



A big vote of thanks to all those staff, both Resident Medical Officers (RMOs) and Senior Medical Officers (SMOs) and nurses, who supported the DHB during the recent Resident Doctors Association industrial action. Their support meant minimal disruption to our patients – we are very grateful.

And while I'm on the thank yous, my sincere thanks to Mark Newsome who was General Manager for Grey / Westland through the last three fairly busy years. We're thrilled to be keeping Mark working on facilities and other projects. At the same time, it's great for the organisation that West Coast Planning and Funding Team Leader Philip Wheble has agreed to be interim GM.

Work continues on our new Grey Base Hospital at a good pace – those of you in the neighbourhood will notice things happening on site all the time. It's about

18 months now till the new facility will be completed (all going well) and staff who will be moving into the new buildings or shifting their current offices will need to start thinking about what they will be taking with them, and what needs to be archived or disposed.

Dump the Junk!

Exact dates for moving staff into the new Grey Base Hospital have not yet been set – and 2018 may feel like a long time in the future – but it will soon be here. In the meantime staff will notice changes already being made to ways of working, more frequent discussions about how to prepare for the move, and increasingly regular communications from now on about the new facilities. There's more information in this *CE Update* to start you thinking about the move.

Thanks all,

David Meates, CEO

**New Scenic
Hotel staff cabins
surround the Franz
Josef-based South
Westland Practice.**



Enrolled nurses vote on vision

Associate Director of Nursing Clinical Practice Development Brittany Jenkins and Director of Nursing and Midwifery Karyn Bousfield recently conducted an electronic survey vote on a vision for Enrolled Nursing on the West Coast.

Results from this survey indicate that the winning vision is:

West Coast Enrolled Nursing:

The foundation of fundamental care across the health continuum



Overall, three vision statements were included in the survey, which were extracted and developed following one of the workshops conducted at the Enrolled Nurses Focus Day.

Now that a vision has been developed to underpin the work of enrolled nurses on the West Coast, a series of work projects can progress in consultation with the local enrolled nursing workforce, including:

- Promoting the newly developed vision with WCDHB health care teams
- Developing a draft workforce plan for enrolled nursing, which will be available for comment/feedback before the end of the year

- Adapting the CDHB extended orientation programme for new graduate enrolled nurses
- Clarifying the enrolled nursing scope of practice with the wider nursing team, including responsibilities associated with direction and delegation and supporting the enrolled nursing role to its full potential
- Developing clear career pathways for enrolled nurses within the West Coast health system, which will follow from the workforce plan.

West Coast District Health Board Studentships 2016

The West Coast DHB Executive Management Team congratulates the four applicants accepted to the West Coast District Health Board Studentship Programme for 2016.

The students will spend five weeks at the Grey Base Hospital and surrounding districts taking part in a variety of projects and experiencing the rural health environment. If you see the students in your area, please help them if you can.

Caitlin Iles

Bachelor of Nursing
ARA (CPIT)

Megan Davidson

Bachelor of Nursing
ARA (CPIT)

Rupert Wockner

Bachelor of Dental Surgery
University of Otago

Matthew Sollis

Bachelor of Medical
& Bachelor of Surgery
University of Otago

Two of our students are of Māori or Pacific Island descent.

This is an exciting time for the students and the District Health Board as they embark upon the next step in their health career.



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

Dump the Junk!

Preparing for the move to our new Grey Health facilities. What can I do to prepare?

In order to ensure a successful move – or if you are one of those moving from one part of the current Grey facilities to another – each department will need to undertake a range of activities to prepare for move day. Some things will happen at department level, but some things will be for you to do as an individual.

The relocation process may be as simple as moving some items from an office or workspace, through to a complex exercise involving multiple teams from multiple locations. It's never too early to start thinking ahead, getting ready to move!

If you have any questions about the move at this stage, please email Project Coordinator Karen Robb, karen.robbs@westcoastdhb.health.nz and one of the project team will respond.

To help you think about preparing for the move, you may find the **5S framework** useful. The framework was originally developed in Japan to help with moving workplaces. Fortunately the five parts of the framework, which all begin with S in Japanese, translate quite well into English words beginning with S:

- **SORT** – have a big clear-out of anything you don't need.
- **SET IN ORDER** – organise what you do need into sensible categories or places
- **SHINE** – clean, inspect, maintain equipment
- **STANDARDISE** – use best practice, create good systems that everyone understands
- **SUSTAIN** – keep your equipment in working order.

Or, put it another way...

DUMP THE JUNK!

With every item or document you will need to ask these questions:

- Do I need it?

- When did I last use it?
- Will anybody else have it? e.g. the creator of the document?
- Should this be stored electronically e.g. as a matter of public record? Talk to your manager!
- Could anybody else benefit from it?
- Is this the best way of keeping it?
- Separate all items into one of the following groups:
 - Must keep – clearly label with reason.
 - Cannot decide.
 - Rubbish, recycling and confidential waste.
 - Something personal that I could take home.

Congratulations to the second community award for one of the peer support groups the DHB initially supported to start in Westport – Stepping Up in Life Alcohol and Drug Peer Support Group. Well done!



Special days...

Patient Safety Week

30 Oct – 5 Nov

Telehealth picture starts to reveal itself!

Monthly reporting on Telehealth activity has recently begun. The measurements focus on some factors that are important to patients when they attend outpatient appointments.

Here's a picture of how things are going:

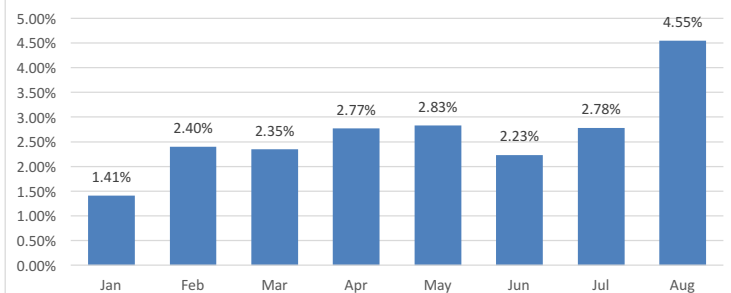
- 4.5% of patient appointments in August were via Telehealth, up 1.8% from last month.
- Patients travelled a combined distance of 97,790kms, that's 11,705km more than last month.

- 659 patients travelled for longer than 60 minutes return. That = 41% of our patients, and is up 6% on the previous month.
- Estimate of fuel costs for patients = \$27,381
- This month 62.5% of appointments are follow-ups, of which 6.5% were

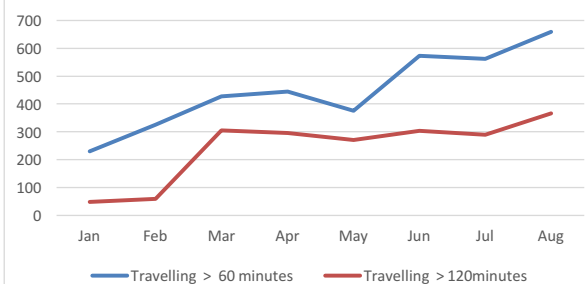
via Telehealth (up 2.8% from the previous month).

Reasons behind these changes are being analysed, so we can see where we might be able to make some improvements using Telehealth to decrease the burden on our patients.

Percentage of West Coast DHB patients seen by Telehealth in 2016



Numbers of patients travelling more than 60 & 120mins (return)



BE EXCEPTIONAL Awards September 2016

Hospital:

Rochelle Wilson – Grey Base

Hospital: Rochelle continues to be amazing to deal with, nothing is too much of a problem and she always has everything organised and her locum doctors sorted well in advance. Even at her busiest Rochelle always retains a sense of humour, which makes her fantastic to deal with!

– from the Medrecruit Monthly awards

Disability Pride Week launch in Wellington

Disability Pride Week is being launched in Wellington this year at Te Papa on 27 November at 2pm. Activities planned for the week include “Tape Art” – artists creating a mural opposite the Wellington Railway Station using tape on glass; “Wellington through our lens” – people with disabilities talking about being Wellington citizens; and storytelling.

These activities are the build-up to United Nations International Day for the Rights of Persons with Disabilities on December 3. This day encourages the use of positive

action to raise understanding of disability issues and mobilise support for the dignity, rights and wellbeing of people with disabilities.

Emergency Management & Business Continuity Planning

Are you prepared?

We all need to be prepared for incidents, as they can happen at any time. It may be something that affects only your department or something that affects the entire West Coast DHB. Does your department have a plan to respond? Do you have a personal plan so your family knows what to do? If you answer no to these questions you may not cope when an incident happens. Incidents could include a lengthy disruption to ISG services, a pandemic, a mass casualty event, a tornado, a severe weather event or a large earthquake.

The aim of Emergency Management and Business Continuity Planning is to promote continuity and rapid recovery of critical services or functions required to support the core business of delivering health services. It is a continuous quality improvement process of establishing and maintaining disruptions that threaten key resources, locations and functions.

Work has been going on to develop robust plans so the West Coast DHB can respond to any emergency, whether that is carrying on with business as usual or functioning in a different way

to ensure we can provide at least basic care. Recently the DHB took part in Exercise Tangaroa, a national tsunami exercise. Learnings from this exercise will be included to ensure our response and continuity plans reduce disruption to services and allow the hospital to continue all its essential functions throughout any incident.

I am keen to hear your thoughts and ideas. Contact Barbara Smith, Emergency Planner, barbara.smith@westcoastdhb.health.nz

McBrearty marks Baby Loss Awareness Week

McBrearty marked Baby Loss Awareness Week 10 – 16 October with morning tea. Representatives of the Sands bereavement support group were at the event.



Below, from left: Amy Symmers with 10 month-old Demi-Rose and Melanie Tarrant.



Enjoying a cup of tea in McBrearty were, from left: Chris Davey, Linda Monk, Wendy Tomasi, Kerri de Klerk, Elisa Lyon, Sherif Mehrez, and Melanie Tarrant.



Pilot kiosk placements to share information

An accessible kiosk with information about health and disability services, advocacy and equipment is being set up in the Grey Hospital café next week by the West Coast Disability Resource Service.

DRS Manager Russ Aiton says the kiosk is a pilot being funded by the Federation of Disability Information Centres, as a way of engaging rural communities with information.

The first outing for the new kiosk is Grey Base Hospital for Occupational Therapy Week, and information will be focused around that theme.

The mobile kiosk can be moved easily around the Coast, and will be set up in the Buller Health Outpatients Department

following its stint at Grey Base, and at the Kawatiri Health Hui in November.

Mr Aiton is keen to set up a calendar of locations for 2017 and would love to hear from community initiatives or organisations which would host the kiosk. To get in touch with him, email manager@wcdrs.org.nz. DRS is also on Facebook, at www.facebook.com/drswc.



Want to check out the DRS Kiosk?

Here's the schedule for its location in 2016:

24 - 28 October:	Grey Base Hospital Café
31 October - 4 November:	Buller Health OPD
23 November:	Kawatiri Health Hui

Other times or to book the kiosk at your event/location:

Contact Russ Aiton, West Coast Disability Resource Service, manager@wcdrs.org.nz.



DHB rep appointed to national body

Clinical Manager Occupational Therapy Joy Aiton has been appointed to the national Occupational Therapy New Zealand Whakaora Ngangahau Aotearoa (OTNA WNA) council for a two year term.

Joy has previously had governance roles with the likes of the Brain Injury Association. As a member of the OTNZ WNA, she was interested in the new council treaty-relationship governance model with two houses.

“Occupational therapy has a strong focus on cultural safety and has embraced a bicultural governance model. I’m really interested in bi-culturalism, the ways it is special and unique and how we can foster that.”

The organisation will have two presidents and two council members at large in each “house”, plus a world federation rep.

Joy has been an occupational therapist for nearly 30 years and felt it was time to give back to the national organisation, “being able to make decisions that make a difference”.

“It’ll be great to again have a West Coaster on this national council. Previously Coaster Joanne Gilsenan was a councillor.”

She says it is an exciting time to be an occupational therapist.



Joy at her desk

“There’s loads of research on the importance of occupational therapy in these new models of health and wellbeing, how to keep people well at home - especially on the West Coast where we have such an opportunity to try new things. We’re smaller and closer to

people who make decisions, so we have scope to do new things.”

Joy will attend the OTNZ WNA annual meeting in Wellington in November, being held on the Te Mangungu Marae in Lower Hutt.



eCALD[®]

Supporting the health workforce
to develop CALD Cultural Competence

This edition promotes the early bird registration and free registration passes for the coming International Asian and Ethnic Minority Health and Wellbeing Conference. [CLICK HERE](#) to read more.



[CLICK HERE](#) to read the
**Annual Progress Report of
the South Island Alliance.**



West Coast DHB can use talent visa

The West Coast DHB is now an accredited employer of immigrants on a talent visa.

Immigrants coming to work for the DHB have to stay with us for two years to get residency. The idea behind this is to encourage health professionals to apply to work for us, and may result in employees working for us for a longer period of time.

The requirements for a talent visa are that you have to earn over \$55,000 and have a contract of two years and over.

The advantage for the DHB is that we do not have to stick to the occupational shortage list, which may increase the pool of candidates.

“We are hoping this will be a good incentive for general practitioners, senior medical officers, physiotherapists, nurses, and people who are seeking management roles,” CDHB/West Coast DHB Recruitment Specialist Liz Hill says.

[Click here](#) for information about entering New Zealand on a Talent Visa on the Immigration New Zealand website.

Please encourage people you know who would consider coming to live and work in New Zealand!



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kopu Taurangi Hauora o Aotearoa

E-UPDATE

Your fortnightly update from the Health Quality & Safety Commission



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.

West Coast Allied Health efforts presented

Work being carried out by West Coast DHB Allied Health practitioners was shared with international colleagues when Associate Director of Allied Health Jane George attended the 2016 SARRAH Conference in Port Lincoln, South Australia, last week.

SARRAH is the national body representing Services for Australian Rural and Remote Allied Health professionals (AHPs). The conference brings AHPs together every other year to share the innovative ways services are reaching their communities, often many hours from base hospital services.

“The theme of this year’s conference was ‘It takes a village’ – considering how we can achieve ‘vibrant

economies’, ‘thriving communities’, ‘healthy people’ and ‘real life’.”

Jane spoke about the great work of Diversional Therapist, Danielle Durrant in the Buller region, and presented efforts to make more Allied Health services available by Telehealth.

Jane was awarded the speaker’s prize for a ‘Lightning Talk’ on her previous research at Christchurch Hospital’s Emergency Department. She will be bringing back to our Allied Health services therapeutic

guides and resources valued at more than AU\$500.

“There were so many great speakers, such brave and impactful ideas. The SARRAH conference has helped me gain a much broader understanding of how AHPs can deliver our services, and reminded me how proud I am to call the West Coast home,” Jane says.

The next conference will be held in Darwin in 2018.



“Living Well With Diabetes”

Saturday 12th November 2016

10am -2pm

At the West Coast PHO

(above the Speights Ale House)

Greymouth

Course is FREE, FUN, & INTERACTIVE

Lunch provided

Limited spaces

**Come along meet new people and gain knowledge and
confidence in dealing with the management of your
diabetes.**

Are you interested in attending or finding out more?

For more information about the program contact:

lexine.jarden@westcoastpho.org.nz

Phone 03 768 6182 to register 😊



New shared electronic body measurement record

5 October 2016

Key body measurements can now be stored in a single electronic record accessible via Health Connect South.

Anthropometrics (or eGrowth Charts) is a one-stop-shop for key body measurements at all ages from birth to death. It records height, weight, and waist and head circumference measurements, calculates BMI and can also store blood pressure readings. Key features include:

- eGrowth charts for children
- easy tracking of weight and BMI for adults
- adjustment for gestational age
- height prediction (if parents' heights are provided)
- z score (standard deviations away from the mean) for height, weight and BMI.

Graphs are plotted against World Health Organisation (WHO) Child Growth Standards (<http://www.who.int/childgrowth/en/>).

Anthropometrics was launched in Health Connect South on 30 June. It was developed by Southern DHB and implemented across the region via Health Connect South by the South Island Alliance.

Background

Growth is a fundamental measure of health and wellbeing, especially for children. Serial measurement of weight, height and head circumference, plotted against relevant ideal growth standards, provides valuable information to assess growth. It can also signal serious health conditions.

The South Island Child Health Service Level Alliance recognised that a South Island-wide electronic body measurement record would improve access to growth records for children moving between DHBs and in secondary care settings.

Southern DHB had begun development of a solution for the management of people with obesity. This solution has been further developed and rolled out across the South Island as Anthropometrics (or eGrowth Charts) via Health Connect South.

For more information, contact South Island Child Health Service Level Alliance Facilitator Jane Haughey on 027 512 6122 or jane.haughey@siapo.health.nz

Training and support

An instruction sheet for using Anthropometrics is available via the Health Connect South help page.

User support is available via your Service Desk using the usual request process.





DISTANCELEARNING

University of Otago, Christchurch

POSTGRADUATE



Musculoskeletal Medicine Pain and Pain Management

Our qualifications are of interest to a wide range of health professionals, topics include:

- Introduction to Pain and Pain Management
- Neurobiology of Pain
- Musculoskeletal Tissues and Disorders
- Regional Disorders – Spine and Limbs
- Recreational and Sports Injuries
- Biomedical Pain Management

Applications for study in 2017 now being accepted.



Our programmes are endorsed by the International Association for the Study of Pain

otago.ac.nz/msm-pain-management
msmandpainstudies.uoc@otago.ac.nz



WHAT MATTERS TO YOU? Advance Care Planning

PUBLIC FORUM: Monday 28 November 2016, Ellerslie Event Centre, Auckland

Even if you are fighting fit, it is never too early to make an advance care plan.

An advance care plan describes what is important to you when you are ill or dying. Having a plan is particularly important if you become too unwell to tell your loved ones and health care team what you want yourself.

At the forum you will learn more about making an advance care plan and go away with all you need to make your own plan.

MC: Actor and comedian Mark Hadlow.

Speakers: Will Cairns, statewide clinical lead for care at the end of life, Queensland, Australia. Dr Barry Snow, director of adult medical services, Auckland District Health Board and Advance Care Planning Cooperative clinical lead.

Ellerslie Event Centre, Level 3, Ellerslie Stand, Guineas Room, 80 Ascot Ave, Auckland.

5.00 – 6.00pm: Social hour; opportunities to take part in advance care planning-related events.
6.00 – 7.30pm: Learn more about advance care planning from our speakers.

Cost: \$23 per person. Includes a soft drink. Other food and drinks available for purchase.

REGISTER NOW: To register go to www.acpforum2016.com and select 'Evening Function Only'.

Advance care planning – let's get talking!

