

CEUpdate

16 March 2016



It's amazing how supportive the community can be in terms of health initiatives. I know several staff headed down to Rugby Park in Greymouth recently to support the Parfitt Kids fundraiser and Guinness Book of Records High Five attempt. We understand more than \$8000 was raised on the day, to split between about eight local charities. It was a real community event, with hundreds and hundreds of school children, mums, dads, workers and businesses pitching in.

Everyone on the coast is passionate about seeing our new Grey Base Hospital and Integrated Family Health Centre, and Buller IFHC come to life. There has been a lot of comment and discussion regarding when these facilities will be underway. It has been great to hear the Minister of Health confirm that the new Grey facility will be underway. This is critical in terms of providing certainty for both the population and those that are involved in the provision of health services. It is important that the focus for all of us remains on how we

continue to ensure that we are shaping how services meet the future needs of the community. We have had a team in Greymouth doing some underground mapping of services, workstreams are still looking at how to work best in our new facilities, and there's plenty of other back-room design and planning activities still taking place. I want to reassure you that the exec team and board members are working hard to ensure these builds happen as soon as possible.

It's March already, and that means flu season is just around the corner. There's some very good new material available explaining the many myths and misconceptions around flu immunisations. My advice? Get immunised! Protect yourself and protect our patients. We would not be recommending any course of action that we did not ultimately believe in. Yes, some immunised people do get sick anyway – generally they have picked up a different strain of influenza, but we believe they would be a lot sicker

without the immunisation. It doesn't matter if you're fit and healthy, you still need to have an influenza immunisation every year – as the vaccine 'recipe' changes each year to match the strains of influenza we expect to see circulating in the community. Immunisation is free for all West Coast DHB staff, this year the West Coast has the quadrivalent immunisation (four strains), the same as the Canterbury DHB staff. Your spouses and contractors are also eligible for free immunisations. Look out for details of immunisations coming up soon. Influenza. Don't Get it. Don't Give it.

Take care.

David Meates
CEO



Dry July supports chemo patients & families

After two months of chemotherapy treatment, Lois Walton is in a good position to be able to rate the new chairs purchased with last year's Dry July funding.

"They're very, very comfortable, mould your body, are easy to adjust, and you can put your feet up. It can make the chemo process a lot easier while you're sitting there."

Other items purchased include a daily subscription to The Press, toys, and an information stand with brochures and flyers about health services and support available on the West Coast and in Canterbury.



Oncology Nurse Bernadette Burrell and patient Lois Walton check out one of the new chairs funded by Dry July.



High Five for Parfitt Kids!

The West Coast turned on the weather and about 14 Greymouth schools supported a recent Guinness Book of Records attempt to create the longest continuous High Five, to raise money for Parfitt Kids and a number of other local charities. DHB staff got out and supported the event!



Oncology Nurse Mary Marr sets out the new coffee station.

Beware of malicious files

A number of hospitals in Germany have fallen prey to ransomware, disrupting core healthcare services and internal systems.

According to German publication Deutsche Welle, several German hospitals, including the Lukas Hospital in Neuss and the Klinikum Arnsberg hospital in North Rhine-Westphalia have become victims of ransomware.

Germany isn't the only hospital impacted. Closer to home Wanganui DHB was also hit by a ransomware virus.

Ransomware is a virulent and particularly nasty breed of malware which is not content with surveillance or data theft. Once a machine is infected - usually through downloading and opening malicious files - the malicious code locks down systems and encrypts files. Once files are encrypted they cannot be opened. If the West Coast DHB was infected by a malware such as Cryptolocker, anything you have permission to write to would be encrypted, including on Y:\ your Home folder, word documents, pictures, excel spreadsheets etc. Once encrypted the only way to get the files back is to restore the information via a backup, or pay a ransom to the criminals who created the malware.

If the West Coast DHB was infected, it could quickly spread throughout the organisation and would effectively bring

most electronic work to a halt, potentially creating weeks of downtime.

West Coast DHB Chief Information Officer Miles Roper says even with the DHB's antivirus system, we are still not 100% safe.

"This is a serious threat and we all need to be vigilant in how we deal with things such as email spam."

Some DON'TS:

- Don't click on links within emails which purport to ask you to update details, inform you that your account has expired, banking informational updates, emails asking you to release spam, etc... Especially don't click on the links just to see what happens.
- Don't bring a personally-owned Portable Data Storage device to work.
- Don't browse disreputable websites while at work, even during lunchtimes or breaks.
- It is highly preferable that any work done for the West Coast DHB is done on DHB-owned equipment, unless done via Citrix. Citrix creates a virtual environment so even if your home PC



has malware or a virus it can't infect our systems. It is however possible for keystrokes and passwords to be recorded, hence why it is important for any staff using personal devices and Citrix to have supported and modern antivirus software. The West Coast DHB will be implementing 2 factor authentication for all remote Citrix users in 2016 to further mitigate this risk.

Some DOs:

- Do contact ISG immediately if you suspect in any way that a malware has infected WCDHB systems.
- Do read the WCDHB ISG policies and procedures. The portable device, email and internet policy and procedures are the most relevant.



Special days ...

Easter

25 – 28 March 2016



“Don’t talk to the nurse in the yellow vest”

As you walk past the entrances to Morice or Barclay Wards you may notice a nurse or in some cases two nurses getting around the ward in a yellow fluorescent vest.

What are they doing? And what is this vest all about?

If you choose to investigate further you will notice that there is writing on the vest.

STOP Medications Do Not Disturb

These vests were introduced into the clinical areas of WCDHB in 2014.

A physician at that time, a member of the Medication Safety Committee, Dr Barbara Weckler, presented the committee with information around research related to medication errors.

“The risk of any medication error increases by 12.5% with each interruption. The risk of HARMFUL medication error is DOUBLED when nurses are interrupted 4 times during a single drug administration and TRIPLED when interrupted 6 times. Thus distractions have major consequences in healthcare by causing medication errors.”

Dr Weckler even included an amusing story. “A nurse who had measured a dose of liquid chloral hydrate into a cup was interrupted by a pharmacist on her way to the patient’s room. The conversation was social, and the nurse – who often had a cup of coffee in her hand – absentmindedly drank the medication, as if taking a sip of coffee!” The nurse needed to be driven home. (this did not happen at WCDHB)

Dr Weckler also drew the committees attention to “Safe Practice Recommendations” that were thought to



Pip Bull readies chemotherapy medications in the Grey Base Hospital pharmacy.

reduce the incidence of such interruptions.

The committee agreed to introduce one of these “Safe Practice Recommendations” into the clinical areas at WCDHB and so with the endorsement of the Senior Nurses group, “Yellow Vests” were introduced in February 2014, along with a memo outlining the rationale behind the use of the vests.

This memo also reported findings from a local audit, “During a medication audit at Grey Hospital last year (2013) it was noted that interruptions were observed to occur in 51% of all audit events with 45% of these interruptions caused by nurses themselves.”



**Welcome to the newsletter
for the South Island
Workforce Development
Hub Update from the
South Island Alliance.**

[CLICK HERE](#) to read more.

Protect yourself, your colleagues, your patients:

As a healthcare worker you are more likely to be exposed to the influenza viruses, and therefore at greater risk of becoming infected.

Studies demonstrate that annual influenza vaccination for healthcare workers is likely to reduce illness among the patients they care for. Front line healthcare workers have a responsibility to protect vulnerable patients from the serious health threat of influenza.

Relying on patients being vaccinated for their personal protection is not enough, as many vulnerable people may have a poor immune response to the vaccine.

Please don't bring it to work!

By encouraging your teams to immunise against influenza you lessen the

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

chance of it being spread around the workplace possibly leading to significant staff shortages.



The first intake of Nurse Entry to Practice (NETP) and Specialty Practice (NESP), from left to right:

- Eva Berther-Lindmeier (NESP, IPU/Community Mental Health)
- Harsh Thind (NETP, Dementia Services)
- Kirsty Burnett (NETP, District Nursing Greymouth Community Services)
- Olivia Kelly (NETP, District Nursing/Public Health Nursing Hokitika Health Centre)
- Nicole Doolan (NETP, District Nursing/Practice Nursing Reefton Health)
- Kimberly Baker (NETP, Surgical/Medical)
- Helen Pilcher (NETP, Medical/Surgical)

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Mark Davies

Victims Advisor Ministry of Justice – Greymouth & Westport High, District and Youth Courts

West Coast District Health Board Consumer Council member

What does your job involve?

Supporting Victims of crime through the adult and youth court process, advocating for victims in terms of their financial, emotional, mental needs. Victim Impact statements, different victim memos to the Judge, education & safety of victims at court. Liaison with other government agencies and NGOs on the victim's behalf.

Why do you choose to work in this field?

I have a background in social type work, grief counselling, mental health support work, welfare work with veterans of conflict (being one myself) and community policing. So my training and work experience equips me well to my job.



Lucky I threw the game.

What do you love about what you do?

Great team to work with and a supportive employer. When some victims and their affected whānau start recovering after the crimes against them, and being a part of that support for them to achieve this.

What are the challenging bits?

Crime affects people, families, and children in many different ways. Some of the offences committed on people are horrendous and can take a long time for them to recover. I have to be very good at my work to support these people, especially when they have to attend court to give evidence, which can sometimes be very stressful and scary for them.

Who inspires you?

My wife Sarah, our 4 children and whānau

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

New Book called *Bearskins, Bayonets & Body Armour, The History of the Welsh Guards 1915-2015*. Whom I served with as a soldier.

Movie: *The Theory of Everything*, Stephen Hawkins

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

Welcome Flats hot pools Fox.

What's your ultimate Sunday?

Lie in, cooked breakfast, sitting in the garden on a warm sunny day drinking a chilled Monteiths original.

Fave food?

Roast Dinner

Fave music?

U2, George Harrison, Travelling Wilburys, Mark Knopfler

Ever won an award or a medal?

NZ Red Cross Emergency Management medal, Northern Ireland & Falklands war medals, Cold war medal, NZ Defence Force medal.

If you would like to take part in this column or would like to nominate someone please contact lee.harris@westcoastdhb.health.nz.

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



#dawn 4 diabetes

WORLD HEALTH DAY
Thursday 7 April

Show the world we're taking action to beat diabetes

Rise early on 7 April and take a group photo at your local landmark
to share on social media with hashtag **#dawn4diabetes**



YOUR LOCAL EVENT:

PROUDLY ACTIVATED BY  fitbit

Raise awareness in our communities about the need for
healthy lifestyle choices to prevent and manage cases of diabetes



Stop Smoking Training

The Heart Foundation Stop Smoking Team have a new evidence-based online training available. The training is designed to equip health sector staff with the required knowledge and skills to effectively promote smoking cessation.

The course offers participants the opportunity to develop a sound understanding of tobacco use, including tobacco control, prevalence, and inequalities within a New Zealand context, the disease burden of smoking related illnesses, and how to have a motivational conversation with people who smoke tobacco.

The time taken to work through each module varies between 30 to 60 minutes. To register for the training go to: learn.heartfoundation.org.nz

On completion of the online modules and passing a short knowledge test participants are eligible to attend a face-to-face motivational skills workshop (see details below).

At the completion of the face to face skills workshop, participants will be able to:

- Motivate people to access stop smoking support
- Identify local community support services and resources in their local area

Tuesday, 3rd May 2016
8.30 am - 12.30 pm

Venue: West Coast PHO (top floor, Speight's Alehouse, 163 Mackay St, Greymouth)
ph (03) 768-6182.

Dr Mark Wallace -Bell will be the facilitator.

Queries to John Caygill - john.caygill@westcoastpho.org.nz
or Heart Foundation Stop Smoking Training Coordinator,
stopsmoking@heartfoundation.org.nz

Visit us online at ...

www.heartfoundation.org.nz



SHANTYTOWN SPECTACULAR FASHION SHOW

Saturday 7th May
7.30pm



Cancer
Society

Spot Prizes
Raffles
Auction
Quiz
Nibbles

\$40/person
Tables of 10

Tickets available
from the
Cancer Society
98 High St
Greymouth
Ph: 768 9557

E: jenny.kenning@cancercwc.org.nz

Annah Stretton

Into Jeans

Westside
SURF & STREET