



Immunisation week was last week and the focus was on the beginning of life's journey - 'Protecting baby begins at pregnancy'.

Immunisation is a lifelong commitment, starting with pregnant women, through childhood and into our later years.

Immunisation for pregnant women is free and helps protect the baby from the serious effects of whooping cough (pertussis) and influenza. In fact, pregnant women are five times more likely to be admitted to hospital when suffering from influenza-related complications than women who are not pregnant. Immunisation against whooping cough during pregnancy protects nine out of 10 babies in their first few weeks of life, until they are fully immunised.

It's really important to immunise on time, every time, so enrolling babies with a

general practice team as soon as they are born helps them get the timely care they need.

The week also highlights the role of all health professionals working with new and expectant parents - midwives, practice nurses, general practice teams and hospital staff. It's no coincidence that the timing of Immunisation Week was chosen to coincide with International Midwives Day (5 May) and just a few days before International Nurses Day (12 May).

And to round things off, it was World Hand Hygiene Day on Thursday 5 May. You know the drill. Let's keep ourselves and our patients safe!

So far around 38% of the DHB staff have had their free flu vaccination at work. This is a reasonable start to our staff flu vaccination programme but I think we can and should do much better. If you haven't had a chance to get yours, check out clinic times on the intranet. It's our collective responsibility as health professionals to take all reasonable measures to provide the safest environment possible for our patients. Having your annual flu immunisation is an easy way to do this. It's still your best protection against the influenza virus. If you're not convinced, take a look at this clip from the news recently, where Northland DHB's medical officer of health busts some flu myths.

Take care.

David Meates
CEO

Detour Mingha Bluff, near Arthur's Pass

A short detour is still in place on State Highway 73, the Arthur's Pass route between the West Coast and Canterbury, so ensure you leave extra time for your journeys.

The detour is at Mingha Bluff, east of Arthur's Pass township, where the NZ Transport Agency is realigning the road for improved safety and visibility. The detour will take the road over the railway line to the north for about 500 metres. The one-lane detour will be controlled with temporary traffic lights.

"When a train is on the track, gates and other safety measures will be used to ensure no one is on the road detour," said Colin Knaggs, Transport Agency Highway Manager. "This detour may cause delays of up to 10 minutes when a train is passing through, but delays will be short at other times. This same detour was used in January this year successfully."

The detour will allow the Transport Agency's crew to safely complete sections of the retaining wall around the bluff.



Enrolled nurses play an important role

West Coast NZNO enrolled nurse delegate Bernie Morgan is passionate about the role that ENs play in a DHB.

"The enrolled nurse is an integral part of any healthcare delivery team. We're at the bedside, we're there to assist, we have the knowledge to jump in and help as directed and delegated by registered nurses," Bernie says.

The voluntary delegate role can sometimes take about nine hours of her own time each week, and there are many meetings.

As well as her West Coast role, Bernie is the secretary and in charge of membership for the NZNO enrolled nurse section. She firmly believes it is up to each EN to work on their own education and make sure it's always current. And it's important that all ENs understand

what their scope entails and are aware of their boundaries.

Bernie has been involved in discussions about the West Coast's new model of care and is ensuring the proper change processes are being undertaken around that.

"What's important is that there continues to be recognition of the importance of the enrolled nurse. I'll continue to push for that and support my colleagues to be the best nurses they can be."

Bernie will be attending the Enrolled Nurses Conference in Marlborough this June and wants to encourage other ENs to attend. The conference features all sorts of educational opportunities and



Bernie Morgan

presentations by ENs and culminates on National Enrolled Nurse Day on 30 June.

For more information, contact Bernie.morgan@westcoastdhb.health.nz

GP happy to settle down

From the wilds of a Papua New Guinean island to Westport is a major change of scenery, but GP Tim Fletcher is happy to be permanently based in Buller now.

Tim has had a long and varied career, including 30 years as a Rotorua GP. After training in tropical medicine in Liverpool, he spent a couple of years based on New Britain, the largest island in Papua New Guinea's Bismarck Archipelago.

Working on hospital-based medicine for Volunteer Service Abroad was "thoroughly enjoyable" he says of his stint there. But after a couple of years it was time to return to New Zealand.

Tim filled in as a locum in South Westland for just over four months working alongside long-term GP Martin London and again after he left. While he liked the access to the outdoors

that position afforded, he was lured to the Westport job on the suggestion of fellow GP Greville Wood.

"I came up to locum for a month in July/August last year to look at it, and decided it would be a good position for several reasons.

"When I came back from Papua New Guinea I didn't want to do city general practice. I liked the challenge that rural general practice offers and I wanted the continuity of care which a general practice gives. Westport ticked all the boxes."

Tim was looking forward to the variety of work which included

spending part of his time working in the Foote emergency ward.

While he will be working full time, he is also looking forward to tramping and cycling in the surrounding countryside.

"And I'm looking forward to getting to know my patients. That's one of the best things about general practice."



Tim Fletcher

New Associate Director Allied Health

Jane George is quick to establish her Coast credentials, even though she has never actually lived or worked here before being appointed Associate Director Allied Health.

Daughter of a Buller girl and Central Otago boy, Jane's connections with the Coast and the DHB are pretty strong. Her mother Noeline Tippen started nursing at 16. Jane grew up in Christchurch and Karamea, after her police officer dad almost got posted there.

Early on, Jane trained as an ambulance officer, and then after about 10 years retrained as a social worker.

"I guess I was honouring my parents and the philosophies we were raised with, looking after people, having a social conscience," she says.

Her miner grandfather emigrated from Scotland when he was 12. So when Jane decided to do her OE, she reversed his steps and headed to the UK for about eight years. It was the Canterbury earthquakes that brought her home, as Jane was keen to pitch in to help fix the broken district and its residents.

Back in Christchurch, Jane managed community based services for young people and their families, along with support for DHB staff, working for Richmond NZ, now Emerge Aotearoa.

She completed her masters thesis at the same time, looking at community-



New Associate Director Allied Health Jane George was welcomed with a mihi last month. Pictured are West Coast DHB Director of Nursing and Midwifery Karyn Bousfield, Head of Physiotherapy Janette Anderson, Jane, Planning & Funding Team Leader Phil Wheble, Acting Operations Manager Mental Health Mal Robson, and Executive Director Allied Health Stella Ward.

based navigation services to support people who frequently attend emergency departments.

Her most recent role was with the Canterbury District Health Board as clinical team leader, Women's and Child Health, in the hospital social work services team.

Hearing Grey / Westland General Manager Mark Newsome speak at a couple of events, Jane decided she wanted to on board the West Coast DHB waka and when the Associate Director role came up, that was her chance to jump.

She's bringing a whole wealth of experience from her many different workplaces.

"One of the things I loved when I worked at Richmond was the multi-disciplinary stuff, that the whole is greater than the sum of its parts. Though I'm very proud to be a social worker, it's just part of the solution. If ever there was a place where collaboration and connectedness matter lots, it's in a rural setting like the West Coast."

Jane describes the West Coast as "gorgeous" and likes that she is close enough to Christchurch to stay connected with family and friends.

She has joined yoga and wine clubs. And acknowledging her dislike of public speaking, she decided to do something about it and has joined Toastmasters.

Reaching out in communities on the Coast presents a few challenges. The reach of technology is patchier than in other parts of the country. There are still people without cars or mobile phones or computers at home. Jane is keen to work with communities to find solutions that will help people be able to be well at home or as close to home as they can.

"Communities have the answers long before we do, they just articulate them differently. We need to be open to new ideas so we can work together.

"There are already very capable managers throughout Allied Health on the Coast. I'm not here to tell people how to do things. I'm here to help grow the vision and make it real."



Jane George

One minute ... Over the Hill

Jan Ipenburg – Clinical Nurse Specialist Rheumatology

What does your job involve?

Supporting people with rheumatological conditions through nurse clinics and a telephone advice line. I develop protocols and support nursing staff in the Medical Day Unit when our patients come in for infusions. I work in Christchurch and once a month travel to Greymouth to run nurse clinics.

Why do you choose to work in this field?

I enjoy working with people with chronic conditions, getting to know them and working out ways to help them manage their condition.

What do you love about what you do?

The fact that I can develop the role in response to the changing needs of patients.

What are the challenging bits?

Constant problem-solving and sometimes accepting that I can't do anything more to help

Who inspires you?

The patients I work with – they are inspiring in what they put up with, still with a smile on their face; and the team that I work with.



Jan Ipenburg

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

I was off sick last week so watched a few old movies, The Devil wears Prada, Miss Congeniality and Avatar.

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

At our section in Picton, putting the boat in the water and going fishing for cod.

What's your ultimate Sunday?

Out fishing at lake Sumner

Fave food?

I have to admit to a sweet tooth, ginger biscuits.

Fave music?

Easy listening, variety of artists

Ever won an award or a medal?

Came 3rd in a duathlon once

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



eCALD®

Supporting the health workforce
to develop CALD Cultural Competence

CLICK HERE to read eCALD® 6th Special News Edition. In this edition you can find out more about Benzodiazepine Misuse in the Asian population, the Cross-Cultural Resource for Health Practitioners working with CALD clients, and the Toolkit for Staff Working in Culturally Diverse Health Environment.

New interactive hospital dashboards available

Collaboration with Canterbury DHB's decision support has enabled new data tools for hospital service managers on the West Coast.

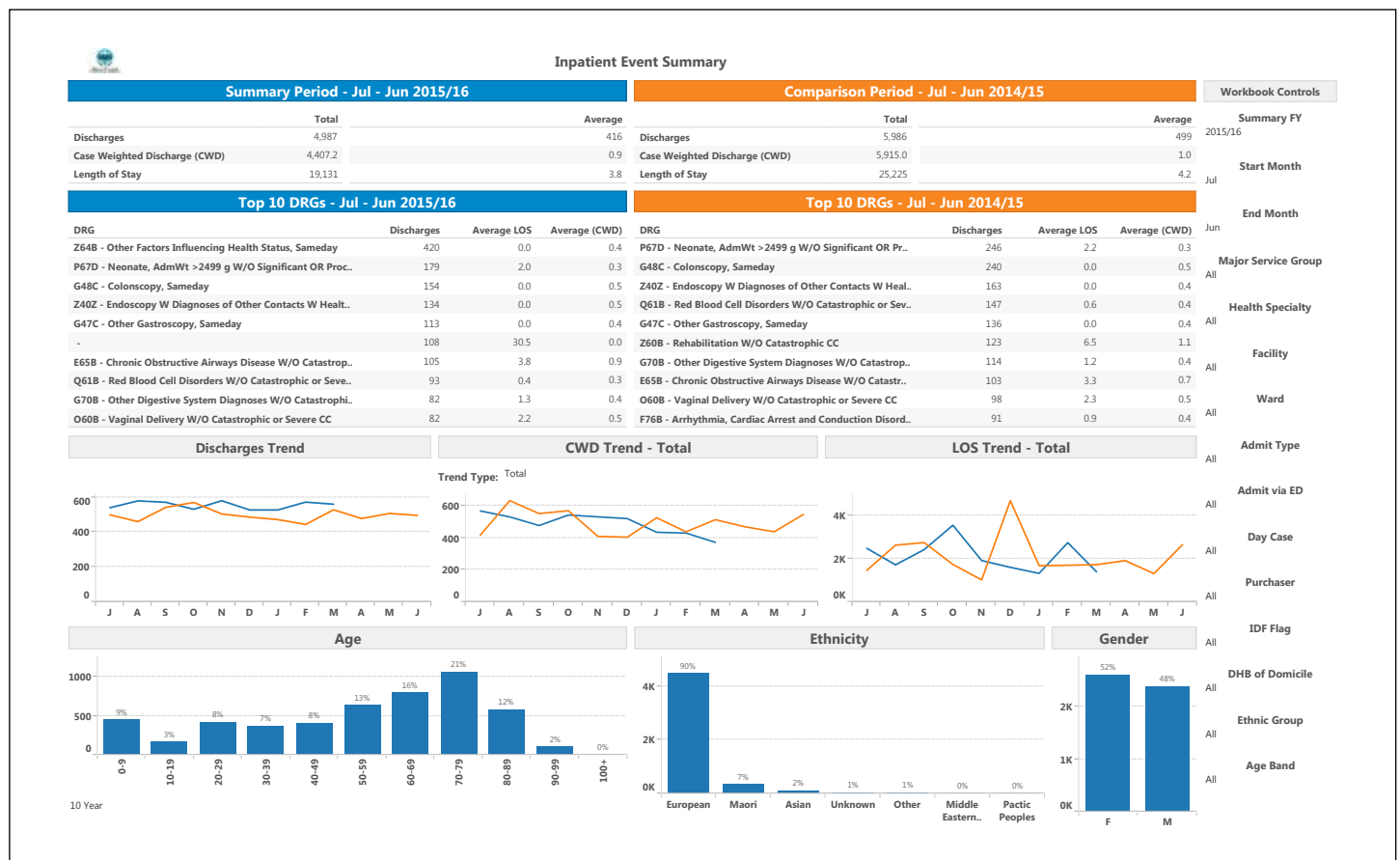
The series includes a dashboard each for inpatients and emergency activity, as well as hospital capacity viewable at a glance in a bar chart format and, an image showing where patients are in the ED.

Planning and Funding Team Leader Phil Wheble says feedback so far has been positive with the tool giving "very convenient" access to data and enabling integrated planning.

"It has merged many reports into one, without having to go into IPM and load individual reports. It also is highly interactive, allowing you to filter, sort and delve into the data at the click of a button. This saves a lot of time, makes it much easier to see trends, is self-servicing with the user in control, and means trends and relationships can be compared with one easy click," he says.

The DHB will increase the use of such dashboards, eventually displaying them on large screens throughout the hospital.

The new dashboards can be accessed by anyone on Citrix through the intranet: Documents > Transalpine reports (shared reports) > General reports

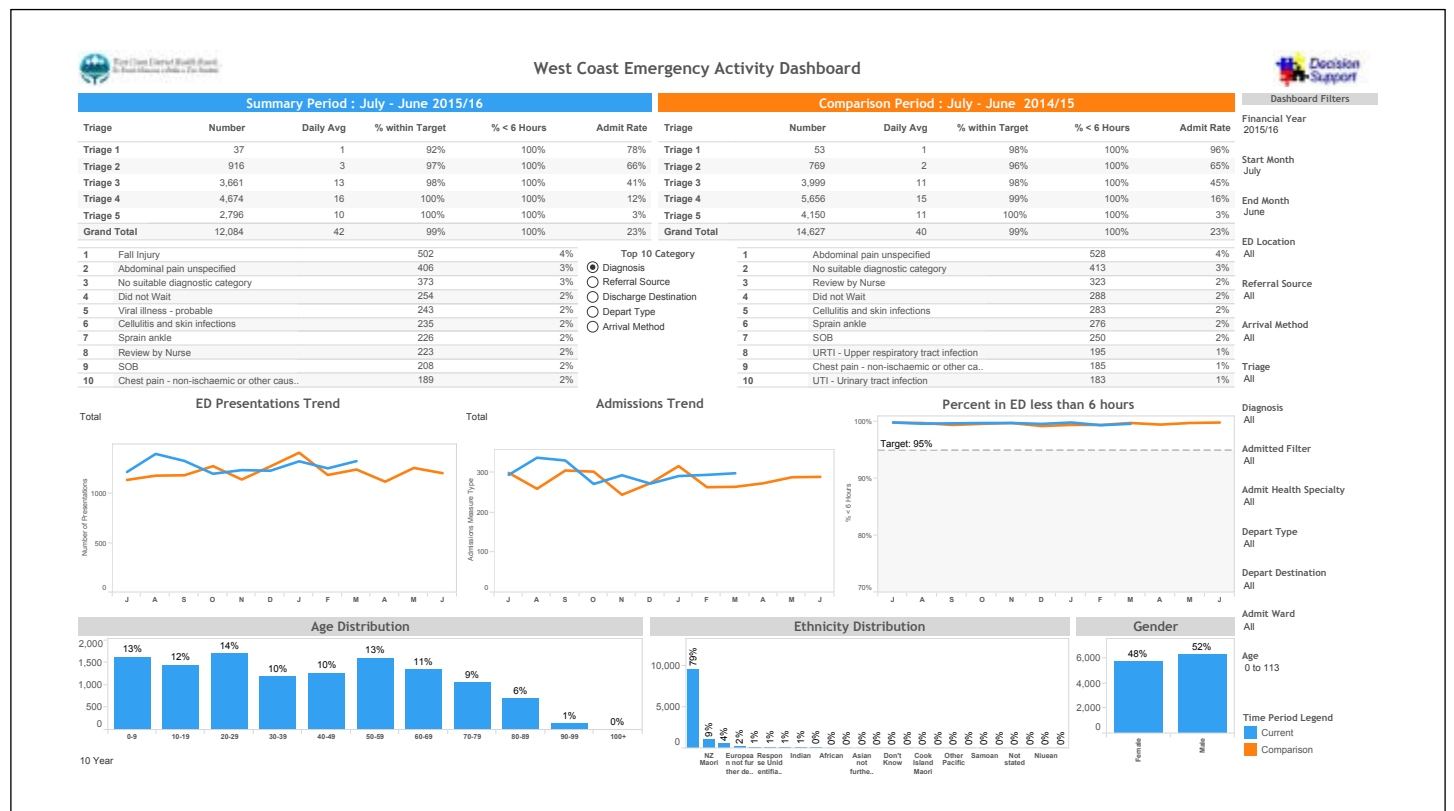
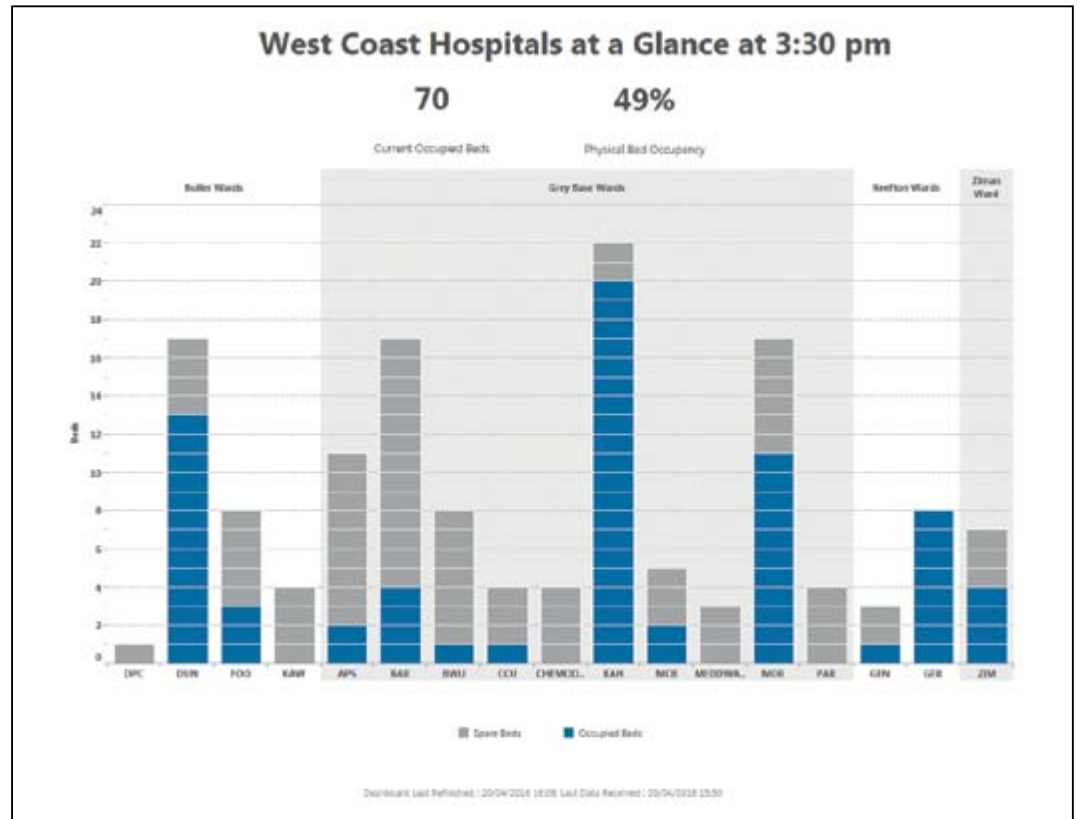


CEUpdate

12 May 2016



...continued from overleaf



New health system performance measures

Health Minister Jonathan Coleman says new system-wide performance measures for primary and secondary care will help to further improve health services.

“Last year I indicated to the sector that we need to move primary and secondary care performance measurements from a transactional approach to one based on outcomes,” says Dr Coleman.

“Feedback from the sector was that the burden of reporting was too high. With the refresh of the New Zealand Health Strategy it was also timely to look at moving to a system-wide view of performance.”

The Ministry of Health has worked closely with the sector to develop a suite of performance measures which is proposed for introduction in 2016/17:

- acute hospital bed days per capita;
- ambulatory sensitive hospitalisation rates for 0-4 year olds;

- patient experience of care;
- amenable mortality;
- youth access to and utilisation of youth appropriate health services;
- number of babies in smoke-free households at six weeks post-natal.

Three of these new measures - acute hospital bed days, preventable hospitalisation rates and patient experience of care - will be financially incentivised in 2016/17, along with the two existing primary care national health targets (better help for smokers to quit, and increased immunisation).

The package of performance measures and incentives are supported by a \$23 million per year investment.

The new performance measures and incentives will be negotiated into the DHB Annual Plans and Primary Health Organisation (PHO) Services Agreement.

“It’s my expectation that DHBs, PHOs and district alliances work together to co-develop agreed Improvement Plans,” says Dr Coleman.

“Financially incentivised measures help to drive quality improvement and deliver better health services to New Zealanders.

“It’s important DHBs and PHOs take advantage of this opportunity to strengthen relationships between primary and secondary care clinicians and continue to drive more patient-centred integrated health services.”

Te Runanga O Makaawhio Chair Paul Madgwick, West Coast DHB Chair Peter Ballantyne, and Te Runanga O Ngati Waewae Chair Francois Tumahai met recently to sign the Tatau Pounamu / DHB Memorandum of Understanding.



CEUpdate

12 May 2016



Tina Murphy

Rural Nurse Specialist Team Leader

What does your job involve?

Clinical team leader for South West Coast Rural Nurse Specialist, support, education, development of service, in addition to direct clinical care for patients / community.

Why do you choose to work in this field?

I was a Nurse Practitioner in the UK for 9 years, having based in Emergency Department and Acute primary / Walk in Care. In both a supported and unsupported clinical environment, with autonomous decision making and implementation. I have personally implemented NP service in multiple health Care Trusts in UK. Having lived in NZ before for many years based at Christchurch ED, I always intended to return to NZ, and this opportunity of developing the extended nursing facility with RNS on the West Coast is an exciting and progressive step in our care delivery to the Rural Community, as well as an opportunity to further support and acknowledge the superb service of the RNS.



Tina Murphy

What do you love about what you do?

Making healthcare better for the 'client' with the continuum of progressing clinical care in all fields. Taking ourselves forward with evidence based practice and sharing globally, a ever changing health care system and service.

Supporting and taking the nurse where they want to go, within their professional field.

What are the challenging bits?

A relatively new role and 'way of working' for the nursing community, which encounters questions and challenges, both from medical colleagues and the public.

The remote and isolated practice of the role, making sure as much as is possible to provide a support and safe, effective and efficient delivery of care for the patient and the provider.

A challenge should be looked at as a positive thing, to challenge means to be concerned, concern means care...

Who inspires you?

Previous colleagues I have worked with through my entire career, who have all inspired me in different ways to take the next step, as well as leaving me speechless at times for the unbelievable job and commitment they give and show.

To a degree, I also inspire myself.

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

Movie - *The Secret Life of Walter Mitty*

Book - *What I saw last night*

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

I know it is sad, but New Zealand, I left here 15 years ago after having lived here for a long time, and my everyday aim since then has been to return 'home'.

What's your ultimate Sunday?

Lay in, walk dog, catch up with friends but in a non-stressed no effort way, nice food, ideally prepared by someone else! Attend to my non-work life, doing all those little things I like to do.

Fave food?

Roast!!!

Fave music?

Very varied I'm afraid, my iPod is a surprise to most!!

Ever won an award or a medal?

Duke of Edinburgh 3 peaks.

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

Reefton Wellness Day successful

A Reefton quality initiative is bringing together staff who have traditionally operated separately so they can collaborate to help their patients.

The Reefton Wellness Day attracted about 70 Reefton people to call into the Black Memorial Recreation Room adjoining the hospital to get immunised. Many then went on to have broader health checks to look at blood pressure, receive smoking cessation advice, check whether they needed any other immunisations and ask any other health-related questions.

"It was a one stop shop for the day, people didn't need to make appointments, and as an added incentive it was free for many of the older folk who met the eligibility criteria," Trish says.

The general practice and hospital staff pitched in to help, and it showed that Reefton was quite capable of working in an integrated manner, Deb added.

"We wanted to work together in a proactive rather than reactive way," Nikki says.



Reefton Medical Practice Team Leader Nikki Mason, Reefton Hospital Clinical Nurse Manager Trish Loughnan and Reefton Medical acting Practice Manager Deb McCarthy discuss their shared quality initiative to be proactive with Reefton patients.

A video showing Reefton people explaining why they have their flu

vaccinations is available on the West Coast DHB Careers Facebook page.



Special days ...

New Zealand Sign Language Week

May 9 – 15

New West Coast District Health Board member appointed

"I have pleasure in advising that the Minister of Health has appointed Francois Tumahai to be a Director of the West Coast District Health Board following the completion of Susan Wallace's term of office which covered the maximum statutory period of nine years.

Francois, who is Chair of Te Runanga o Ngati Waewae, will be well known to many of you with his service on many organisations on the West Coast including Tatau Pounamu.

I am sure that you will join with me in extending our best wishes to Francois as he joins the Board and I am sure that he will be a major contributor to the Board in all respects."

Peter Ballantyne

iCAHMS asking the right questions

The Infant, Child and Adolescent Mental Health Service (iCAMHS) is leading West Coast DHB services in routinely asking 98% of young people and caregivers about family violence.

The DHB started screening for family violence in 2007. We have had 414 positive disclosures since then. Services that are audited for routine questions about family violence include the emergency department, sexual health, post natal maternity, mental health, alcohol and other drugs (AOD), and child health including iCAMHS, public health nurses and the Parfitt ward.

Family violence is an important healthcare issue that is not usually disclosed without direct questioning.



The majority of the iCAMHS team at their multi-disciplinary meeting, from left: Shane Stevenson, Deborah Eatwell, Adele Reweti, Janell Vaughn, Roz Pym, Tara Mueller, Gill Gamble, Anntoinette Allan, Daniel Svoboda and Heather Fletcher.

Violence Intervention Programme Coordinator Clair Newcombe says questioning for family violence and assessing the safety of children should be part of a routine health assessment.

"People should only be asked about family violence when there is privacy – when they are alone or with a child under three years old. The DHB runs mandatory training about family violence and how we as health professionals need to help stop the cycle.

"It's heartening that iCAMHS are taking this issue very seriously and have reached this excellent result for the January – March 2016 quarter," Clair says.

iCAMHS Psychologist Shane Stevenson agrees that family violence is a hugely important issue.

"We place a strong emphasis on the safety of the child, so it's really important that meeting these targets is a high priority for the team," he says.

Results in other areas will be reported the coming months.



CLICK HERE to read the latest issue of the South Island Alliance newsletter.

In this issue:

- First findings of InterRAI data analysis
- Another successful Conversations that Count Day
- Interdisciplinary learning workshop
- Celebrating our people
- Nurse practitioners have their say
- One million electronic referrals
- Calderdale Framework: bringing the wider team on board



e-update

Welcome to the next issue of the *Open for Better Care* newsletter for April 2016.

Click here for more information.

CEUpdate

12 May 2016



Wellbeing Workshops

“
The greatest wealth is health
-Virgil”

For All West Coast District Health Board Staff

To support your wellbeing, the WCDHB Staff Wellbeing Programme and MHERC are running a series of 2.5 hour wellbeing workshops.

The WCDHB acknowledges the crucial role you play in the delivery of high quality care to the West Coast community. It is important you take the time to focus on your own wellbeing.

We are running a number of workshops in 2016 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients - will also benefit.

2.5 hours to focus on YOUR wellbeing!

Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing

Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)



For more information contact:

Lee Tuki
Lee.Tuki@cdhb.health.nz
027 689 0285

Andy Hearn
Andy.Hearn@cdhb.health.nz
027 218 4924