

# REPORT TO THE community

WINTER 2014



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**Changes coming for  
school dental services**

**Brand new hospital  
for Greymouth**

*Healthy West Coast*  
Te Hauora o Tātou – The Health of Us All





# Great news for the West Coast – a brand new hospital for Greymouth

By now you have probably heard the fantastic news that the government has signed off the business case for a new 60-bed facility on the West Coast. In announcing the rebuild, Health Minister Tony Ryall said Grey Base Hospital will be the biggest hospital investment per head of population in New Zealand's history.

This announcement gives certainty to our community and to our staff, who can now be confident of a very bright future for health services on the Coast.

The \$62.4 million for the hospital and adjoining Integrated Family Health Centre (IFHC), along with \$4.6 million for a new energy centre, will provide the West Coast with the most modern health facilities in rural New Zealand.

The IFHC will be located next to the new hospital and will include (60 or 40 TBC) consultation rooms beds?). There will be three fully-equipped operating theatres, one of which will mainly be used as a procedure room. The new facilities will allow us to provide a full range of medical, surgical, maternity, mental health and emergency services currently available at Greymouth.

There will also be \$1 million for demolition costs for a new car park opening in 2016, and further funding for the development of the inpatient mental health facility which will commence in 2017.

The proposed new facility design is the result of significant clinical engagement, with over 50 hours of workshops with the Design Team in February of this year alone, involving more than 70 clinicians and staff from the West Coast DHB, the West Coast PHO, general practice teams, community pharmacy, Poutini Waioara, the Canterbury DHB and service contractors.

The significant input from clinical teams has been essential in developing new and flexible ways of working in the new facility. These include the use of a more home-like environment for older people who are 'getting back on their feet' in the independent living step-down beds, and providing a child health service that will be able to flex up in size depending on children and their families' needs.

Securing this significant amount of capital funding and knowing we will be able to provide services from much-improved purpose-designed facilities that meet New Building Standards and will be safe for patients, staff and visitors is a huge achievement for the Board, management and clinical teams involved.

We are now in a position to start making firm plans about how we will share information about the new facilities with the community.

In the meantime, the West Coast Partnership Group will be working with the DHB to call for tenders for contractors, including construction companies, to work on this project, which is the biggest project of its type on the Coast for quite some time.

**David Meates**  
*Chief Executive  
Canterbury & West Coast DHBs*



## New build in Buller too

**It's full steam ahead in Buller too, with an \$8M Integrated Family Health Centre (IFHC) being brought to life.**

David Meates says "We will be engaging with the Buller community over the coming months to talk about their new IFHC and how it will function. We'll also be starting a conversation with the Buller community about how people would like to see aged care services being organised in the future."



# Changes coming for school dental services

**Changes to the delivery of school dental services on the Coast will result in fewer youngsters with undiagnosed oral health issues says Dr Martin Lee, Clinical Director of Oral Health Services, West Coast and Canterbury DHBs.**

The West Coast DHB is introducing a new assessment service based on a specially fitted out dental van.

"Currently, there is a backlog of children who have not had their dental appointment. We intend to resolve this with the addition of the assessment clinic built into a campervan-sized vehicle," says Dr Lee.

The dental van unit will not offer treatment but, being highly mobile, will enable a larger number of children to get their dental assessments on time so that any potential problems will be picked up earlier.

Utilising what is known as a hub and spokes model – with the schools being the spokes and local dental facilities the hubs – the new service will see

children assessed by dental therapists at their school. If the assessment shows treatment is needed, then the youngster will be referred to a hub site. Currently, the mobile dental service is provided by large dental trailers that have to be towed around by truck. The truck and trailer units require a specialist driver and are expensive to run, especially to the smaller and more remote schools.

"By comparison," Dr Lee says, "the vans can be driven by staff with a normal driver licence and are more mobile, meaning we can get around schools much more efficiently. It also takes the demand off the two clinic trailers so that they can be used, as originally intended, as a mobile hub to

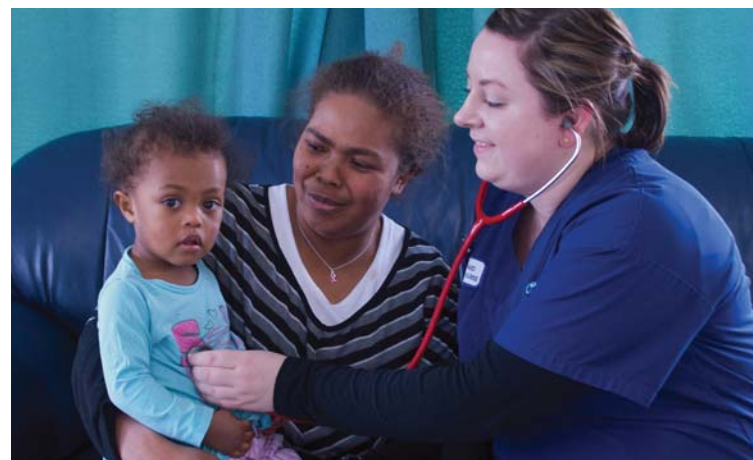
provide treatment for those children whose assessments show they need follow-up care."

As well as new facilities, the van and trailer units will be linked to specialist technology, allowing staff to view up-to-date dental records at the time children are being seen and receive clinical support from Dental Specialists, even when they are working in remote areas.

The DHB has also upgraded the dental facility at Hokitika Primary School and is planning a similar upgrade of facilities in Greymouth and Buller.

"We are confident that families will see an improvement in service as a result of these changes."

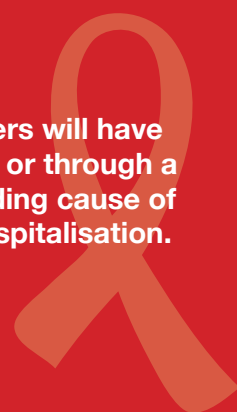




**Making sure you look after the health of yourself and your family is a really important priority. In this issue of *Report to the Community* we are looking at ways to keep you and your family well.**

## Did you know?

Did you know that one in three New Zealanders will have some experience of cancer, either personally or through a relative or friend. Cancer is the country's leading cause of death (28.9 percent) and a major cause of hospitalisation.



## Spotlight on Bowel Cancer

**Bowel cancer is a malignant growth that develops inside the bowel. It is also called colon, rectal or colorectal cancer.**

People who are diagnosed with bowel cancer, and receive treatment when it is at an early stage, have a 90 percent chance of long term survival. If there is a delay in diagnosis and treatment, and the cancer is more advanced, it is harder to cure. Bowel screening can detect cancer early, when it can be more successfully treated.

### How common is bowel cancer?

New Zealand has one of the highest bowel cancer rates in the world. Bowel cancer is the second highest cause of cancer death in New Zealand. More than 2800 people are diagnosed with bowel cancer every year and more than 1200 die from the disease. By 2016 the number of new cases of bowel cancer diagnosed each year is projected to increase by 15 percent for men and 19 percent for women.

### What are the signs and symptoms of bowel cancer?

Common signs and symptoms of bowel cancer may include: a change in your normal pattern of going to the toilet that continues for several weeks (such as diarrhoea, constipation, or feeling that your bowel doesn't empty completely (blood in your bowel motion). Although these symptoms are usually caused by other conditions it is important to get them checked by your doctor.

### Who is most at risk of getting bowel cancer?

Bowel cancer is more common as you get older, particularly from the age of 50. Bowel cancer affects more men than women. A diet high relatively high in red meat and animal fats and low in fruit, vegetable fibre may contribute to the development of bowel cancer. Lack of exercise is also a risk factor for bowel cancer.



## Keeping your heart in check

**The problem with cardiovascular disease (CVD) is that it is a little bit like a time-bomb. You feel fine but slowly your lifestyle and often, less than appropriate food choices, are slowly eroding away your heart. Don't do anything about it and the consequence can be deadly.**

Cardiovascular disease is the leading cause of death in New Zealand and is unfortunately linked to bad eating habits, smoking, and a lack of exercise. It's actually quite easy to get your heart checked, and not only is it free for many people, but it also doesn't necessarily mean bad news and the absolute end of a lifestyle you enjoy.

It just means you know what's happening in your body. Under the bonnet, if you like. Think of your heart like an engine. You could be a candidate for a heart attack or stroke if you leave your heart unmaintained and unchecked.

A little change also goes a long way. So if a simple test does find you have a high risk of CVD you only need to make a few easy changes to your lifestyle.

### How do you know if you might be a candidate for a CVD check?

In general, if you are:

- A man 45 years and older
- A woman 55 years and older

But if you say **'yes'** to any of the following:

- are a smoker
- have high cholesterol
- have high blood pressure
- are overweight
- have a family history of cardiovascular disease or diabetes
- have diabetes
- or are a Maori, Pacific Islander, or of Indian descent (from Fiji or the Indian subcontinent)

For some peace of mind, head to your doctor, nurse or health professional who can advise you on what programmes are available to help you take steps towards healthy lifestyle changes.

**Heart checks are FREE for West Coasters who are eligible and haven't had their heart checked in the last five years. To book an appointment, or to find out if you are due for your heart check, call your nearest medical centre. So why wait, the time to do it is NOW before you feel sick.**





# Diabetes checks

**Diabetes is at epidemic proportions, and around the world every year at least four million people die from it. If you have diabetes, or are at risk of developing diabetes, don't become a statistic.**

Instead head to your nearest medical centre and ask for a diabetes check. You may be eligible for a free screening. Type 2 diabetes, in most cases, is preventable. If not managed, it can cause serious complications such as blindness, heart disease, nerve and blood vessel damage leading to amputations, kidney disease, impotence and skin conditions.

Losing just five percent of your body weight is a great way to cut the risk of developing diabetes, but if you are worried you are not managing your Type 2 diabetes well, there is support available to you.

- You may be eligible for a free retinal screening check. The West Coast PHO funds a mobile retinal scanning service that travels between Hokitika, Greymouth, Westport, Reefton and South Westland every three months.

Retinal scanning works by picking up any damage that might be occurring to the very fine blood vessels in the retina of the eye. Any damage is easy to spot and can be managed. If left untreated, retinopathy gets worse and can lead to blindness. Contact (03) 768-6182 for more information on the programme

- Join an exciting programme on the West Coast called Diabetes Conversations, a series of workshops that make it easy to understand, control and manage diabetes. Ask your doctor or nurse for more information.

Remember you can reduce your risk of Type 2 diabetes by maintaining a healthy weight by eating a balanced diet, stopping smoking if you smoke and by being active – just a 30 minute walk about the block will do it.



- Get checked at your general practice. Ask about heart and diabetes risks next time you see your GP. The earlier diabetes is detected, the better the opportunities for you to self-manage the risk factors and the disease.

For more information see [westcoastpho.org.nz](http://westcoastpho.org.nz)

# A guide to colds and flu

**You're sneezing, feeling achy all over and you have a cough. Does that mean you have a cold or an attack of the flu?**



Learn to recognise the symptoms of both and you'll be able to respond rapidly and recover quickly.

If you have a runny nose, no muscular pain, a mild headache with congested sinus it's most likely you have a cold. There is no vaccine against it and no "official" cure but there a couple of things you can do to make life easier until you recover fully.

- Cold viruses thrive in dry conditions. A humidifier can add moisture to your home but make sure it is cleaned properly.
- Over the counter cold and cough medications can offer some relief to older children and adults but are not recommended for littlies under the age of two.
- Lots of fluids such as water, juice or even a bowl of steaming chicken soup loosen congestion and prevent dehydration. Avoid alcohol, coffee or drinks with caffeine.
- Rest is the quickest way to recovery.

If you have;

- An unusually high temperature,
- Shivering attacks
- Muscular pains
- Headaches that can be severe
- A dry cough that may become wet
- Vomit occasionally

It's likely you have the flu.

The best way to treat this is by resting at home to let your body fight the virus until your temperature is normal and you are feeling well. Adults can take aspirin or paracetamol. Minimise the spread of flu to the rest of the family by maintain good hygiene practices such as washing your hands regularly, not sharing personal items such as toothbrushes or eating utensils, and cleaning surfaces such as fridge doors and tables. Avoid close contact with others if you are unwell.

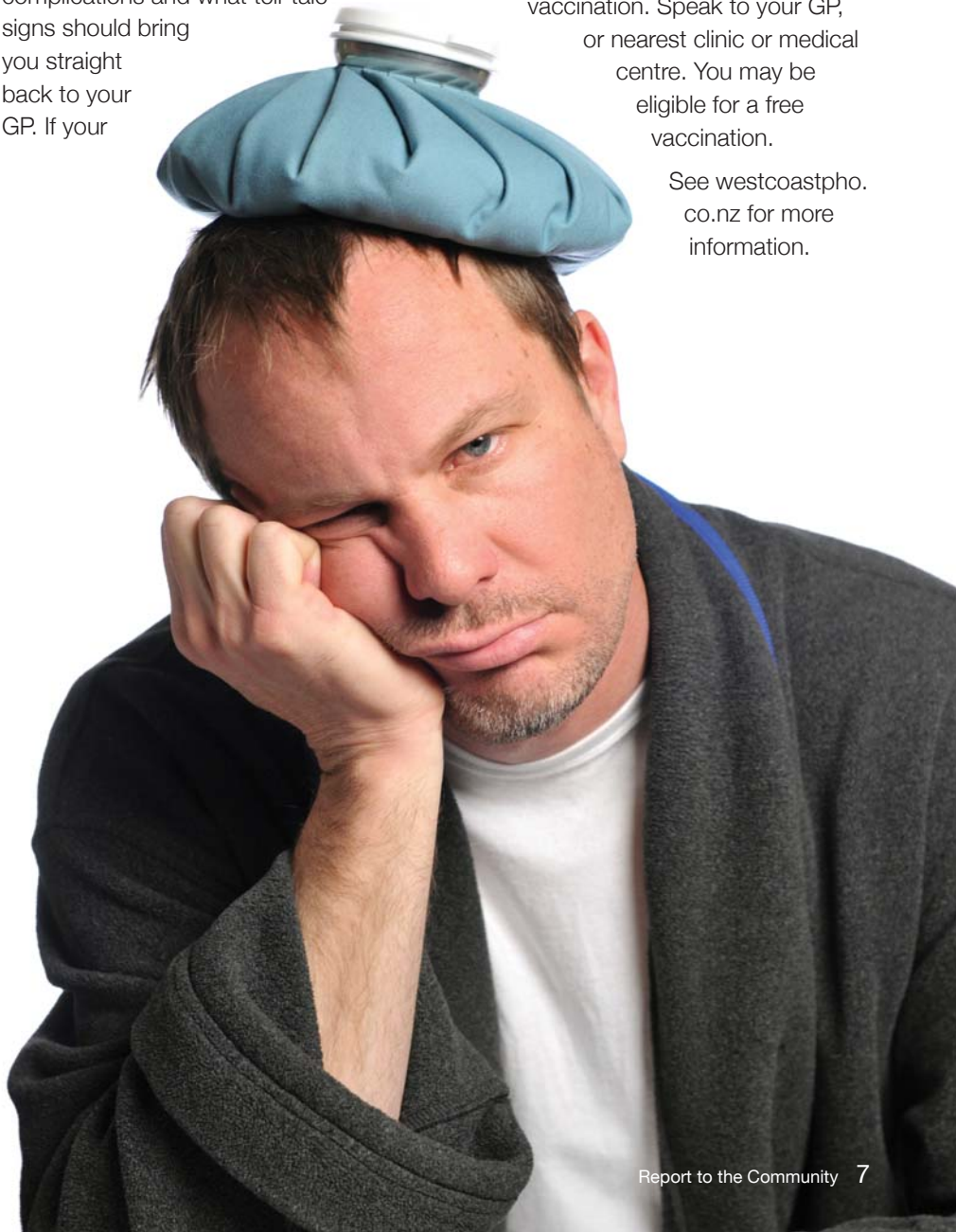
You should see your doctor within 48 hours of the onset of symptoms because they can check you have no complications and what tell-tale signs should bring you straight back to your GP. If your

symptoms get worse and you experience increasing breathing problems, coughing up yellow or green phlegm, severe headaches or dehydration, see your doctor as soon as possible.

Always ring your doctor or practice nurse if you are worried. Help is only a phone call away.

The best way to ensure you don't suffer an influenza attack this winter, is to get immunised. If you are 65 years and over or if you have an ongoing medical condition the complications from influenza can be severe so think seriously about getting a flu vaccination. Speak to your GP, or nearest clinic or medical centre. You may be eligible for a free vaccination.

See [westcoastpho.co.nz](http://westcoastpho.co.nz) for more information.







# No more butts!

If you've finally decided it's time to stub out your last cigarette butt, congratulations. But the hard work starts now so don't be afraid of getting some help to support you through the tough bits. There are plenty of people out there who really want to see you succeed.

Here is where you can go for help:

- The Coast Quit smoking cessation programme is run through West Coast PHO and is provided by trained smoking cessation staff at your medical centre or local pharmacy. The programme is based on two active ingredients: Nicotine Replacement Therapy (NRT) patches, gum or lozenges, to reduce the withdrawal effects from stopping smoking; and one-to-one support sessions for several weeks, while you make the lifestyle change from smoker to ex-smoker.
- The West Coast DHB provides a specialist smoking cessation service for hospital in-patients and out-patients, with a counsellor at the Corner House (near the

hospital) in Greymouth, phone (03) 7697488, and at Buller Hospital in Westport, phone (03)7889238

- Phone Quitline on 0800 778 778 provide free stop smoking support via phone, online or text.
- AKP – Aukati Kai Paipa is a Coast wide Maori-based face-to-face service, free NRT and you can have longer follow-up. Phone (03) 768 1160 ext 712 or 027 212 7390

Be kind on yourself, most people find that it takes them a while to get over their desire for a cigarette. This is normal, and will soon fade away, especially when you start to feel the benefits from not sucking poisonous smoke into your lungs every day!

Want to know more about the Coast Quit programme? The contact number for your closest GP practice, rural clinic or pharmacy is below:

### GP Practices

Buller Medical Services  
(03) 788 8230

Reefton Medical Centre  
(03) 732 8605

Greymouth Medical Centre  
(03) 768 0581

High Street Medical Centre  
(03) 768 5942

Rural Academic General Practice  
(03) 769 7493

Westland Medical Centre  
(03) 755 8180

Coast Medical Limited  
(03) 789 5000

### Pharmacies

Masons Pharmacy  
(03) 768 7470

Olsens Pharmacy  
(03) 768 4075

Westland Pharmacy  
(03) 755 8150

For rural areas, contact your local clinic for more details

Karamea Health Clinic  
(03) 782 6710

Ngakawau Health Clinic  
03 788 5062

Moana Clinic  
03 738 0003

Hari Hari Clinic  
03 753 3008

Whataroa Clinic  
03 756 1080

Franz Josef Clinic  
03 752 0700

Fox Glacier Clinic  
03 751 0836

Haast Health Centre  
03 750 0800

# Defeating violence together

Aligning services to work together to create a violence-free society on the West Coast is the driver behind the Greymouth Te Rito Family Violence Network.

Network member Patricia Hird says the group believes that a collaborative approach between government and non-government agencies, and working on initiatives that are specific to the West Coast, will help shift family violence from behind closed doors.

"Violence impacts across a range of social services, including health and education," she says. "We need to change the trend of violence and stop it happening within our families."

Patricia says to see any meaningful changes family violence has to be addressed by the whole community.



"While the actual level of family violence is difficult to measure as it is often hidden, the negative impacts on the well-being of those affected is felt throughout our community. It's a community problem so the solution has to come from the community."

The Network's strategic plan lays out priority work streams that, after extensive consultation, all groups identified as areas that would make a difference.

"The members of the Network have committed to undertake actions identified within those priority areas and develop them further by refining

projects, budget and the resources required," says Patricia. "There is a good cross section of everyone working in this community who deals in some way with the effects of violence. That means there will be at least one person someone can talk to if there is a disclosure of violence. There is someone who can help or give you the resources to cope."

She says the project aims to achieve a streamlined service so that it won't matter where people go for help. "They can walk through any door of any service provider and they will be directed to the right person."

# The Te Rito Family Violence Priority Work Streams

### Men for Change

Involve men and support the perpetrators of family violence to change through resourcing men's groups and encouraging men to talk about their experiences and the impact family violence has had on their lives.

### Children/Youth Education

Aim to break the cycle of violence through early response, education and prevention and by giving young people the tools to develop healthy relationships.

### Helping the Helpers

Provide resources and information for those who help victims and perpetrators.

### Community Awareness

Empowering whānau to become champions of their own violence-free well being through developing resources to promote family violence awareness and spread prevention messages.

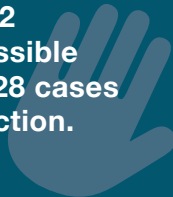
## Did you know?

By not smoking you'll join 80% of New Zealand who are all smoke-free, you'll be healthier and there is less chance your children will smoke.



## Did you know?

The West Coast Police attend approximately 350 family violence incidents per year. Last year West Coast Child Youth and Family received 942 notifications of possible child abuse with 628 cases requiring further action.



# The West Coast Health System Quality Accounts



The Quality Accounts 2012/13 are a snapshot of how our health system is meeting the health needs of our community.

Our vision is an integrated health system that keeps people healthy and well in their own homes by providing the right care and support, by the right person, at the right time and in the right place.

The Quality Accounts show our progress in improving service delivery and health outcomes and highlight our successes, what we have learned, and our future improvement plans.

This is the first year that the West Coast District Health Board has produced Quality Accounts which are now a Ministry of Health requirement for all district health boards.

The 2013/14 Quality Accounts should be available in general practices, pharmacies, hospital and other

healthcare waiting areas. You can also read it online. Simply type Quality Accounts into the search box on our website <http://www.westcoastdhb.org.nz/publications/quality/WCDHB-QualityAccounts-2013.pdf> or email us for a hard copy.

You can let us know what you think by emailing [quality@westcoastdhb.health.nz](mailto:quality@westcoastdhb.health.nz) or write to the:

Quality and Patient Safety Manager,  
West Coast DHB,  
PO Box 387, Greymouth

Email [qualityaccounts@cdhb.health.nz](mailto:qualityaccounts@cdhb.health.nz)

Your feedback is important – let us know what you think.

Email [qualityaccounts@cdhb.health.nz](mailto:qualityaccounts@cdhb.health.nz)

## Did you know?

If you are worried about your, or a family member's health, you can phone your own general practice, even after hours, regardless of the time of day or night. Outside of normal hours the phone is answered by HML – Homecare Medical Limited, a group of registered nurses who take queries from all over the country and understand services available to Coasters. The nurse will listen to your concerns and help you decide what to do next.

They can tell you whether you should head straight into the Emergency Department, or will be okay to come in and see an appropriate member of your General Practice team in the morning. The nurse can even help make the appointment.

You don't have to remember a number or look up a new one; it's the same phone number you use all the time to contact your Practice.

Remember, keep the emergency department for emergencies.

## West Coast Link Clinic bookings – Get it right

If you need to contact the Greymouth Family Planning, Sexual Health or Gynaecological clinics please ensure you use the correct phone number. Recent confusion has meant women seeking assistance have been booked into the wrong clinic.

Family Planning New Zealand's Greymouth clinic is located in the Link Clinic at Grey Base hospital but it is a separate organisation with its own phone number. Please call (03) 768 0895 for an appointment or see [familyplanning.org.nz](http://familyplanning.org.nz) for additional information.

For West Coast DHB Sexual Health or Gynaecological / Colposcopy services; you need to ring the DHB on (03) 769-7400 and ask for the relevant service. No appointments are needed for the drop in Sexual Health clinic on Monday 2.30 – 6pm.

Don't get booked into the wrong clinic – check you've got the right number before you call.

Family Planning New Zealand  
(03) 768-0895  
[familyplanning.org.nz](http://familyplanning.org.nz)

WCDHB Sexual Health Clinic  
(03) 769-7400 ext 2874  
[westcoastdhb.org.nz/clinics](http://westcoastdhb.org.nz/clinics)

## Figures from latest census

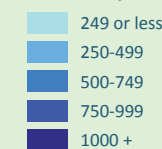
Our resident population has increased by 2.6% since 2006, to 32,145. This is a slower rate of growth than at the last census. However, the rate of population growth has also slowed nationally.

The Grey District has the largest population in the region, with a resident population of 13,371. The Buller District has a population of 10,470 residents. The Westland District has a population of 8,304 residents.

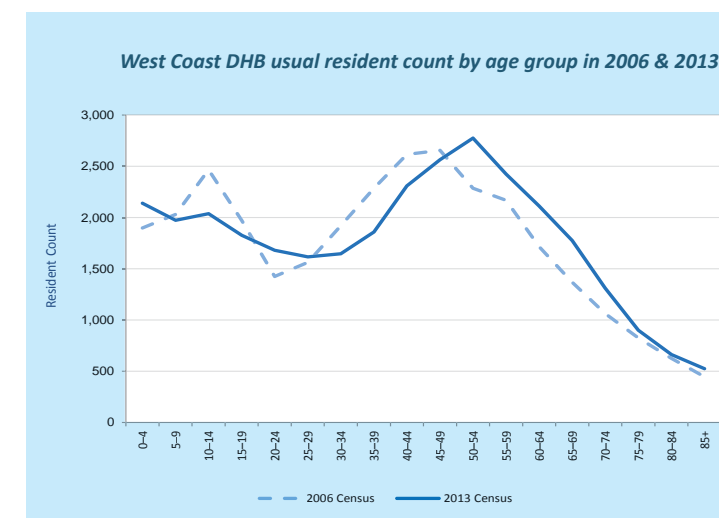
Our population continues to age. 16.1% of our population are now aged 65 years or older. This is higher than the national proportion of people aged 65 years or older (14.3%).

There has been a decrease in the number of children aged 0-14 years old. This is in line with a decrease in the number of families with dependent children in the region. There has been an increase in the number of one-person households, consistent with the decrease in the number of families with dependent children.

Resident Population 2013



Our population is also becoming more ethnically diverse. We now have greater proportions of Māori, Pacific and Asian ethnicities than in 2006. The percentage of Māori has increased from 9.7% to 10.5%. Our Māori population are younger, with 42.4% aged 0-19 years-old (compared to 24.8% of the total West Coast population).



### What We Don't Know

Updated population projections and estimates

The current Statistics New Zealand population projections are still based on the 2006 Census results. Projections based on the 2013 Census results will not be available until December 2014. Updated population estimates will be made available in August 2014.

## WHAT THE 2013 CENSUS TELLS US

16.1%



of our population are aged 65 or older, up from 13.8% in 2006.

32,145 Residents

2.6% increase in the number of residents on the West Coast since 2006.



10.5% of our population are

Māori

30.7% of households only have one resident.

0.8%

of the total New Zealand resident population live in the West Coast. However, the West Coast is one of the largest DHBs by geographic region.

20.5% of those aged 15 years or older smoke regularly, down from 25.7% in 2006.

20.5%



4.7% decrease in the number of families with dependent children.

15% decrease in the number of single parent families with dependent children.



3.4% of households have no access to telecommunication systems. This is the highest proportion of any region in New Zealand.

### What Does This Mean?

Our aging population

The West Coast DHB has an increasing elderly population. While progress has been made to address the needs of older people, new service models will need to continue to be developed.

Our population distribution

We have a population that is spread over a vast geographic distance. We also have households that are hard to contact, with 3.4% without access to any telecommunications. This presents a challenge in the delivery of health services within the West Coast and demonstrates the importance of mobile delivery of services to the community.

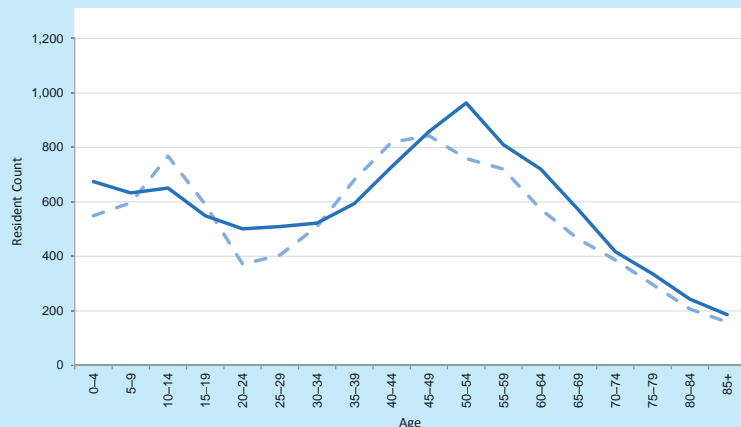


# CENSUS Demographic Changes by DISTRICT

Please note: Due to the difference in resident populations the scale of each graph varies. — 2006 Census — 2013 Census

## Buller District

usual resident count by age group in 2006 and 2013



768

more residents living in Buller than in 2006.



No change in the number of families with dependent children. The other districts have both had a decrease.

65+

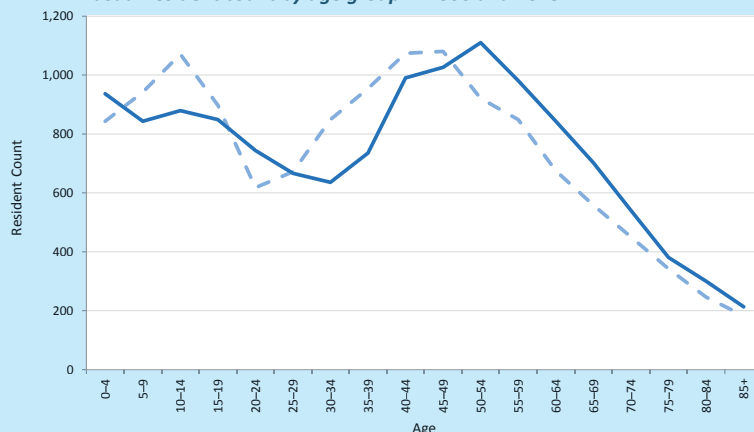


16.7%

of Buller residents are aged 65 years or older, up from 15.7% in 2006. This is the highest proportion on the Coast.

## Grey District

usual resident count by age group in 2006 and 2013



150

more residents living in Grey than in 2006.

19.9%

of Grey residents are aged under 15. This is the highest proportion on the Coast.



65+

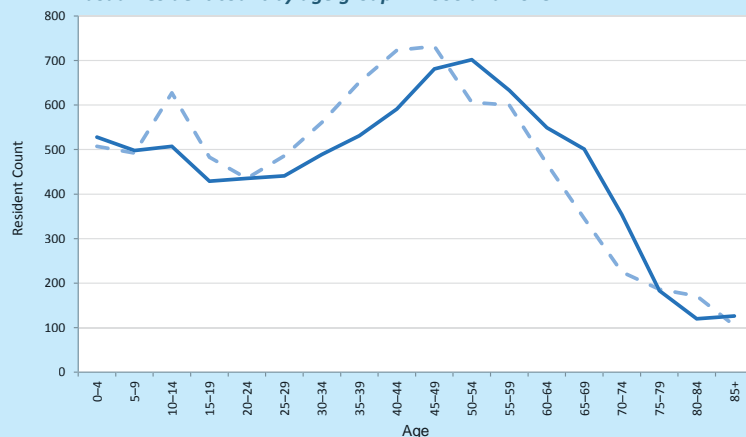


16%

of Grey residents are aged 65 years or older, up from 13.5% in 2006.

## Westland District

usual resident count by age group in 2006 and 2013



4.1% of Westland households have no access to telecommunication systems.

99

fewer residents living in Westland than in 2006.

13.4%

of the population are

Māori

This is the highest proportion on the Coast.

Healthy West Coast  
Te Hauora o Tatou - The Health of Us All



We value your feedback and welcome comments to [community@westcoastdhd.health.nz](mailto:community@westcoastdhd.health.nz) or to Community Relations, PO Box 387, Greymouth 7840.