



Recently Civil Defence led a national emergency exercise in which a fictitious tsunami, named Tangaroa, hit the West Coast and required major evacuation to higher ground. Teams in Buller, Grey and Hokitika set up Emergency Operations Centres (EOCs) and an overarching Emergency Control Centre (ECC) was also set up in Grey.

Two further Civil Defence exercises that are part of Tangaroa, are scheduled to take place on Wednesday 14 and Wednesday 28 September. Please continue to support your colleagues in practising for these events.

At 4.37am on a recent Friday morning, a magnitude 7.1 earthquake struck off the East Coast of the North Island. The 'Te Araroa' quake triggered a national tsunami warning. While that tsunami warning didn't amount to much, a tsunami remains a very real threat to New Zealand, due to our geography, with many low-lying coastal towns. This event was a reminder that we need to remain vigilant and be prepared to respond to a range of emergency situations.

Tangaroa provided a useful test of our capability and helped re-forge and refresh some of the key relationships that enable an effective response. It was especially interesting as it wasn't just about the response to an event that had already happened, it was as much about how we would prepare for one that was imminent. If you haven't already, check you're prepared.

Get in touch with Emergency Planning Manager Jenny Ewing, jenny.ewing@cdhb.health.nz if you are unsure about your team's plans for any Civil Defence emergency. And you can visit www.getthru.govt.nz for Household Emergency Plans.

Take care.

David Meates, CEO

Graduated nurses

New graduate nurses who have just started with the DHB – their programme will finish September 2017.

From left to right:
Sally Ann Hart (Kahurangi), Cassie O'Donnell (Surgical/Medical), Nicole Friend (AT&R), Dayna Milne (ED), Victoria Wright (Medical/Surgical)



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kiwi Taurangi Hāwhiri o Aotearoa



Tēnā koutou,

The fifth issue of *Focus on Falls* is out now. It is a quarterly publication for everyone working to prevent falls in older people – it aims to connect you with others across hospital, aged residential care, community care and primary health care settings.

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



Natural fibres recommended

Here's a sample of the high quality natural fibre items McBrearty Ward receives from elderly West Coast knitters. Acting Manager Linda Monk says sometimes the knitters will supply woollen singlets if requested, which are a high use item in winter.

"We always advocate natural fibre wool and cotton. We got rid of all our fleece blankets a couple of years ago and got all the staff to knit woollen cot blankets. We still have the pattern for this. We ended up with a good stock that we still use in the ward today. We do all our own hand washing on the ward," Linda says.

McBrearty also has a stock of donated woollen blankets as pictured.

"We give these out to the families with higher needs who can't afford woollen blankets, along with woollen clothing if necessary," she says.

All West Coast women receive the safe sleep handout after birth.



Special days ...

CanTeen annual appeal:

**Visit the CanTeen
Facebook page
for details**



Congratulations Lyrian Campbell!

**On 23 August Lyrian
Campbell marked 40 years
working in the Central
Sterilisation Department.**

Her colleagues in CSD and Theatre
wanted to make sure the occasion
was marked!



Betty Magwali

Registered Nurse

What does your job involve?

Aged Care, Palliative Care, Respite Care and A & E

Why do you choose to work in this field?

My motto: I was born to be a Nurse; to care for the sick all my life: I am travelling on the right road.

What do you love about what you do?

Being able to meet the needs of people living with health and disability problems and working in partnership with their significant others.

What are the challenging bits?

Cultural differences and coping with diverse personalities: but I'm getting there.

Who inspires you?

Nobody in particular but the appreciation from the patients and their families.

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

I am not into movies but I am an avid reader of anything to do with research in any field because I have an inherent fear of being obsolete.

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

I think I am on the right spot; just where I want to be right now.



Betty Magwali

What's your ultimate Sunday?

The first night of night shift.

Fave food?

Sadza [Thick maize meal porridge] and fish.

Fave music?

Gospel music and during ambient moments – Country music.

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



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

In this issue:

- The dementia education project
- SDHB Health Connect South launch
- The seamless SI Safety 1st team
- Health workforce data results
- New ACP resource completed
- Joining forces for healthy weight in childhood
- New restorative care guides



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.

Falls Prevention Service initiated across the Coast

A Falls Prevention Community Service started in May aims to reduce falls in the community and maintain and sustain individual independence.

An initiative of the DHB's Complex Clinical Care Network (CCCN), the service's Clinical Lead is Celia Smith, who has a professional background as a physiotherapist and is based with the CCCN team in Buller Hospital.

People can be referred to the service through CCCN, and the criteria includes:

- Fear of falling
- Increased falls
- Unsteady gait
- Loss of confidence
- Over 65 years old if NZ European
- Over 50 years old if Maori or Pacific Islander

On receiving a referral, Celia makes an initial visit to assess the person's needs and to develop an appropriate programme to improve strength and balance.



Celia Smith, CCCN Clinical Leader

The CCCN is an integrated network that wraps care and services around the client and their family/whānau to support them

to live well, stay well and get well. The aim of the CCCN's restorative model of care is to maximise independence and function.

In addition to falls prevention, other clients who should be referred to the CCCN include:

- Anyone who is struggling to cope in their own home
- Anyone with an abrupt decline in their function
- Frail elderly
- Those who are unsafe at home
- Those whose families who are unable to support the client

For more information on CCCN, contact diane.brockbank@westcoastdhb.health.nz

New Moana Clinic underway

After hundreds of hours of community fundraising and donations in kind, the new clinic at Moana is being built.

Foundations have been started, all the consents obtained and the two Moana rural nurse specialists are starting to breathe a sigh of relief.

Jackie Powell and Liz Burns have been operating out of an outdated building for many years now and can't wait until the new clinic opens, probably mid-way through next year.

"We currently have a room which allows no privacy for our patients. In the new facility, we will have room to see people in private, take phone calls without everyone hearing, give people

somewhere to wait and store what we need to," Liz says.

"Because it's a rural area, we might be able to use these new rooms for things like First Aid, run weight loss clinics and other community-health oriented activities," Jackie says.

The nurses are grateful for the support from the Gloriavale Christian community.

The Moana nurses provides services to around 2000 people in an area stretching from the Gloriavale community on Haupiri Rd, to Nelson

Creek/Ngahere, the Matai Valley, close to Stillwater and over to Bealey past Arthur's Pass. Between them, they can clock up about 4000km a month.

Liz and Jackie are hoping the new clinic will provide a hub that benefits the entire community around Moana.

Foundations are completed and registrations of interest have been called for.

If any staff want to find out more, contact Jackie.Powell@westcoastdhb.health.nz

West Coast DHB audits safe sleep practices

South Island DHBs have adopted a Safe Sleep Policy for infants from birth to six months and the West Coast DHB is leading the way in auditing its implementation.

The commonest cause of death in the first year of life is Sudden Unexpected Death in Infancy (SUDI). Implementation of safer sleeping practices has reduced New Zealand infant deaths from 200 to approximately 40 per year. However suffocation remains the commonest cause of unintentional injury death in the first year of life and is a major contributor to SUDI.

The peak age of death is in the second month of life. Infants living in deprived circumstances are 8.5 times more likely to die of SUDI than infants living in the least deprived settings. Maori infants are five times more likely to die of SUDI than those of other ethnicities.

The West Coast DHB is talking to the families of our littlies and providing information that highlights the best safe sleeping practices. These are outlined in the brochure “Keep Your Baby Safe during Sleep”.

The Policy includes auditing between five and 10 infants every three months in both maternity and paediatric units; ensuring all relevant documentation is current; and staff are well trained about measures to make every sleep a safe sleep.

Some of these include making sure the baby is in their own bed for every sleep (and close to parents/caregivers at night); making sure baby is on their back for every sleep; keeping baby smokefree; breastfeeding; and immunising on time.

The DHB places little cards about safe sleep practices on the side of each baby’s cot; provides smoking cessation advice; provides breastfeeding support; discusses safe beds and pepi pods; and the audit makes sure women are well-informed and there’s consistency in their understanding of messages.



The West Coast DHB was the first South Island DHB to complete its first three-month audit of the policy’s implementation. Enrolled nurse Janette Greaney has been appointed safe sleep champion.

“It’s a great way of checking that we are giving safe sleep a high priority and the staff are very supportive of these audits. One of the reasons it’s working so well is that we’ve delegated someone to carry them out,” acting Clinical Midwifery Manager Linda Monk says.



Just standing up more throughout the day can improve your health

Sitting is the new smoking. The more you sit, the poorer your health. Standing instead of sitting reduces your blood pressure, reduces your chance of getting type 2 diabetes, some types of cancer, and heart disease.

Standing is similar to walking. It increases energy, burns extra calories, tones muscles, improves posture, increases blood flow, and ramps up metabolism. In other words, sitting less and standing and moving more could prevent many lifestyle diseases and premature death.

Tips to reduce sitting time at work:

- Have standing or walking meetings.
- Go for a walk at lunchtime or at least eat your lunch away from your desk.
- Set a reminder to get up every 30 minutes or do some computer and desk exercises.
- Alternate working while seated with standing.
- Stand or walk around while on the phone.
- Turn a coffee or tea break into a walk break.
- Walk to a co-worker's desk instead of emailing or calling.
- Stand at the back of the room during presentations.
- Park the car a little further away from your work so that you get more opportunity to walk.
- If you are mobility impaired or a wheelchair user consult your health and physical advisor for what would best suit you to increase your physical activity.

REMINDER



Disposal of West Coast District Health Board property

You are reminded that the **delegated responsibility for the disposal of all assets owned by the DHB, regardless of value or whether it is officially recorded on the DHB's fixed asset register sits only with the General Manager, Finance and Corporate Services. See the **DHB Fixed Asset Procedure Policy**.**

For instance, if you have a surplus desk in your office that was purchased by the DHB, you need to get in touch with the Finance team who will organise approvals before it can be listed for sale anywhere, or donated to someone outside the DHB.

Please ensure that you have obtained the necessary formal approval prior to the commencement of any disposal

process. You can do that by emailing the Finance team.

In most cases an asset disposal form is sufficient to start the approval process, however additional information or plans may be required before an approval is granted to ensure that fair and transparent disposal arrangements are made. There are to be no agreements with other parties in terms of sale price prior to approval.

Please allow sufficient time for the collation of information or the preparation of a plan to support the approval request and asset disposal form. To enable a hassle-free disposal, please discuss with the finance team the best options for the disposal of property especially if the value of the property is low or not recorded in an asset register.



Availability of Allied Health Teams



All after hours call outs are audited and any that are deemed non-essential will be discussed directly with the requesting Health Professional. If the requesting time is close to the time that normal working hours are operational, then unless the situation is life threatening or will change the medical management of a patient, the request should be made for “during normal working hours”.

Grey Hospital

Service	FTE	Mon – Fri hours	Day contact	Evening call	Weekends	Public Holidays
Child Protection	0.9	Mon – Thurs: 08.00 – 16.30 Friday: 09.00 – 13.00	2652	16.30 – 08.00 (urgent) 027 512 6167	24 hour call (urgent) 027 512 6167	24 hour call (urgent) 027 512 6167
Dietitians	2	Mon – Fri: 08.00 – 17.00	2747 Pager 34 or 43	No call	No call	No call
Family Violence	0.8	Mon: 08.00 – 13.30 Tues – Thurs: 08.00 – 16.30 Friday: 14.30 – 17.00	2752	No call	No call	No call
Medical Technicians	3.5	Mon – Fri: 08.00 – 17.00	2835	17.00 – 08.00 Pacemaker only Via Telephonist	17.00 – 08.00 Pacemaker only Via Telephonist	17.00 – 08.00 Pacemaker only Via Telephonist
National Travel Assistance	0.5	Mon – Fri: 09.00 – 13.00	2592	No call	No call	No call
Occupational Therapy	4	Mon – Fri: 08.00 – 16.30	2733	No call	No call	No call
Orthotics	1	Mon – Fri: 08.00 – 16.30	2866	No call	No call	No call
Pharmacy	7.36	Mon – Fri: 08.00 – 16.30	2804	16.30 – 08.00 Via telephonist	24 hour call Via telephonist	24 hour call Via telephonist
Physiotherapy	6.5	Mon – Fri: 08.00 – 16.30	2716	No call	08.00 – 17.00 Via telephonist	08.00 – 17.00 Via telephonist
Radiology	5	Mon – Fri: 08.00 – 18.00 (CT and X-ray) Mon – Fri: 08.00 – 17.00 (ultrasound)	2850	18.00 – 08.00 (CT and X-RAY) Ultrasound not available	24 hour call Via telephonist Ultrasound not available	24 hour call Via telephonist Ultrasound not available
Social Work	3	Mon – Fri: 08.00 – 16.30	2868 / 2924	Emergency only 027 702 1302	Emergency only 027 702 1302	Emergency only 027 702 1302
Speech Language Therapy	2	Mon – Fri: 08.00 – 16.30	2771 / 2686	No call	No call	No call



Availability of Allied Health Teams



Buller Health

Service	FTE	Mon – Fri hours	Day contact	Evening call	Weekends	Public Holidays
Dietitians	VC clinics & visiting clinics – as required		2747	No call	No call	No call
Medical Technicians	Visiting monthly clinic - 3 rd Thursday		2835	No call	No call	No call
National Travel Assistance	0.5	Mon – Fri: 09.00 – 13.00	8762	No call	No call	No call
Occupational Therapy	1	Mon – Fri: 08.00 – 16.30	8744	No call	No call	No call
Physiotherapy	1.5	Mon – Fri: 08.00 – 16.30	8741	No call	No call	No call
Radiology	2	Mon – Fri: 08.00 – 16.00	8737	16.30 – 08.30 Via telephonist	24 hour call Via telephonist	24 hour call Via telephonist
Social Work	1	Mon – Fri: 08.00 – 16.30	8718	No call	No call	No call
Speech Language Therapy	Visiting clinics as required		2771 / 2686	No call	No call	No call

Hokitika Health Centre

Service	FTE	Mon – Fri hours	Contact	Evening call	Weekends	Public Holidays
Dietitians	Visiting clinics as required		2747	No call	No call	No call
Occupational Therapy	0.5	Mon – Wed: 09.00 – 16.30	7701	No call	No call	No call
Physiotherapy	0.6	Mon/Wed/Thurs: 08.00–16.30	7703	No call	No call	No call
Social Work	1	Mon – Fri: 08.00 – 16.30	7907	No call	No call	No call
Speech Language Therapy	Visiting clinics as required		2771 / 2686	No call	No call	No call

Karamea Health Centre

Service	FTE	Mon – Fri hours	Contact	Evening call	Weekends	Public Holidays
Physiotherapy	Fortnightly visiting clinic - Wednesdays		8741	No call	No call	No call

Reefton Health

Service	FTE	Mon – Fri hours	Contact	Evening call	Weekends	Public Holidays
Dietitians	Visiting clinics – as required		2747	No call	No call	No call
Occupational Therapy	Visiting clinics – as required		2733	No call	No call	No call
Physiotherapy	Weekly clinics - Tuesdays		2716	No call	No call	No call
Social Work	Visiting clinics – as required		2868 / 2924	No call	No call	No call
Speech Language Therapy	Visiting clinics – as required		2771 / 2686	No call	No call	No call



Attention all Registered Nurses:

Applications for HWNZ-funded postgraduate study For the 2017 academic year are now **OPEN**

To apply:



Explore your **study options** and **career plan**

- You will need to discuss the potential options for both your study and your career with your Line Manager and the Associate Director of Nursing – Clinical Practice Development
- A career plan template (required in your application) may be accessed from: http://coastweb/wcdhb_new/services/nursing_n_midwifery/default.asp



Complete the **online application** for HWNZ study

- This application can be found at: <http://goo.gl/forms/oOM8LBFL9ecZqe9N2> and **must be opened with one of the following web browsers:**
 - Google Chrome
 - Mozilla Firefox
 - (NOT Internet Explorer)
- **Incomplete applications will not be processed.**

Applications close 30 September 2016

For further information, please contact:

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