



## Limits placed on access to West Coast facilities to protect patients

### Numbers of people entering DHB facilities are being limited to help prevent the spread of COVID-19 or any other infection to vulnerable patients.

We have a one-off window of opportunity to reduce the spread of COVID-19, and we need to act quickly and decisively.

See the article about visitor restrictions to our facilities on page 6.

We have restricted access to our facilities by reducing the number of face-to-face consultations available at our primary practices. People are still able to access health care but the majority of appointments will be conducted either over the phone or via telehealth. We have implemented a similar system for our outpatient services and are currently cancelling all non-urgent surgery and procedures.

Over the past few weeks, we have been working with public health, infection prevention and control, primary care, emergency response, communications and clinical teams to plan and create pathways of care for any COVID-19 patients that best suit our region and population.

On Monday, 16 March 2020, we activated our Emergency Operations Centre (EOC) in response to a request from the Ministry of Health that all DHBs set up Community-based Assessment Centres (CBAC) for the purpose of managing any COVID-19 cases on the Coast.

As a result of this request, you will have seen a lot of activity happening where you work and at various locations in the community like our general practices and pharmacies. This is because we need to ensure that we have the right systems in place across the whole Coast

and that we are well-placed to continue providing accessible health care to our communities. See the article on page 2 about what we have been doing.

We care for many people with infectious diseases, like influenza, that spread in the same way as COVID-19 each year and our teams have well-established protocols for managing any cases of the disease which is spread by aerosol droplets. We have been monitoring developments and receiving advice from New Zealand's lead agency, the Ministry of Health.

New Zealand currently has 368 confirmed cases of COVID-19, with one confirmed case on the West Coast. A number of close contacts of those people are in self-isolation for 14 days.

We have a **national pandemic plan** and as the lead agency in New Zealand, the Ministry of Health website can be trusted to have the latest information. We also have a localised West Coast plan that outlines the various groups involved in our response and their roles in managing the risk of a pandemic. The intention of our local plan is to provide:

- A coordinated view of the multiple and detailed plans at service, hospital and sector level that form the West Coast Health System response
- Guidance around processes to be followed to ensure appropriate support, decision making and direction is provided by the DHB for reduction, readiness, response and recovery in the event of a pandemic.

It's important to stress we have robust contact tracing and the ability to isolate and manage cases in New Zealand. In areas overseas where there are large numbers of cases it's important to remember that for most people

COVID-19 is a mild illness and people can safely be cared for at home.

Those who need hospital care are generally older and often have other long-term health conditions.



David Meates, CEO

To put things in perspective in the peak (July) of the West Coast's winter 'flu season' last year we admitted an average of three people with influenza to Grey Base Hospital each week. Our contingency planning includes modelling a 'worst case scenario' if we had another heavy influenza season and an influx of COVID-19 patients at the same time. Our plan would be to discharge anyone who could safely continue their recovery at home with appropriate in-home care to free up available space for those in need of specialist hospital care.

**Together we're powerful - containment starts with you. Our greatest enemy right now is not the virus itself - it's fear, rumors & stigma. And our greatest assets are facts, reason and solidarity.**

Dr Tedros Adhanom Ghebreyesus, World Health Organisation

If you have questions, concerns or suggestions about our preparedness or plans, please talk to your manager in the first instance or email [emergency.mgt@wcdhb.health.nz](mailto:emergency.mgt@wcdhb.health.nz)

Haere ora, haere pai  
*Go with wellness, go with care*

**DAVID MEATES**  
CE West Coast District Health Board



## What we're doing at the West Coast DHB in terms of preparedness

Summarised below are the key activities that have been implemented so far as part of the West Coast DHB's COVID-19 preparedness:

- Established Community-based Assessment Centres (CBAC) in four locations – Greymouth; Buller; Reefton and Hokitika which are now all operational. People who fit the criteria for COVID-19 and have symptoms will be referred to these centres for assessment.
- Access has been restricted into the Corporate Office where our Emergency Operations Centre is located. We ask that people instead contact staff located in Corporate by phone or email.
- Infusion Services has moved to the Kahurangi meeting room and Parfitt Paediatrics has relocated to Hannan Ward.
- Personal Protective Equipment (PPE) training continues and all departments are reminded that they need to place orders for PPE as supplies are used.
- The Grey Base Hospital café has closed until further notice, however Registered Medical Officer (RMO) and staff meals will now need to be ordered directly through the kitchen.

- Our Homebase Support and District Nursing teams have put in steps to ensure that they can continue to deliver their services to the community.
- Our Māori Health team has been working with Māori health providers and community networks to ensure that information and support is provided to Māori living on the Coast.

If you have any questions that you would like advice on regarding the current COVID-19 situation, please speak with your line manager.

During what is an unsettling time, it's especially important that you take care of yourself and your family/whānau.

We encourage you all to practise self-care, check in with those around you and access the free support services available if you're feeling concerned or want to speak to someone:

- 1737 – Text or call (available 24/7)
- EAP – Phone 0800 327 669
- Workplace Support – Phone 0800 443 445
- Mindfulness apps (Headspace | Calm | Insight Timer)

You can also find more information on the dedicated [COVID-19 max. page](#), our [COVID-19 Portal](#) or the government [COVID-19 website](#).

### Remember if you have any symptoms of COVID-19:

- a fever
- cough
- shortness of breath
- sore throat

Stay home and call Healthline on 0800 358 5453



**Stay home**

Unite against COVID-19

**Everyone should stay at home unless they are providing essential services. This is the best thing we can all do to stop the spread of COVID-19. This will save lives.**

You can leave your house to access essential services, like buying groceries, or going to a bank or pharmacy.

Vulnerable people in particular should stay at home and self-isolate.

<https://covid19.govt.nz/help-and-advice/for-everyone/self-isolation-advice/>

## Frequently asked questions

### Can I work now I've just returned yesterday from overseas?

Anyone entering New Zealand from overseas must self-isolate for two weeks on arrival.

### What can you do to keep yourself and your whānau safe?

Keeping individuals, families and our communities safe and healthy in the current global environment requires a team effort and that's what we're seeing across New Zealand.

The New Zealand Ministry of Health website has the latest information which is being updated daily visit [health.govt.nz/covid-19](https://health.govt.nz/covid-19)

The Ministry of Health has a public health campaign which reinforces the actions we can **all** take to keep ourselves and our whānau healthy.

### Simple steps to protect your whānau and your community

Here are some simple steps you can take to help stop the spread of diseases like COVID-19:

- Avoid close contact with people with cold or flu-like illnesses.
- Cover coughs and sneezes with disposable tissues or clothing, or sneeze into the crook of your elbow.
- Wash hands for at least 20 seconds\* with soap and water and dry them thoroughly:
  - Before eating or handling food
  - After using the toilet
  - After coughing, sneezing, blowing your nose or wiping children's noses

- After caring for sick people.
- If you don't have soap and water available, you can use an alcohol-based hand gel. Rub it all over your hands, including the backs of your hands and between your fingers. Rub it in until it dries.

(\*As a guide for how long you should wash your hands, 20 seconds is about as long as it takes to sing two verses of 'Happy Birthday to you')

- Clean all hard surfaces regularly with disinfectant or diluted bleach (one teaspoon of bleach diluted with 500 ml of water) especially if someone in your household or workplace is unwell.
- Importantly if you're sick please stay home.

The Ministry of Health has launched a campaign to promote public health messaging encouraging good hygiene practices which are important to protect you and your whānau from a range of viruses and illnesses.

### If COVID-19 is similar to influenza, why are we trying so hard?

Minimising the number of people infected and transmitting the virus for as long as we can is important. It means that overall, fewer people are likely to get infected and that they are less likely to all get infected in a short period of time.

Some individuals are at higher risk from viral infections such as influenza, including those with co-morbidities (other illnesses or long-term conditions that affect their health). It is important to protect all New Zealanders from the spread of COVID-19 to protect these vulnerable groups. Isolation and contact tracing are proven to be the best ways to reduce the spread of infection.



Reducing the rate of spread of COVID-19 reduces the potential demand on the health sector and provides time for us to learn about the virus, ensuring that our policies and procedures will be effective as the situation changes.

### Are we going to open community-based assessment centres (CBACs)?

We have established Community-based Assessment Centres (CBAC) in four locations – Greymouth; Buller; Reefton and Hokitika which are now all operational. People who fit the criteria for COVID-19 and have symptoms will be referred to these centres for assessment.

### Do patients who test positive for COVID-19 require admission to hospital for inpatient care?

Patients with suspected infection of COVID-19 should be managed according to their symptoms and clinical state. They

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do not need to be hospitalised unless it is clinically indicated.

## As a health care worker, what is my risk of catching COVID-19?

The risk of catching COVID-19 from a confirmed case largely depends on the patient and how you are caring for them. COVID-19 transmission is similar to that of the influenza virus and it is recommended that standard droplet and contact precautions are used when managing patients with suspect COVID-19 infection. Standard droplet and contact precautions include:

- gloves
- surgical face mask
- disposable, fluid resistant gown
- eye protection.

Regular hand hygiene is important. The risk is higher when performing aerosol-generating procedures, and the Personal Protection Equipment (PPE) is slightly different when performing these procedures. It is not recommended that aerosol-generating procedures

are undertaken in primary care. The Ministry's infection prevention and control advice for primary care health workers can be found under [Resources for health professionals](#).

Aerosol-generating procedures are those that produce droplets that are small enough to be widely dispersed. They pose a higher infection risk for health professionals. Aerosol-generating procedures (including using nebulisers) should only be done in a hospital setting if COVID-19 infection is suspected.

## Do I need to start wearing a mask?

No. For most people in the community, PPE such as face masks are not recommended. However, for people with symptoms of an acute respiratory infection and who have travelled you should wear a face mask when seeking medical attention. You must phone, email or text your general practice (GP) to discuss your situation before attempting to visit in person.

Call Healthline's dedicated 24/7 COVID-19 line 0800 358 5453 or

your own general practice team's number 24/7.

## What's the advice for staff travelling or returning from overseas?

The Ministry of Foreign Affairs and Trade website has the most up to date information on travel. This can be found on [Safe Travel](#). Please note that West Coast DHB's travel insurer has advised they are not providing cover for any claims in relation to COVID-19 (coronavirus) for international travel booked after 30 January 2020.

Any staff member who develops symptoms of COVID-19 (including a cough, fever and breathing difficulties) at any stage within the 14-day period after having returned from overseas, should phone their General Practice team to get advice on testing/clinical management and their line manager for wellbeing and leave advice.

## What is Healthline telling patients?

Healthline is using the [latest advice from the Ministry of Health](#) to provide information to those who call the COVID-19 dedicated number **0800 358 5453**.

All callers are asked if they have had **close contact** with a confirmed case, or if they have had recent travel to an area with sustained transmission of COVID-19.

Callers who fit the definition of a suspected case are requested to self-isolate, and not to present to the GP. Healthline will ring the GP directly if a caller fits the definition of a suspected case. Healthline are also calling people in self-isolation every two days to check if they have developed symptoms and to ensure people are coping in self-isolation.

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27 March 2020

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Healthline staff are being kept up to date and are ready to modify their advice as the situation evolves.

## What is a pandemic?

A pandemic isn't nearly as scary as it sounds. It's a term used by health organisations to describe an epidemic that becomes very widespread and affects a large proportion of the population in a whole region, a continent or the world.

Our health system is well-prepared for an infectious disease outbreak and we have the skills and expertise to ensure we can respond appropriately. There will be some challenges in terms of space and resources, but we have met such challenges before.

We aren't in this alone. We are part of a nationally informed and resourced response which is able to tap into global leadership and expertise.

## Where can I get more information on the wider impacts of COVID-19?

An All-of-Government website has been set up as the key information hub for coronavirus: [www.covid19.govt.nz](http://www.covid19.govt.nz)

The Ministry of Health is the lead agency for national planning and people should go to its website for accurate and reliable information on the health risks associated with the virus: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

Civil Defence and Emergency Management groups are supporting the health sector with welfare coordination.

For translations of information, including in New Zealand Sign Language, visit: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-other-languages>

## Protect yourself against coronavirus

- Cover your mouth and nose with a tissue when you cough or sneeze**
- Put your used tissue in the rubbish bin or in a plastic bag**
- Wash and dry your hands often, especially after coughing or sneezing – use soap**
- Stay away from others if you're sick**

[health.govt.nz/coronavirus](http://health.govt.nz/coronavirus)  
**Protect your family/whānau from coronavirus**

New Zealand Government

Free health advice when you need it  
**Healthline**  
0800 611 116

MINISTRY OF HEALTH  
MANATŪ HAUORA

January 2020 | HP7326



Resources in NZ Sign Language, provided by Deaf Aotearoa





## COVID-19 Alert Level Four – Updated hospital and clinic visitor policy

Canterbury and West Coast DHBs Chief Executive David Meates yesterday announced further significant changes to the DHB’s visitor policy in response to COVID-19 (coronavirus).

“We are navigating our way through an extraordinary situation where we must examine our policies to enable us to care for those people who are in hospital in the best possible way.

“To this end our new visitor policy is designed to protect those who are receiving care in our facilities. It is a policy with tiaki (protect), manaaki (care and support) and aroha (love) at its core.

“Now is the time for our Canterbury and West Coast communities to step up and help us protect and care for all those in our care during these challenging times by following this updated visitor policy, says David.

The following changes apply with immediate effect and until further notice

In line with the Government’s directive that we are to escalate to COVID-19 alert level 4 protocol, all Canterbury and West Coast DHB facilities have adopted a no-visitors policy, with only a few notable exceptions.

The exceptions to the no visitor policy include:

- A nominated person supporting a terminally ill patient through their end of life care
- A parent/guardian who is supporting a child
- The chosen support person of a woman who is giving birth. This does not apply to the woman’s postnatal stay however, and no visitors will be permitted during this stage of the woman’s care.

The decision about whether exceptional circumstances apply outside of these exemptions is at the discretion of the Charge Nurse/Midwife Manager or another lead clinician.

In all exceptions where a visitor is allowed to access any DHB facility, appropriate screening will take place before they are allowed to enter the care environment to ensure they

are well, have clean hands and are using appropriate Personal Protective Equipment (PPE).

“It’s vital that we reduce the numbers of people coming into our facilities to reduce the opportunity for any infections to spread. I would like to thank people in advance for their cooperation and playing their part to keep our patients safe,” David says.

For people with outpatient appointments, if you are unwell or have potentially been exposed to anyone with COVID-19 symptoms, please do not come in unless it’s an emergency. Call the phone the number on your appointment letter. They may be able to arrange a phone or video consultation as an alternative to a face to face appointment.

**Only people with symptoms should call Healthline’s COVID-19 line on 0800 358 5453.**





## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

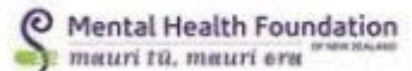


TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



## Healthy Thinking

**Our brains are trained to look at risks, and the potential of what could go wrong in any scenario. This comes from prehistoric times, when risk was at the front of our minds for obvious reasons, for example, being attacked by wild animals when leaving the cave. These days, some of us are a little more carefree than others, but for many of us, positivity isn't our natural response to a scenario.**

There are lots of ways to try and create healthy thought processes about scenarios that may usually strike us in a negative way. Some of these are listed below:

- Go slowly, take in the whole scenario before reacting
- Don't make a mountain out of a molehill
- Look for the positive in negative scenarios
- Look for 'post traumatic growth' opportunities in challenging situations
- Don't let fears get in the way of something you really want to do
- When having a negative thought, catch it, check it, and change it
- If someone snaps at you, try forgiving them instantly
- Practise thinking gratefully for five minutes a day
- Ask yourself "what would I say to a friend if they were being this tough on themselves?"

- Ask yourself "how is thinking this way affecting me...is it helping me or getting me down...what might be a more helpful way of thinking about this?"
- Think of someone who cares about you, and ask yourself "what might they say to me in this situation?"
- If you mess up, remind yourself of all the things that you are good at
- Take a break from over-thinking by maybe doing some exercise or watching a movie.

Our brains are trained to look for the negatives, the risks, the what-ifs before thinking of the positive, so this feels harder some days than others. But try and think a little more optimistically this week, and see if it makes a difference in your day!

Some great resources for 'Healthy Thinking' information include:

**Allright**  
**Thrive Global**  
**Wellplace.nz**



Catch up on the latest  
news from the South Island  
Alliance [HERE](#)



To sign up for the Activity &  
Nutrition Aotearoa newsletter  
visit – [ana.org.nz](http://ana.org.nz)



## Healthcare Assistants adding value to the nursing care provided to patients

**Adrienne Church and Jacqui Hale work across the various Grey Base Hospital wards as Healthcare Assistants where they play an important role supporting nursing staff to care for patients as well as providing support to their families/whānau. They are both caring and compassionate people who really enjoy what they do and between them have over 30 years' experience.**

### **Adrienne says:**

"I started working as a Healthcare Assistant, initially in aged residential care, around 18 years ago because I wanted to ensure that older people were being well looked after. There are all sorts of negative stories about people's experiences in aged residential care facilities so my main focus is to provide positive experiences for anyone in my care.

I think it's really important to be positive about what you are doing and it helps that I really like the variety this job offers as no day is the same. We monitor vital signs; support nursing staff to deal with challenging patients; help with showering; facilitate access to coordinated healthcare; accompany patients between departments and undertake Ward Clerk duties when needed."

### **Jacqui says:**

"I became interested in working in aged care after I looked after my mum when I was younger. I have been working as a Healthcare Assistant for 13 years and



From left: Healthcare Assistants Jacqui Hale and Adrienne Church

have worked in this job for three years. Adrienne and I met on the Coast and although we work on opposite shifts I believe that our friendship helps us work well together.

To meet the needs of our patients, it is important that we are appropriately trained and supervised. We have both

completed training in a number of areas including advanced care; dementia care; safe use of medications; palliative care and the correct use of equipment such as hoists. It's a rewarding job and I highly recommend it to anyone interested in working in a health care profession."

## Acknowledgement of Fellowship Achievement

**Congratulations go to our Nurse Director Operations Julie Lucas for being recently conferred as a new Fellow of the Australasian College of Health Service Management (ACHSM).**

Fellowship is the highest membership category awarded by the College to individuals who have demonstrated

that they have the required knowledge and skills to be recognised as senior managers and leaders in the health and aged care sectors.

Receipt of this Fellowship recognises the commitment Julie has given to both her continued professional development and learning as well as to the West Coast Health System. Ka pai!

**“Fellowship was a journey of opportunity to increase but also affirm my skills and knowledge as a health leader. Readings and discussions challenged me to look at different ways of improving patient and staff experience. Networking with people who shared my passion in health leadership was incredibly humbling. They will remain permanent contacts who will continue to discuss and debate ideas. I would definitely recommend ACHSM's Fellowship program.**

– Julie Lucas FCHSM  
ACHSM Fellow, New Zealand  
[ACHSM.ORG.AU/FELLOWSHIP](http://ACHSM.ORG.AU/FELLOWSHIP)





## West Coast DHB's 'hidden gems' ensure germs are kept at bay

West Coast DHB's Central Sterilisation Services Department (CSSD), located in an out-of-the-way part of the Grey Base Hospital, plays an integral role in the day-to-day running of DHB operations. The team of ten Sterilisation Services Theatre Technicians (SSTT) sterilise instruments and equipment for the Grey Base Hospital and all DHB medical centres from Karamea to Haast. They also work in the operating theatre where they prepare theatre before it starts and in between each patient.

CSSD Team Leader Theatre Technician Julie Blundell says "the role has changed over the years due to the introduction of new technology and techniques. In the past when we had a laundry, bandages were prepared and resterilised. The introduction of single use surgical packs meant that this service was no longer required."

"As the role changed we diversified our work to include theatre technician duties which as well as preparing theatre includes cleaning instruments and equipment; restocking consumables and instruments; reprocessing colonoscopes and gastroscopes and patient transfers to and from the operating theatre."

Nurse Manager – Perioperative Services Wendy Stuart says "the operating theatre could not even begin to function



From left: Sterilisation Services Theatre Technicians – Ella Bennett, Julie Blundell, Lyrian Campbell, Sue Lang and Ngaire Payn

without the sterilisation department team. Not only do they provide a sterilisation service but they also work alongside the nurses and surgeons in the operating theatre to provide a clean safe environment for each patient."

Julie says "the role is varied and busy, for example, at the end of last year our

team prepared the equipment needed by the surgical team to undertake 50 orthopaedic cases, 40 of them being joint replacements. For anyone interested in this type of work, it is a good career option especially as technology and techniques change, there are always new aspects of the job to learn."



## Bouquets

- Thank you to Morice Ward staff for the commitment, support and comfort you showed our Grandad over the years. He had a lot of respect for all of you and considered you all more than just nurses.

### Emergency Department

- I would like to thank all the amazing nurses and the doctor that treated my husband in A&E with compassion. Their professional and calming manner made me less stressed while my husband was

being looked after. Thank you ever so much. You are all amazing!

- I visited the Grey Base Hospital emergency department after sustaining a deep cut on my brow. I was quickly triaged, placed in a bed and treated with skill and fantastic care. The doctor and nurses were incredibly kind and helpful, even sending me on my way with wound care supplies so I could finish my holiday camping plans without worry. I am from the United States and it was my first experience with New Zealand's health care system and I was thoroughly impressed with the efficiency and great care. Thank you for everything.

- I needed to use the services of Accident and Emergency (A&E) recently and was so impressed with the professionalism and empathy of the staff. Well done – I rate you A+.

### Barclay Ward

- To the awesome staff of Barclay Ward - thank you so much for the incredible care during my recent hospital stay.

### Ngakawau Health Centre

- My partner recently saw a doctor at Ngakawau Health Centre who listened well and gave him great information. My partner felt heard and cared for. We would love to see him working here longer.



## West Coast DHB's Music Therapist recognised for her commitment to music therapy

**West Coast DHB Music Therapist Heather Fletcher was recently appointed President Emeritus of Music Therapy New Zealand (MThNZ) – New Zealand's professional body and advocacy group for Music Therapy – in recognition of her commitment to her profession and service to MThNZ.**

Heather's involvement with MThNZ spans 12 years and has provided her with the opportunity to represent the West Coast around the table and to develop strong relationships with other music therapists across New Zealand.

With the DHB since 2005, Heather initially worked with the Child Adolescent Mental Health Services (CAMHS) team before moving to work as part of the Allied Health team last year. She became interested in music therapy while living in England where she studied and worked in both music and theatre.

"Music therapy is the planned use of music in therapeutic settings and its use assists with the healing and personal growth of people with identified emotional, intellectual, physical and social needs. The use of music also



Heather Fletcher

supports learning and aims to address non-musical goals," Heather says.

"Prior to training as a music therapist, one of my most profound experiences

was performing in a hydrotherapy pool theatre performance for children with profound and multiple learning difficulties. There was a young woman with cerebral palsy in the water who had very limited physical movement. As we played and sang, she visibly relaxed and by the time we had finished she moved through the water with ease. Once she was out of the water her movement became limited again, but for that brief period of time, she experienced a more relaxed state of being."

Heather can accept referrals from across the West Coast Health System, with the majority of referrals received from Child Development Services. She provides group and individual music therapy sessions in the Grey Base Hospital's Kahurangi aged residential and dementia care unit.

## Better food and drink choices at West Coast DHB

**West Coast DHB has decided to lead by example by increasing the selection of healthy food and beverage options available on our sites.**

Health is our job, and we want to support all our staff and visitors to achieve the best health and wellbeing they can. We want to make sure the healthiest choices are the easiest choice.

In 2016, we worked with the Ministry of Health, other DHBs and public health units around New Zealand to develop a nationally consistent food and drink policy for DHBs. This was published in 2016, and is in place in a number of DHBs around New Zealand.

The national policy was adopted here in 2019. We have started working with our



food providers to gradually offer more of the good choices that help you feel great, and remove or reduce the portions

of foods and drinks higher in sugar, fat and salt. This will also include food provided at DHB catered functions.

You may have already noticed changing choices at our cafeterias. We are pretty excited with what will be coming soon, and we'd love for you to join our journey.

Show us what you're excited about, and let us know of any ideas that you may have for healthier food choices.

If you have any questions or want to provide us with feedback, please contact us at [dietitians@westcoastdhb.health.nz](mailto:dietitians@westcoastdhb.health.nz)



## Neil de Goede

### People & Capability Business Partner

#### What does your job involve?

I have the great pleasure of working in a trans alpine team that is the driving force behind ensuring that West Coast DHB's people are able to do their best work in a happy and healthy manner. The People & Capability (P&C) team looks after all people related functions, from the important basics like payroll and administration, to organisational development and employee relations. As the Business Partner on the Coast, I help guide and execute any initiatives in this space.

#### Why did you choose to work in this field?

The variety of the work and the opportunity to learn something new at every turn. There is no chance of getting bored in this game!

#### What do you like about it?

It is very rewarding to see people succeed and knowing that the work that you did somewhere along the line may have had some part to play in it.

#### What are the challenging bits?

As you are dealing with people, sometimes you have to deliver news or make a decision that could ruin



someone's day. That is not a great part of the job but comes with the territory.

#### Who inspires you?

My parents.

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

*Conquistador* by Buddy Levy

#### If I could be anywhere in the world right now it would be...

A tropical beach.

#### What do you do on a typical Sunday?

Gym, meet with friends and sometimes chores – somebody has to do them!

#### My favourite meal is...

Pizza.

#### My favourite music is...

Rock.

#### Have you ever won a prize/medal/competition?

A few years ago, my club rugby team were division champions.

#### If you would like to take part in this column or would like to nominate someone please contact [global@westcoastdhb.health.nz](mailto:global@westcoastdhb.health.nz).

[global@westcoastdhb.health.nz](mailto:global@westcoastdhb.health.nz).

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### Chief Information Officer (CIO) Interview: Being the CIO of the smallest DHB in the country

You can read Miles Roper's interview online at [eHealthNews.nz](http://eHealthNews.nz)



## Safe Sleep Day promoted at West Coast DHB

**National Safe Sleep Day – Te Rā Mokopuna was held on 6 December 2019. The aim of the day is to raise awareness about Sudden Unexpected Death in Infants (SUDI) with the vision of reducing the rate in which it occurs in our New Zealand families/whānau and communities.**

Our maternity staff set up a display of safe sleep information available to parents. The display included a wahakura (woven flax/harakeke bassinet) and a pēpi-pod (plastic wahakura). Both of these resources are available to parents upon request to our Safe Sleep Co-ordinator in McBrearty Ward.

More information is available online – [Safe Sleep Day](#)



From left: Midwifery Educator Linda Monk, Core Midwife Jen Clement, Core Midwife Natalia Mendoza and Lead Maternity Carer (LMC) Midwife Wendy Tomasi

## New video showcasing midwifery in Canterbury and the West Coast

It's fitting in the International Year of the Nurse and Midwife that we have an inspiring new [video](#) showcasing midwifery to join the nursing [video](#) released last year.

This video was commissioned to help us attract new midwifery talent to Canterbury and the West



I was attracted to midwifery because I really love working with people.

Coast and please encourage you to share it with your networks – be they qualified midwives in New Zealand or overseas who may be looking for a change, young people considering

what career path to take or simply to show off what great work your midwifery colleagues do helping women in our communities bring new life into the world.

## Cricket prize enjoyed by ‘sports-mad’ family

**A big thanks to the Canterbury Cricket Trust (CCT) for donating tickets to a family staying at Ronald McDonald House to see the recent Black Caps test against India at Hagley Oval.**

The ‘sports-mad’ family from Greymouth, parents Melia and Kriston Guthrie, their 10-year-old son Keil, and his brother Keton, and sister Payton, were welcomed into the Lexus of Christchurch Member’s Lounge by CCT Chairman Lee Robinson.

CCT sent an invitation to Canterbury DHB with the offer to host a young patient at the Oval. The Guthrie family were very excited to attend and enjoyed the hospitality and a prime place to watch the game.

Kriston says Keil was diagnosed in July last year with T-Cell ALL Leukemia – a rare cancer of the blood. A very active sportsman, the days before he was diagnosed Keil had played under 12s rugby, under 11s league, under 13s league and ironically completed a cancer fundraiser mud run, all in one weekend.

The diagnosis was “shattering” and the last seven months had been “testing”.

“We would just like to say how grateful we are for being given the opportunity to enjoy such a generous gift. We had a tremendous time and enjoyed absolute first-class cricket and company. It’s a real lift for a young boy fighting and winning his own battle to watch his idols live and so great to know our sports heroes and the administration behind the scenes care, support and get behind the people in our community.

“Keil’s treatment will take four years of chemotherapy and hospital visits but he’s bursting at the seams to get well again, get home to Greymouth and get back out on the sports field. Hopefully one day he can replicate his sports heroes he was kindly given the opportunity to watch.

“A massive thank you from Kriston, Melia, Keil, Payton and Keton.”



Standing from left, Keton Guthrie and Chairman of Canterbury Cricket Trust Lee Robinson. Seated from left, Melia, Payton, Kriston and Keil Guthrie




**E-DIGEST  
ISSUE 112**

In the latest issue of the Health Quality & Safety Commission’s E-digest you can read about: Advance care planning; Pusi’s story; Kowhinui Village’s development of a Māori health plan and view the infographic about people living in aged residential care (interRAI 2018/19).


READ MORE [HERE](#).





**Choosing Wisely - Choosing equity**  
a focus on equity, sustainability and shared decision-making

Forum 1 May 2020  
Harbourside Function Centre, Wellington  
[www.choosingwisely.org.nz](http://www.choosingwisely.org.nz)



## Choosing Wisely forum has strong focus on equity

**We have been assessing the impact of Covid 19 on the Forum and attendees due to concerns that we must not put our health professional workforce at risk and because many clinicians and health professionals will be involved in delivery of additional health services. After discussion with Choosing Wisely clinical lead Dr Derek Sherwood and Dr John Bonning CMC Chair, regretfully we have decided that we have no choice but to cancel the 2020 Choosing Wisely Forum and related workshops.**

We are looking at ways to get our Choosing Wisely information out there as far as possible and we will be trialling zoom meetings with our key note speakers for the Forum. We will also hold the two workshops by zoom and highlight information from offered posters and abstracts though our website and newsletters. There will be no charge

for these events and we are refunding registration fees already paid.

We will be contacting you later with more information about the zoom events and how to link in to these virtual meetings.

The current plan is to have the keynote speakers address from 9.30 – 11.30 on 1 May 2020 (i.e. the planned start of the Forum).

We are planning to hold the pre-Forum workshops as follows:

- **Choosing Wisely 101** from 4pm on 30 April for one hour – facilitated by Dr Derek Sherwood.
- **Choosing Wisely and medical education** from 5pm for one hour – facilitated by Dr John Bonning.

Do hold these times and dates if you wish to join us – more details, a link and invite will be sent out nearer the time.

### **SUE INESON**

*Choosing Wisely Facilitator | Council of Medical Colleges*



The latest edition of the eCALD newsletter includes information on developments in psychopharmacology; information about the RASNZ Symposium “Refugee Resettlement in New Zealand – Future Horizons”; provides information on COVID-19 (Novel Coronavirus) translated resources and much more. [CLICK HERE](#) to read more.