for approval by October and the teams will have a year to implement the framework.

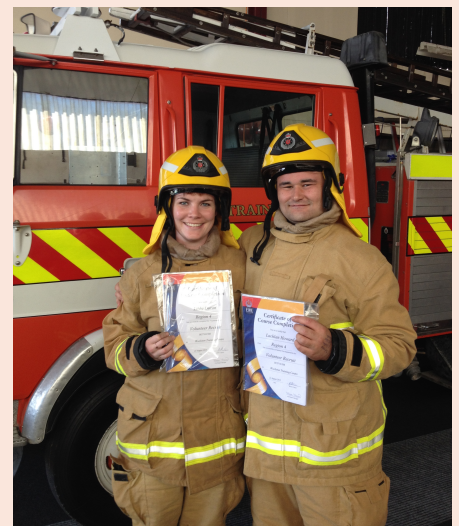
Become a firefighter!

Recently graduated Firefighter Doran encourages all to consider joining their local brigade, especially as the Coast struggles with numbers in smaller areas.

“There are roles for everyone with a brigade and physical strength is a barrier people often think they won’t pass - if I can do it anyone can!” Libby says.

“The training is exceptional and really empowering. The Fire Service equips you to deal with any situation; even if you feel apprehensive to begin with.”

Contact the regional Volunteer Support Officer (VSO), Crawford Morris, (Crawford.morris@fire.org.nz) to inquire about a brigade near you, or contact Libby Doran here at the DHB if you have any questions.



Firefighters Doran & Howard on completion of their recruit course.

Partnership in action: Secondment benefits both

When Registered Nurse Angela Orr was asked if she would consider a year's secondment to Poutini Waiora, she really didn't know anything about the Maori health provider.

Director of Nursing & Midwifery Karyn Bousfield and Clinical Services Strategic Nurse Manager Rosalie Waghorn approached the former Hannan Ward nurse after Poutini Waiora General Manager Moya Harrison-Beach proposed the idea of a secondment to Poutini Waiora.

Now a couple of months into the role, Angela is really enjoying working for the provider in a 'whānau ora' way.

"We don't just look at the medical situation of an individual, but what's happening with the whole whānau. And we're dealing with so many different health issues. I'm learning 'heaps'," she says.

Angela is realising she will be able to bring back to the DHB a much better understanding of the services offered by Poutini Waiora through the experience the secondment is providing.

"There's a broad range of health and social services blended into integrated family health. I will be working as a practice nurse at Grey Medical centre one day a week, which will help in whānau getting to know me. It also keeps my skills up. We are looking to run a clinic in our office in Albert Mall during the week where people can drop in. But mostly we work with people in their homes."

Moya says there are many challenges to being able to recruit the right fit for Poutini Waiora and in this instance a nursing position.

"Because Poutini Waiora is a Maori provider I look for staff who want to work in that space and who are willing to put aside their own views and allow a Maori lens to guide and support what they do. A benefit of the secondment is it helps break down barriers about what Poutini

Waiora is or what it might be like to work for. The opportunity of the secondment helps break down any silos that might exist, and supports the kaupapa of the Integrated Family Health Service," she says.

"Angela is experiencing whānau ora based care where our focus is on empowering Maori to be in control of their self care including health. We want to facilitate healthy and successful outcomes for our clients, by weaving those outcomes into our health targets. It is pivotal that Poutini Waiora has a lead role in reducing inequalities for Maori across Te Tai O Poutini," Moya says.

Recent food safety audit achieves 100%

The three West Coast District Health Board facilities in Greymouth, Westport and Reefton have achieved 100% in the annual external food safety audit.

During the early part of August the Food Services Teams took part in the annual audit, which includes a review of food safety controls, HACCP programmes, staff and management training outcomes and environmental hygiene.

Support Services Manager Rachel Cadle says the 100% score is very

rare, and no corrective actions were identified at any of the three facilities.

"Congratulations to Jeannie Bourke and her teams and thanks for their ongoing commitment to the provision of our food services," Rachel says.



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

[CLICK HERE](#) to read more.

New lease of life for Coast disability services

People with disabilities on the West Coast will be noticing a renewed vigour around the provision of services following a quiet couple of years.

The New Zealand Federation of Disability Information Centres has engaged former Lincolnshire man Russ Aiton to manage activities on the West Coast.

Russ started the position in Greymouth in July this year and his year-long contract includes reinstating operations and establishing relationships with key organisations for people with disabilities that attend a monthly network meeting; developing new products and services to meet identified gaps in the needs of the local community; and undertaking research into the provision of services throughout the West Coast via a mobile service.

Russ and wife Joy (West Coast DHB Occupational Therapy clinical manager) moved to New Zealand nine years ago from the UK.

His background includes Human Resources, Organisational Development, Project Management and his own business as an external auditor contracted to the Security Industry Authority.

In New Zealand (and now a NZ citizen), Russ has worked as Learning and Development Project Manager for



Russ Aiton

POWERCO in New Plymouth and more recently as a Management Consultant for NGOs in the Nelson and Marlborough regions.

What he immediately noticed on starting his West Coast role was loads of groups or organisations doing a good job, but in isolation.

Russ believes his plan to re-energise the second Tuesday monthly network meetings at Karoro Learning, 180 Tainui St, Greymouth will help to provide a more strategic direction for disability services on the Coast.

"We need to share what we're doing and take on board what other groups are doing," he says.

He would be very interested in hearing from DHB staff who might want to either come to present at the network meetings, or attend to listen to issues and concerns that arise.

The service will also be more aligned with the DHB's Disability Strategic Action Plan.

Russ is also setting up a West Coast Disability Resource Service website, www.wcdrs.org.nz/ and Facebook page.

For more information about the activities of the West Coast Disability Resource Service, contact Russ Aiton by email at manager@wcdrs.org.nz, or 021 141 2220.



Special days...
Deaf Awareness Week

21 – 27 September

Speech Language Therapy Service

Speech Language Therapy Awareness Week - Access for All

The focus “Access for All – *He waka eke noa*” aims to highlight the importance of access to Speech Language therapy services for all children and adults with communication difficulties – to support the development, restoration and/or facilitation of functional communication necessary for daily living.

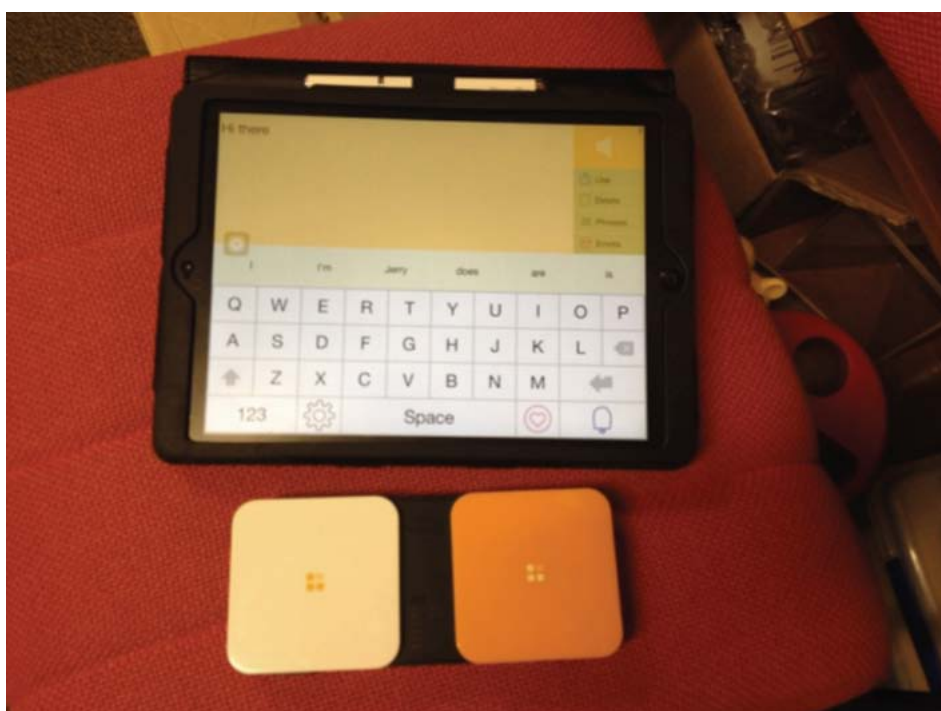
New Zealand has approximately 300,000 people affected by communication disability.

Communication difficulties may have acute onset, eg stroke, brain injury, or structural deficits following head and neck cancers, voice disorders, stuttering and/or progressive disease processes, eg motor neurone disease, Parkinsons Disease. Communicative function may also be significantly impaired due to developmental delays, autistic spectrum disorders, syndromes, intellectual disability, learning difficulties.

Some population groups, including people with mental health, dementia, intellectual disabilities, or in prison, often have minimal access to speech language services.

Speech Language Therapists provide assessment / interventions, to support people with speech, swallowing, language and communication needs. The West Coast District Health Board has two speech language therapists who provide services for the West Coast population - children and adults as inpatients, outpatients or in the community.

Speech Language Therapists Denise and Sally work with patients and their families to help them understand their communication difficulties, and understand and develop the techniques which will support communication. Many people with communication difficulties will need long-term support.



A recently acquired 'switch' device which supports access to iPad apps where a patient loses hand function as their health function deteriorates, as in some progressive diseases

Oral language skills underpin the development of reading, spelling and writing and also underpin success in so many areas of life – education, the workplace, relationships and positive wellbeing. Communication impairment often limits an individual's ability to express basic needs and their wishes regarding important decisions, to ask questions, voice opinions and feelings, explain their side of the story, and to make and maintain friendships.

People might not be able to find words because of language impairment, or be

unable to actually form the words due to muscle weakness or motor programming impairment. Understanding and making sense of what others are saying may be difficult when the receptive language centres of the brain are damaged. The ability to read and understand the written word and/or to write meaningful text may be impaired.

“Communication is normally an interaction between two people where both people have equal ability to converse. When one person can no longer communicate because of

CEUpdate

21 September 2015



...continued from overleaf

language impairment, communication partners must take a greater role in facilitating the communicative interaction, i.e. what was a workload of 50/50 is now perhaps 20/80," Denise says.

Communication loss can be very frightening and frustrating for patients and their families. The inability to communicate effectively is extremely disempowering.

Speech Language Therapists will work to support functional communication, which might include low-tech picture/ word charts including pain and toilet charts, use of a whiteboard, gestures, etc, to support communication of basic

needs. Some patients will be able to use more high-tech systems such as iPads and communication apps. These are more appropriate for patients who have motor speech problems but are still able to formulate language. Other patients may benefit from a more direct therapy approach aiming at restoring language structure, i.e. relearning sentence structure, word finding, reading and writing.

"Our Speech Language Therapy service uses current technology in various ways with patients, many of whom are very keen to use iPad, tablet, or smart phone technology to enable written or picture based communication - if their

verbal communication function is lost. In addition an increasing range of therapy apps allow greater options for people to practice independently to follow up therapy programmes," she says.

A recently acquired 'switch' device which supports access to iPad apps where a patient loses hand function as their health function deteriorates, as in some progressive diseases.

If you have patients that need assistance with communication, please contact Denise on ext 2771 or Sally on ext 2686 to discuss.



CEUpdate

21 September 2015



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

CERVICAL SCREENING

The Best Not Nice Thing YOU CAN DO

Did you know New Zealand has one of the best screening programmes in the world? Since 1990 the number of women who die from cervical cancer has dropped by 60%. Are you due for a smear?

Best you book an appointment now. Call 0800 729 729.

facebook.com/nationalscreeningunit

 National Screening Unit

GREEN PRESCRIPTION

Green Prescription Update

What sort of physical activities can Green Prescription patients do when they are referred to the programme?

8 sessions at Gym – one session per week, either on a Monday or Wednesday. This is a circuit programme using a variety of exercise machines. This is not available for rescripts.

Individualised Programmes – clients have exercise equipment at home and need an exercise programme to get them motivated to use their equipment, or people may be prescribed an independent activity plan such as walking, cycling, tai chi etc. This may include joining with other existing community activity groups they are interested in, or a combination of activities that suits them.

Home Based Programmes – clients may be home based and can't get to a facility to exercise. These programmes are designed to be done in the home.

Free Pool Pass for Diabetics – a PHO initiative for diabetics. They have the option of 10 free swims on this pass.

Support Person Programme – this programme is run by GRx graduate volunteers. A lot of people need support to exercise. This programme provides that support in a variety of different activities. These include walking, aqua-jogging, cycling, croquet and a gym circuit.

'Be-Active' Programme (Community Based) – This aims to get people familiar with community activity providers for example: Aquatic Centre, gyms, bowls, and Tai Chi, hopefully they find something they enjoy and continue with that exercise.

'Have a Go' Sessions

These sessions are designed to introduce people to different physical activities, to see if it is something they may enjoy and continue with.

Thank you for your support.
nik.cumming@westcoastpho.org.nz

Rongoā Kākāriki
**GREEN
PRESCRIPTION**

West Coast
Primary Health



Introducing Nik Cumming our new GRx Coordinator

Nik has a Bachelor degree in Sport and Exercise with a Major in Exercise Prescription and Training. He is an avid sportsman, with interests in rugby and cricket and is currently in the West Coast rep side for rugby.

Nik will be visiting practices, health providers and stakeholders over the next month to introduce himself and provide a GRx update.

We are excited to offer the **"GRx Plus"** Nutrition Programme to Green Prescription clients who require exercise and dietary advice. The programme is facilitated by a qualified Dietician.

Entry Criteria:

- ✓ Must have a GRx referral and meet that criteria to be able to do the GRx Plus programme

Or

- ✓ Have a General Practice referral for clients who are:
 - Pre-diabetic
 - Diabetic
 - Need weight reduction (BMI > 30)
 - High cardiovascular risk

Please refer through: General Practices » ERMS
WCDHB » HealthPathways » Lifestyle & Preventative Care » GRx

CEUpdate

21 September 2015



Lifestyle Ambassador Awards 2015

\$150 to be won in each region



Do you know someone who deserves to win the West Coast Lifestyle Ambassador Award for 2015?

Ideal nominees will have made significant lifestyle changes and/or positively influenced other.



Nominees should also live a healthy lifestyle i.e

- * ♦ exercise regularly
- ♦ be smoke free
- ♦ eat healthily
- ♦ manages stress well
- ♦ encourages others to follow good healthy options

As the nominator, please write a paragraph or two on why you think this person should receive this award.



Nominate by contacting:

Anne Hines

P.O Box 544, Greymouth, 7805

(03) 768 6182

anne.hines@westcoastpho.org.nz

Nominations closes Friday 9th October at 5pm.



MALNUTRITION

THE SKELETON IN THE HOSPITAL'S CLOSET

ADULTS ARE MALNOURISHED WHEN:

- BMI is less than 18.5kg/m²
- Unintentional weight loss >5%

CHILDREN ARE MALNOURISHED WHEN:

- Weight loss or lack of weight gain is observed



MALNOURISHED
PATIENTS REQUIRE
A FIVE DAY
LONGER STAY

5 DAYS

BEING
OVERWEIGHT AND
OBESE CAN MASK
MALNUTRITION



OVERWEIGHT



READMISSION

MALNOURISHED PATIENTS HAVE
A HIGHER READMISSION RATE

MALNUTRITION

FALTERING GROWTH

CHILDREN REQUIRING
HOSPITAL ADMISSION
HAVE HIGHER RATES
OF MALNUTRITION

CHILDREN

41% OF
PATIENTS IN
THIS HOSPITAL
ARE AT RISK OF
MALNUTRITION



41%

32%

32% OF PATIENTS IN THIS
HOSPITAL ARE MALNOURISHED



West Coast District Health Board
Te Poari Hauorua a Rohe o Tai Poutini

MALNUTRITION (NOT) JUST A THIRD WORLD PROBLEM

GIVE exhibition

in support of Mental Health Awareness



Opening at the Left Bank Art Gallery

1 Tainui St Greymouth - 18th Sept to 17th Oct

gallery hours: Tuesday to Friday 12 to 4:30pm - Saturday 11am to 2pm

If you would like to display **YOUR** Artwork at this Exhibition, please contact any of these options for Registration forms and more details
giveartexhibition@gmail.com or ph 03 7686802

leftbank@paradise.net.nz or visit www.leftbankarts.org.nz and look for Up and Coming Events

All examples of art are welcome:

Sculpture, Painting, Drawing, 3D, Jewellery, Carving, Weaving, etc

"So let's showcase our diverse community talent."

CEUpdate

21 September 2015



West Coast Health Shuttle Service

A St John Health Shuttle service is available in your community to provide transport to health related appointments within the Greymouth/Hokitika area.

The service operates Monday to Friday. Bookings are required by 12noon the day prior to transport.

This service is run by volunteers. We accept donations for Health Shuttle transport to help cover costs as we do not charge a fee.

For more information or to make a booking, please contact

0800 009 865 between 9am and 3pm

Working Together



ASB



St John
Here for Life