



Let's look after ourselves too

I'm always talking about how we can improve our services for our patients. And that remains our key focus. I want to acknowledge that every one of you is helping us each day you're at work.

The sheer amount being achieved, and the commitment to keeping our patients safe, is awe-inspiring. I want to commend and thank you for your focused efforts.

At this time when we're all coping with constant change, and having to learn new things and remember to wear our masks and sanitise, to scan and to physically distance, and all the other things that are now part of our daily routines – it's important that we also look after ourselves.

As your Chief Executive, a duty of care rests with me to make sure you are working sensible hours, getting rest and meal breaks and getting the support and tools you need to do your jobs. All too often in our line of work people put themselves last in the line of things or people that need to be looked after.

I'm sure you've all heard about the Five Ways to Wellbeing. If ever there was a time to use those tools, it's now. In short, Give, Be Active, Keep Learning, Connect and Take Notice. Think about how you might use each of those ideas in your life, and gift yourself time to allow it to happen.



Chief Executive Peter Bramley was warmly welcomed to the Coast by Tai Poutini Iwi and West Coast DHB Board members at the Arahura Marae in late-March

In amongst the past few "COVID-19 months", we also introduced the National Bowel Screening Programme to the West Coast, and the rollout is now well underway. There's more about that in this issue, but I wanted to acknowledge this mahi and underline how important it is in the fight against one of New Zealand's biggest health challenges.

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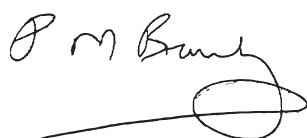
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And lastly, thanks for the wonderful ideas, suggestions, comments and hours of work being put into vaccinating our West Coast people and ourselves. The vaccination teams continue to have a big challenge on their hands. You can play your part by offering to sit down and chat to people who know and trust you and who are hesitant - by

giving people the right information and by helping answer their questions. Or you can suggest people ring the free COVID-19 Healthline on 0800 358 5453 or look up the questions and answers on the [Government's COVID-19 pages](#).

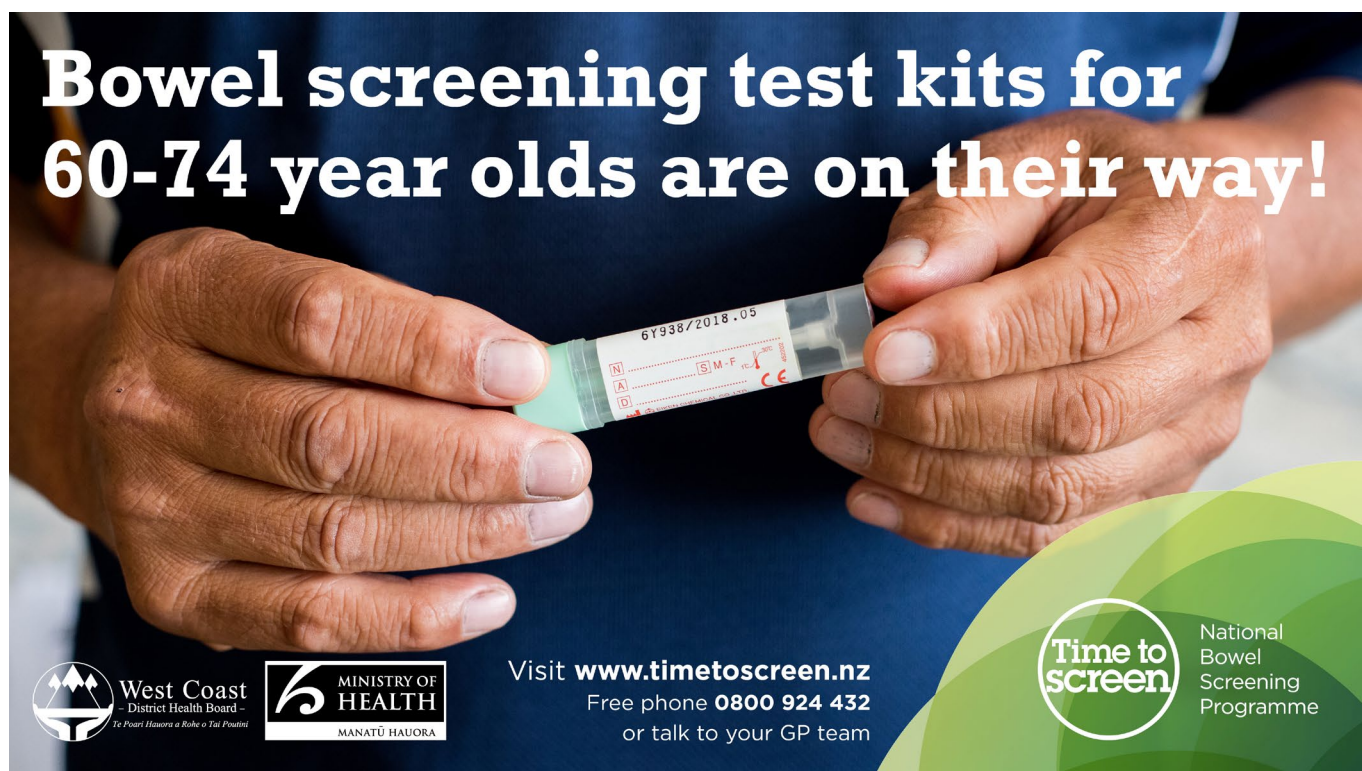
Ngā mihi nui




Peter Bramley, CE
West Coast District Health Board


If you have a story idea or want to provide feedback on *CE Update* we would love to hear from you! Please email us at wcdhbcmmms@wcdhb.health.nz. If you're not a staff member and you want to subscribe to receive this newsletter please [subscribe here](#).

Bowel screening test kits for 60-74 year olds are on their way!






West Coast
District Health Board
Te Puari Hauora a Rōhe o Tai Poutini



MINISTRY OF
HEALTH
MANATŪ HAUORA

Visit www.timetoscreen.nz
Free phone 0800 924 432
or talk to your GP team



National
Bowel
Screening
Programme



Bouquets

Emergency Department and Critical Care Unit

My friend recently suffered from a medical event and when we arrived at Te Nīkau Hospital, we were provided with amazing care. We are from Auckland, where people sometimes get lost in the shuffle and can be provided with hurried explanations. Our doctor, Will, was just exceptional and so very compassionate and careful in explaining the situation. Our critical care nurse was superb too. Thank you!

Te Nīkau Health Centre

Recently, I attended a nurse's appointment at Te Nīkau Health Centre where I was seen by Natasha. She didn't rush me through instead she listened to me and was interested in my reason for being there. Overall, she was very professional and caring.

General Ward

I found my stay here very good. The nursing staff and doctors were the best I could ask for. Thank you!

Children's Ward, Te Nīkau Hospital

Excellent nursing staff – thanks Miriam! We were well informed and cared for by Summer, Jack, Andrea (Anaesthetist) and Spencer, who are an amazing team. Thank you for taking such good care of our son.

Emergency Department (ED) and Radiology Department

I recently visited the ED and Radiology Department with my son. Everyone we saw was amazing – extremely happy, helpful, personable, professional and thorough and made my son feel comfortable.

We are so lucky to have these great medical professionals on the Coast and this wonderful new state-of-the-art hospital and equipment.

Te Nīkau Hospital & Health Centre

I was helicoptered to Te Nīkau Hospital after a skiing accident, the staff were amazing. Everyone was incredibly professional and did everything they could do to ensure I got the best treatment possible. Thank you so much for your support and care!

Big Shout Out

To: Robyn Bryant, Maternity

For not only demonstrating how our model of care should work but also how CCDM (Care Capacity Demand Management) works. Robyn used her initiative by looking up Trendcare on a busy weekend and saw that the General Ward needed help. She rang the Duty Nurse Manager and offered to come and work on the ward, which they gladly accepted. Thank you!

#carestartshere

Push to lift vaccination rates on the South Island's West Coast

The West Coast District Health Board, the region's three Mayors and other well-known locals are joining forces to urge West Coasters to get vaccinated against COVID-19.

Vaccination staff from neighbouring DHBs are also lending their support to the Coast and a new campaign "C'mon Coasters" is being launched to help lift the region's vaccination rates which are among the lowest in New Zealand.

Latest data from the Ministry of Health shows that as at 11.59pm on Wednesday 3 November 82% of the eligible population had had their first vaccination, with 69% fully vaccinated.

We need just over 2,000 people (2170) to have their first vaccination and we'll hit the 90% first dose mark.

West Coast District Health Board Chair Rick Barker says those numbers need to be lifted and there's an intense effort underway to do so.

"It doesn't seem like a large number of vaccinations we need to give to reach 90% of eligible people of the Coast, however this means covering communities from Karamaea to Jackson's Bay - they're seven hours apart which makes a lot of travelling and work for your DHB team to make vaccinations accessible to everyone on the Coast," he said.

"The 24 additional staff from Canterbury and Southern DHBs who arrived this week provide welcome support to bolster the local vaccination team. We now have the capacity to get the job done. The rest is up to us to roll our sleeves up protect our families and our communities," says Mr Barker.

West Coast DHB General Manager and Senior Responsible Officer for the vaccination rollout on the Coast, Phil Wheble says the C'mon Coasters campaign is about locals encouraging locals to lift vaccination rates across the region. It takes a community to vaccinate a community and we're calling on locals to support their friends, whānau, neighbours and colleagues to do the right thing.

"It's about keeping people well. Vaccination saves lives, it's as simple as that. If you want to live your life your way, vaccination is your ticket to freedom," Phil Wheble said.

Buller Mayor Jamie Cleine says it's critical more Coasters get vaccinated.

"I got vaccinated because we need to think about the community and the risk of overloading our health system.

"As a farmer and a Mayor it is important to take all the steps I can to protect myself and the people I work with, that in itself was a good reason to get vaccinated.

"Our community has been very fortunate to date with no COVID-19 cases for a year and minimal lockdowns. We're entering a new phase of the pandemic and it's no longer realistic to think we can remain COVID-19 free. Vaccination is the best way each of us can help the community."

His thoughts are echoed by Grey District Mayor Tania Gibson.

"We are all over COVID-19 interfering with normal life and our plans, events are being cancelled like the Hits Christmas Concert which is a real shame for the kids leading up to Christmas.

"C'mon Coasters, you know what you have to do, two jabs three weeks apart and we can start moving on," says Mayor Gibson.

Westland Mayor Bruce Smith says those who haven't been vaccinated really need to think about their choice.

"You might think you have a valid reason for not being vaccinated - but Delta doesn't give a hoot what you think, just look at how many unvaccinated people have become seriously ill and died."

COVID-19 Programme Manager, Helen Gillespie says there are a number of reasons behind the West Coast's lower turnout.

"Part of the challenge is logistical - this is one of the biggest regions in New Zealand and not everyone lives close to clinics. We're addressing that with mobile and pop up clinics with some now open seven days a week.

Local businessman Tony Kokshoorn is also urging locals to roll up their sleeves and really think about where they're getting their information from.

"I've seen a lot of rubbish on social media and heard plenty of nonsense in the pub about the vaccine. There's no evidence to back this talk. The reality is COVID-19 is in New Zealand and it will spread fast through the West Coast if we don't lift our vaccination rates. I've seen the Coast battle a lot of tragedies - COVID-19 is one we can avoid," says Kokshoorn.

The C'mon Coasters campaign will use a variety of tools to promote its message, including adverts, social media, posters and billboards. To view some of the posters created for the campaign [click here](#).

Anyone wanting information on the vaccination programme on the Coast can find it at www.vaccinatecanterburywestcoast.nz.

Bowel Screening Programme well underway on the Coast

From early June 2021, free bowel screening kits aimed at saving lives started arriving in the mailboxes of West Coast people aged 60 to 74.

The test kit is about the size of a large USB stick, easy to use and accompanied by clear instructions. It is designed to pick up tiny traces of blood in your faeces (poo) and enables us to carry out further investigations to ensure we catch cancers before they become advanced and more difficult to treat.

We anticipate that investigations prompted by returned tests will enable us to treat about 10 cancers in the first year. We also expect to pick up some pre-cancerous and non-cancerous polyps and, in these instances, the participants will become part of our surveillance programme.

Initially, the National Coordination Centre sends a letter to everyone who fits the eligibility criteria to explain the process and to invite them to participate in the programme. Test kits will gradually be sent to invitees over the following two years on or near their birthday.

On the Coast, around 6,505 people will be eligible to take part during the first two years of the programme. We encourage everyone that fits into this age group to register with a General Practice (it's free) and to ensure their contact details are up to date.

The purpose of the screening programme is to pick up on bowel issues that might otherwise remain undetected. Anyone with concerning symptoms such as sustained, unusual bowel movements or blood in their faeces (poo), whatever their age, should seek advice from their General Practice team as soon as possible.

Engagement with our priority groups which are Māori, Pacific People and people who live in areas of high deprivation, is an important focus in the programme. For some months now, we have been working with our Equity Advisory Group, whose purpose is to advise us on how best to engage with those priority communities so that as many people take and return the test as possible.

General Practice also plays an important role by providing information about the programme to patients and encouraging anyone in the eligible target group to take the test when they receive their kit.

Lastly, and perhaps most importantly, we need people to ask their older whānau and friends, if they've received their kit and to encourage them to participate. The right words from someone you respect and trust, or from a loved one is the best tool we have.

Staff are being asked to look for opportunities to engage with people about the programme that could help make a difference and perhaps save a life.

- › When and where appropriate, discuss the programme with patients in the eligible age band, especially if they are from one of our priority groups.
- › If you are 60–74 years old, look out for the kit. When you receive it, use it, attach the unique label that identifies the sample as yours and post it back straight away together with the consent form dated for the date you used the kit. Put simply – this little kit could save your life.
- › If you're not in the eligible age range but have whānau members and friends who are, please tell them about the National Bowel Screening Programme and encourage them to look out for their kit and to use and return it straight away – this little kit could save their life too.
- › If, at any age, you have worrying signs or symptoms – don't wait for a kit – make an appointment to see your GP team or health provider immediately. Acting now could save your life.

Facts about Bowel Cancer and the programme

- › New Zealand has one of the highest rates of bowel cancer in the world and 1200 people die from this disease each year. It is the second most common cause of death from cancer.
- › The disease typically affects older people, which is why the programme is aimed at people aged 60-74. The National Bowel Screening programme is now being implemented in the majority of DHBs and should be nationwide by the end of 2021.
- › Since it began in New Zealand just over three and half years ago, the programme has screened around 340,000 people and detected more than 900 cancers, many at an early stage. The earlier bowel cancer is diagnosed, the higher the chance of survival. When bowel cancer is detected early, there is over 90 percent chance of survival.
- › You can reduce your risk of developing bowel cancer by having a healthy diet high in fruit, vegetables and fibre, by exercising regularly, by not smoking and by maintaining a healthy body weight.

For more information, contact Manaia Cunningham, manaia.cunningham@westcoastdhb.health.nz

STOP – Pressure Injury Prevention – ‘Help me heal, check my heels’

Letter to my healthcare team

Hi,

My name is Zoe; I have to come into hospital soon. My friend Mary was in recently, but she got a nasty pressure injury to her heel.

She had to stay in hospital for a lot longer and her injury was very painful and took ages to heal. She had to use all her sick leave and hasn't been able to get back to work.

I have been told heel pressure injuries are one of the most common types of pressure injuries people in hospital get. Injury could delay my recovery by weeks, months, or become chronic and never heal. Heel assessment and early intervention is where you can really make a difference.

For my visit to hospital I will need some help.

What I will need from you:

1. To keep the pressure off my heels – using pillows or offloading equipment
2. Remind me to move around side to side, often, so the pressure is off my heels
3. Help me to check my heels twice a day
4. If I am complaining of sore heels, please help me check them
5. Stop me digging my heels in to get up the bed by raising my knees or using the bed knee brake function
6. If I'm in a chair make sure I can put my feet flat on the floor, this helps my bottom too!
7. My feet can swell, so its super important my footwear fits me well.

And finally, let me and my family/whānau know what we can do to help.

Thanks heaps,
Zoe.

IT TAKES A TEAM TO PREVENT A PRESSURE INJURY



S KIN CHECKS
SUPPORT SURFACES
KEEP MOVING
I NCONTINENCE & MOISTURE
NUTRITION

Home dialysis taken to a new level

The dialysis services' philosophy of promoting home dialysis was put to the test recently with a patient residing in Hector, north of Westport on the West Coast.

In January David started haemodialysis (a treatment for chronic kidney disease where blood is filtered outside the body using a dialysis machine). This required him and his wife Su to relocate to Christchurch, moving into a motel near the hospital while he received treatment and began training to manage his own dialysis at home.

David was highly motivated to get home to the Coast and progressed well with his training. When he was ready to go in July however, there was a bit of a snag.

Haemodialysis requires both power and water to run the machine. At his home, David has solar panels and a back-up generator for power, and his water comes from a creek. While this is fine for their everyday needs, it was insufficient to operate his dialysis machine.

Charge Nurse Manager for Dialysis, Wendy Cuthill, along with Bryan Cole and Danny Brookes from Clinical Engineering, got together to figure out how a dialysis machine could be installed on the Coast for David to use.

With Su's help, contact was made with the rural nurse practitioners at Ngakawau Health Centre. David was well known to them and they were only too willing to assist in finding a solution within the local community.

After many emails and phone calls, a space was offered for the installation in the Ngakawau Hall. An existing storeroom was enlarged to accommodate the haemodialysis machine, a reverse osmosis machine and a comfortable chair for David who receives treatment for five hours at a time.

Some electrical and plumbing work was done to ensure the room complied with health and safety standards.

The alterations were in mid-build when Westport had a major flood, which delayed work for a few weeks as the tradesmen were redeployed to help with other emergency repairs. Then, just as the machine was set to be delivered, the country was put into Level 4 lockdown.

It wasn't until the first day of Level 2 that the equipment could be delivered to the hall by Wendy and Bryan. David followed several days later and is very pleased to be back on the Coast and able to have his dialysis a five-minute drive from his home.

Having a prolonged stay in Christchurch was definitely hard for David and Su, but it gave him time to become very proficient with managing his home haemodialysis.

Wendy is very grateful to Secretary of the Ngakawau-Hector Hall Committee, Jackie, plus Grace and Deb the rural nurses in Ngakawau who have supported David on his health journey and facilitated the installation of his dialysis machine. This is what community is all about.



David during his first dialysis



The dialysis machine and reverse osmosis machine



The room ready to be used

COVID-19 false and misleading information and scams

You've seen something about COVID-19 that doesn't seem right, or maybe even suspect a scam relating to the virus.

COVID-19 is a hot topic at the moment, and some people use it as an opportunity to cheat people or spread inaccurate information. The best thing you can do is report anything like this by emailing COVID-19@ops.cert.govt.nz or calling CERT on 0800 2378 69.

Possible crimes should be reported to the Police.

CERT stands for Computer Emergency Response Team, and is a Crown agency, set up by the government to track cyber security incidents or attacks, and provide advice and alerts. Since the virus emerged here, there has been a marked increase in sharing of false and misleading information. That's not unique to New Zealand.

There are different kinds of false and misleading information.

- › Misinformation is false but not created with the intention of causing harm (e.g. misleading vaccine information shared with good intent).
- › Disinformation – false and deliberately created to harm (e.g. ideologies and theories purposely giving misleading or dated vaccine information).
- › Malinformation is based on reality, but is used to inflict harm on a person, organisation or country (such as leaks of private information that has been changed).
- › Scams – based on reality but seek to extort information and/or money. An example is advertising advising of early access to vaccination for a fee.

If you have experienced or are aware of any COVID-19

scams or misinformation, please [email CERT NZ](mailto:cert@cert.govt.nz) with all the details you have. Everyone has a responsibility to prevent false and misleading information, build awareness about it and encourage people to get information from reliable sources. The government, tech companies, media, academia, business and the public all have a role to play.

There are many false and misleading news stories related to medical treatments including COVID-19 vaccines. Trusting these false stories could lead you to make decisions that may be harmful to your health and the health of your whānau.

The best sources of accurate and reliable COVID-19 information are [The Ministry of Health](https://www.health.govt.nz/), [Unite Against COVID-19](https://www.uniteagainstcovid19.org/) and trusted sources like DHBs and health providers.



Five ways to boost your wellbeing

No one is immune to the impact of stress or just feeling 'blah'. As well as sapping our energy levels, feeling a bit flat can start to take the enjoyment out of life. It can be a sign that your wellbeing needs a bit of a boost.

Just like eating well, sleeping well, exercising and staying hydrated boosts our physical health, there are also things we can do to boost our mental wellbeing – even if we're feeling rundown, tired or stuck in a bit of a rut.

Five key actions, if done regularly, are scientifically proven to lift your wellbeing:

1. Connect, me whakawhanaunga
2. Be active, me kori tonu
3. Take notice, me aro tonu
4. Keep learning, me ako tonu
5. Give, tukua

FIVE WAYS TO WELLBEING



Connect
Grab a cuppa, be there, say 'kia ora!'



Be Active
Do what you can, enjoy what you do



Take Notice
Use your senses, savour the little things



Keep Learning
Be curious, try something new



Give
Your time, your words, your aroha

For everyday Five Ways inspiration, check out the [All Right? Facebook page](#)

The evolution of Whare Manaaki

South Island Alliance Child Health Team profile Eli-Ana Maiava. Article provided courtesy of the South Island Alliance.

Eli-Ana Maiava created Whare Manaaki – a Kaupapa Māori community space for Mawhera (Greymouth) locals – knowing that a similar space was a valuable support system for her when she was a new mother. “My life was literally saved by a community space when I was living in the Hutt Valley,” she says.

“I had been experiencing some quite traumatic mental health issues and the scariest thing for me at the time was to be home alone with my baby. So, I could go there and be around other people, have a conversation and a cup of tea while someone held my baby.”

After moving to Mawhera from Wellington three years ago to connect with her iwi and Māori whakapapa, Eli's aim was to work specifically for improving wellbeing of Māori on the West Coast, where her whānau are from. This led to a role in Community and Public Health (CPH) as Hauora Māori Health Promoter, when she noticed a gap in the community and decided to create Whare Manaaki.

What started out as a parenting programme, grew into a kaupapa Māori space for the entire community, offering a range of programmes to meet a variety of needs. Eli's 20-year background of early childhood teaching, as well as mentoring, management, and a master's degree in adult education was useful in creating and leading the programmes.



Eli-Ana Maiava

She also carried out research by interviewing 20 whānau on the West Coast about what their needs were and what barriers stood in the way of them being met.

"How do we ensure our babies have good lives, with solid parenting? It's about making sure that their whānau have their basic needs met so they have the capacity to then actively and intentionally think about the way they're interacting and caring for their tamariki. That can be challenging when they've got a lot of stress hanging over their heads."

"We decided that a culturally safe, warm and inviting space where you can bring your family was the best way to support Māori parenting here on the Coast."

The programmes range from gardening groups and breakfast clubs, to pepi and whānau coffee groups, and community Kapa Haka. "Māma or whānau can drop in for kai, community dinners or a cup of tea, and we've got plenty of resources for the tamariki to play with. We also do a Te Reo Māori playgroup where we do a bit of a song and a book reading session, to encourage use of Te Reo."

An antenatal group is being developed and a Friday night rangatahi hangout programme has just started. Teenagers can come in off the street, have some kai, play some games and "just chill out together – there's nowhere else for them to hang out on a Friday night."

Staff at Whare Manaaki are currently working with other agencies to run a Safe Woman, Safe Family group, for women affected by violence in their lives, as victims or offenders. "We've also got a lunch programme where people can come and make kai and take it away for work or school, so that they've got full bellies. We offer everything with no judgement, we've got a pataka (pantry), vegetable garden and a freezer full of food to share with anyone. We've also got a community cupboard full of blankets and shoes and children's clothes – people can help themselves."

Eli, a mother of four tamariki aged four to 13 years, has resigned from her CPH role so she can dedicate more time to Whare Manaaki, which has grown exponentially.

"There is just so much need, interest and support for it in the community. I'm not doing it alone, it's part of a bigger collective and a community-led space and we all do our bit. It just took someone to take that first step and provide a space, and everyone else is filling it with all of these wonderful things."

Eli is also a part of the South Island Alliance, Te Pā Harakeke/Nurturing Care in the First 1000 Days steering group, which is currently creating its framework principles for health services. "It goes back to well whānau and parents create well children, so looking a bit wider than just the children's needs – what are the family's needs in relation to doing well with that child?"

She says her ultimate goal in life is to raise wonderfully kind, confident and independent children. "And because I think collectively, like Māori tend to, I know that I can't create those things for my children without them being surrounded by those things outside of our home as well. Ultimately, it's about creating the environment I want my tamariki and other tamariki to grow up in, that's going to instil a positive sense of identity and collective thinking around sharing of resources and wellbeing. That's what I want in any project that I'm involved in, to help create a better world for our tamariki."



Community kai at Whare Manaaki



Māma or whānau can drop in for kai, community dinners or a cup of tea, and we've got plenty of resources for the tamariki to play with

Breast Cancer Awareness

October was Breast Cancer Awareness Month in New Zealand.

Breast cancer is the most common cancer for Kiwi wāhine (women), and the third most common cancer in New Zealand overall. Every day, nine wāhine in New Zealand will be diagnosed with breast cancer and more than 650 will die of the disease each year in this country. Around 25 men will be diagnosed with breast cancer in New Zealand each year also.

There would be few people who have not been affected in some way by breast cancer, whether through the experience of a colleague, relative, friend or their own personal diagnosis.



Breast screening through self-examination, mammograms and ultrasound saves lives. These days, 80 percent of people diagnosed with breast cancer will survive ten years or more. This statistic increases to 92 percent if the cancer is detected on a screening mammogram.

The New Zealand breast screening programme offers free mammograms and yet 30 percent of eligible wāhine are not participating in the programme and receiving regular checks.

Wāhine of all ages need to understand how to examine themselves and what changes to look for in their breasts; and when that change is noticed, follow up with their doctor immediately. Eligible wāhine need to ensure they get their regular mammograms and check-ups. Talk about breast cancer with the friends, sisters, mothers, daughters, grandmothers, aunties, cousins and colleagues in our lives.

KIA ORA KOE
SAVE YOUR LIFE
in the time it takes to get changed

CHECK YOUR BREASTS NOW FOR SIGNS OF BREAST CANCER

 LUMPS	 SWELLING	 DISCHARGE
 DIMPLING	 ARMPIT LUMP	 RASH
 NIPPLE INVERSION	 COLOUR CHANGE	 UNUSUAL PAIN

IF YOU NOTICE ANYTHING UNUSUAL
Tell someone and see your doctor or nurse as soon as possible to get it checked out
EARLY DIAGNOSIS SAVES LIVES

Download the **PRE CHECK** app
 bcf.org.nz/precheck

Breast Cancer Foundation NZ

Change CHECK

The Breast Cancer Foundation promotes awareness and education.

Learn more about [breast cancer in New Zealand](#). [Sign up](#) for the free breast screening programme.

In the spotlight

West Coasters Peter McIntosh (DHB) and Susan Watson (O'Connor Home) appeared in the Department of Prime Minister and Cabinet's People Panui recently. [Find out why!](#)



Celebrating 56 years of service to nursing with the West Coast District Health Board

From a letter written by Brittany Jenkins, former Director of Nursing

Thank you for all of the determination and effort that you have demonstrated while working with us. While your role in the lives of individual community members and colleagues may have been temporary, you will have made a lasting difference in the lives of the many people you have helped, as well as to the West Coast region and WCDHB as a whole. In this way, your hard work and substantial contribution will not be forgotten.

During your time with the WCDHB you would have been part of countless changes and I want to thank you for staying and choosing to be a part of both the challenges and the successes. I am proud to have worked alongside you to serve West Coast communities as a member of the wider WCDHB team, and as a member of the wider nursing profession, and feel lucky to have enjoyed working with you in your final years of service.

Your service represents an unparalleled commitment to the health of West Coasters. It represents the much-needed continuity of care for New Zealand's most rural community members. Your service also represents invaluable nursing knowledge that enabled you, on behalf of those within your care, to navigate the often invisible processes within our health system. And lastly, your service represents the much-needed investment in the future health workforce through your contribution to mentoring and inspiring others.



Cheryl Hutchinson at the start of her nursing career (supplied)



Clinical Nurse Manager – District Nursing Cheryl Hutchinson cuts into her farewell cake



Gift of pounamu presented to Cheryl to mark her 56 years of service to nursing

A Tribute to Shane McKerrow

– Flight Liaison Officer Canterbury Air Retrieval

Shane McKerrow died unexpectedly at her home on the 19th of April 2021 two weeks after a brief hospital stay. On the 27th of April, family, friends and a large number of nurses, pilots and doctors who all shared her love of the aviation industry, gathered to honour her memory and her legacy that is the Christchurch Air Retrieval Service.

Born in Dundee (Scotland) in 1955 to two military parents Nancy (RAF) and Jim (Army), Shane developed an early appreciation for 'plane spotting' as she liked to call it. She was brought to New Zealand as a toddler and returned to the UK in 1972 where she completed her training as a nurse in Ninewells, Dundee in 1974/75. She returned to New Zealand in 1980 to work: first in Auckland Hospital as an Emergency Department nurse, before moving to Christchurch in 1984 where she worked in the ED, and afterwards in the Neonatal Intensive Care Unit (NICU).

It was while working in NICU that Shane started transferring babies around New Zealand, flying predominately in helicopters owned and operated by Garden City Helicopters (now Garden City Aviation). Shane built a strong working relationship with GCA owner John Currie, and his two sons (whom she used to baby sit), who are now CEOs for GCA.

Garden City Aviation owned a Cessna, and after the Cave Creek disaster in 1995 it was adapted and equipped to transport patients from outlying hospitals to Christchurch Public Hospital. Over the following years, Shane and a small number of nurses carried out retrievals with Dr Terry Richards, while fittings were manufactured to meet Civil Aviation Authority standards, which allowed monitors, ventilators and infusion pumps to be protected and safely carried on board. During this time the capacity to execute transfers depended on the readiness of aircraft and pilots, and the availability of medical staff. It was not until 2002 that Shane and Dr David Bowie (ICU Intensivist) sought funding to establish a dedicated 24/7 Canterbury District Health Board operated service.

While a small number of generic nurses and registrars initially undertook the transfers, these relocations demanded a huge number of 'coordination' hours by Shane to ensure the service ran 24/7. Only in later years did the ICU Registrar training programme incorporate 'air retrieval' as part of its curriculum.

Thus, after an initial penchant for 'plane spotting' during her early life, Shane's interest in aviation developed into her passion for creating an air retrieval service. Whilst supervising its increasing demand, Shane was instrumental in growing the Christchurch Air Retrieval Service from 150 to 600 transfers per year.

Although Shane's well-earned retirement was cut-short, she will forever be remembered as a dedicated Flight Liaison Officer whose far-sightedness guided the Canterbury Air Retrieval Service. Well done, Shane, your legacy will continue into the future; we are all beneficiaries of your vision and dedication.

Shane McKerrow - 25 February 1955 - 19 April 2021



Flight Liaison Officer Shane McKerrow



Garden City Aviation CEO Andrew Currie (left) with Shane McKerrow and Dr David Bowie who both received awards for outstanding service on their retirement in February 2020

Are you glove aware?

Gloves do not provide complete protection against microorganisms as they may contaminate healthcare workers' hands via small defects in gloves or during the removal of gloves. Inappropriate use of gloves can put patients at risk of infection and cause work-related contact dermatitis in healthcare workers.

Wearing gloves does not replace the need for hand hygiene.

When should I wear gloves?

- › Risk of contact with blood/ body fluids
- › Risk of contact with non-intact skin or mucous membranes
- › Risk of contact with chemicals
- › Risk of transmission of multi-drug resistant organisms e.g. contact precautions

When should I remove gloves?

- › Between each patient
- › Between each care task e.g. empty catheter then performing mouth cares
- › When risk of contact with blood, body fluids, non-intact skin or mucous membranes or chemicals has ended
- › When you need to complete hand hygiene as per the 5 Moments

Before putting gloves on think...

- › What task am I performing?
- › What type of gloves do I need? E.g. sterile, non-sterile
- › What size gloves do I need?
- › Are my hands dry enough after hand washing / using hand sanitizer?



Are You Gloves Aware?



Wearing gloves does not replace the need for hand hygiene.

Gloves do not provide complete protection against microorganisms



- They may contaminate healthcare workers hands via small defects in gloves or during the removal of gloves.
- Inappropriate use of gloves can:
 - put **patients at risk of infection**
 - cause work-related **contact dermatitis** in healthcare workers.

**SCAN
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MAKE SUMMER
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Unite
against
COVID-19

New Zealand Government

Photo board



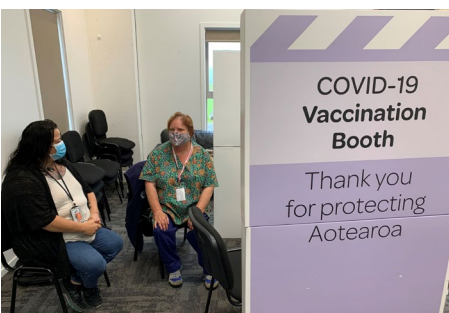
The Greymouth Mighty Mud Challenge was held at On Yer Bike Adventures, Coal Creek, on Sunday, 31 July. The Mud Challenge is a fundraiser for the West Coast Branch of the Cancer Society. Teams of up to six complete one lap of a 3km obstacle course which includes barrels, hay bales and nets to name a few. Teams must cross the finish line together. Teams included local Police, Cobden Fire Brigade, local netball teams, families as well as three DHB teams from Te Nikau representing Kahurangi Dementia Unit, Manaakitanga Mental Health Inpatient Unit and Complex Clinical Care Network (CCCN)



Moving the Rural Academic General Practice building to its new position on Cowper Street. It became the new home of the West Coast DHB's District Nursing Team, after the required renovations were completed in July 2021



Palliative Care Consultant Dr Wendy Pattemore and Clinical Nurse Specialist – Palliative Care Sandy Hartwig providing palliative care the West Coast way



Kiri Stevens, an observer, and Andi Cumming, Roving Rural Nurse Specialist



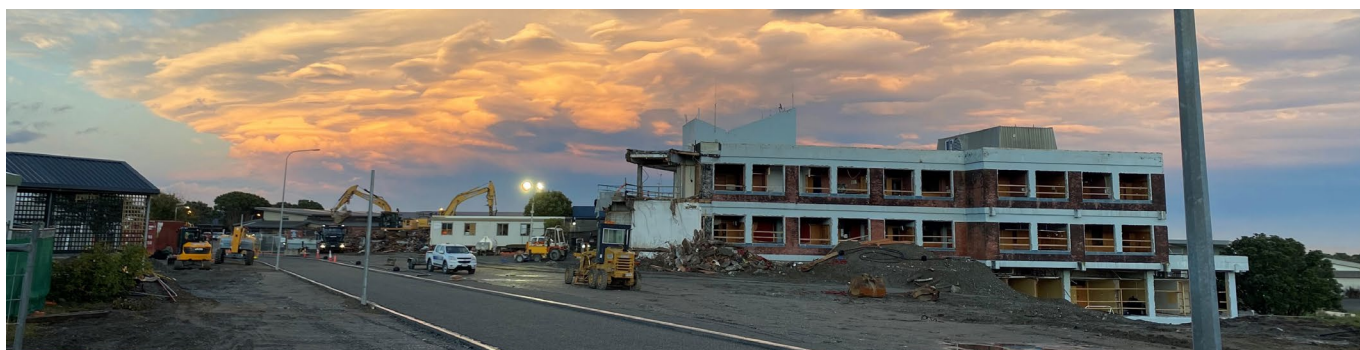
Registered Nurse Hannah Alker and Ward Clerk Adrienne Church on May 12th, on the anniversary of Florence Nightingale's birth

International Nurses Day is celebrated around the world each

In an effort to reach as many nurses as possible, commemorations for the West Coast DHB's 2021 International Nurses Day were moved from the traditional, centrally based afternoon tea, to the work areas.

This enabled those nurses working in their clinical areas and across other shifts to enjoy a token of appreciation from the gift box. Accompanying each box were messages of support, recognition and reflection from WCDHB management and colleagues who work outside nursing.

Some work areas chose to build on the gift baskets - the General Ward held a shared lunch for those on shift.



Demolition of the old Grey Base Hospital has enabled the construction of the new access road to the main entrance of Te Nīkau Hospital & Health Centre to be completed. Now that this road is open, emergency vehicles, patients and visitors not longer need to drive through the main patient carpark to access the facility



(Left to right): Diversional Therapist Ruby Thomas, Clinical Nurse Manager – Kahurangi Maureen Frankpitt, Health Care Assistant Susan Campbell and Diversional Therapist Colleen Renner look forward to sharing cupcakes with the residents of Kahurangi Dementia Unit to raise awareness of the importance of speaking out about elder abuse

ELDER ABUSE
IT'S NOT OK CALL 0800 EA NOT OK
SPEAK OUT 0800 32 668 65
superseniors.msd.govt.nz/elderabuse

One minute with... Manaia Cunningham, West Coast DHB's National Bowel Screening Programme Project Manager

What does your job involve?

Getting eligible participants in the West Coast Region to participate in the National Bowel Screening Programme (NBSP). It also involves keeping our NBSP Nurse Champions and community Champions informed of any programme developments. I report back to the NBSP Steering Group and the Equity Advisory Group.

Why did you choose to work in this field?

I've always wanted to work for a DHB and hospital. I want to help increase Māori Health outcomes. The gap between Māori Health and non-Māori Health is still too wide. The NBSP can help decrease that gap with whānau and Community-centred health promotion which is both educational and meaningful.

What do you like about it?

The cancer survival stories and seeing the excitement on people's faces when pre-cancerous polyps have been removed. It's a great feeling seeing others' wellbeing beaming because of a service our health system can provide.

What are the challenging bits?

I never expected to hear so many cancer stories in this role. It's a real honour and privilege when people you don't know tell you a very personal story of how cancer has impacted them and their whānau.

Who inspires you?

Nurses.

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

Nelson Mandela – Long Walk to Freedom.

Something you won't find on my LinkedIn profile?

I love eating kina and crayfish.

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

On my boat at Lake Kaniere.

What do you do on a typical Sunday?

My typical Sunday mornings are taking my seven-year-old son Kaahu to his rugby league games. He plays for the mighty Waro Rakau (a Greymouth league team).

My favourite meal is...

On the beach, in my wetsuit, cold, with the sun on my face eating freshly caught kina in the Chatham Islands.

My favourite music is...

Country, gangster rap, reggae, grunge, 90s, psychedelic rock, symphony but best of all listening to my mum and daughters sing.



Manaia in the Chatham Islands about to eat his crayfish (July 2020)

Health Quality & Safety Commission E-digest Issue 131



In the latest issue of the Health Quality & Safety Commission's E-digest you can read about resilient health care in action; Te Ao Māori Framework developed to help improve the quality of care afforded to whānau Māori and much more. You can read it online [here](#).

eCALD newsletter

You can read the latest eCALD newsletter online [here](#).



Maternity Quality and Safety Programme Annual Report

West Coast District Health Board's Maternity Quality and Safety Programme Annual Report for 2020/21 is now available online. The report showcases the work of the West Coast DHB maternity team. Highlights include:

- › Growing Up Well on the West Coast project
- › Migration to the new maternity ward in Te Nīkau Hospital
- › The importance of our Transalpine relationship with Canterbury DHB

[Maternity Quality and Safety Programme Report | West Coast DHB \(wcdhb.health.nz\)](#)

South Island Alliance update

The bimonthly update from the South Island Alliance Programme Office aims to educate, inform and celebrate our achievements as we work towards improving health outcomes for all South Islanders. . Read it [here](#).



The end game should not be just Smokefree 2025 but also Vapefree

Aotearoa New Zealand has been a world leader in the smokefree arena and is doubling down on its efforts to reach the 2025 goal. This [blog](#) asks if is enough to aim just for smokefree or whether Te Tiriti o Waitangi demands we aim higher and eliminate vaping also.

Something *For You*

Something For You is the West Coast DHB's employee benefits programme. The deals offered are from the West Coast business community to say thank you for all that you do.

We also have lots of other great deals from businesses located further field, check them out [here](#)!

