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## “Talk To Me” Flipchart launched



Team Leader of the Rehab Unit, Aynslie O'Reilly, shows Gordon Churcher the new flip-chart and explains how it will be used.

People with impairment (e.g. physical, sensory, intellectual or psychological) sometimes end up as patients in our hospital. How frustrating it must be for them to have to repeat the same messages about their needs to ensure they are as independent as possible while they are in hospital.

Hospital patients are staying temporarily away from their familiar environment; home. For people with impairment, this may mean they become 'disabled' in their unfamiliar surroundings. The hospital environment, routines and busy staff disable people without any intention to do so.

To help people with impairments who are in hospital be less disabled, a flip chart system can now be used by patients to enhance their stay in hospital. The flip chart, *Talk to Me*, is designed for use by people with impairments to inform others how they may help them to be less disabled while in hospital. It is similar to the flip chart that informs people about a patient's dietary needs/restrictions and, excuse the pun, should carry just as much weight.

The Rehab Unit has launched the trial “Talk to Me” flip chart. Clinical Nurse Leader Aynslie O'Reilly has been a member of the group who developed this flip chart and is keen to evaluate how it is used by impaired people.

To date, when the idea has been checked with patients and impaired people in the community, there has been an extremely positive response and enthusiasm to see the system implemented. Aynslie says, “The chart is not about labelling people as it is the patient themselves who chooses whether to use the flip chart – and if so, what messages they give to others.” “It is not part of our clinical systems like the dietary flip chart is. It is totally to help people with impairments be less disabled while they are in hospital.”

**Joanne Edwards**  
*Portfolio Manager, Planning & Funding*

## Masterclass



Shirley McGirr, Nurse Educator, has just graduated with a Masters Degree in Nursing after six years of studying part-time extra-murally. She studied one paper in the first and second year, then “took a year off” to complete a post-graduate certificate in tertiary teaching from the College of Education at Massey. Shirley then picked up nursing post-grad papers again, passing two a year until all eight papers were behind her. “It was a lot of work,” she says, “while also working fulltime and I was lucky to have a lot of support from the DHB and my family.”

Shirley completed her Masters through Otago Polytechnic in conjunction with UCOL in Palmerston North. Her dissertation explored the ways new graduate nurses make clinical decisions and what influences those decisions. It was an area with very little research base and Shirley is pleased to have added to that body of knowledge. She says the DHB is very supportive of anyone wanting to do extra study. “They grant paid study leave and apply for extra funding through the Clinical Training Agency to fill nursing positions while you are studying. There is a lot of peer support too - we share resources and information and act as mentors when needed.” She says it was hard work but it changed her outlook on nursing. “Having a Master's degree guarantees more interesting and rewarding work,” she says. “It really opens your eyes to other ways of doing things and gives a wider perspective. I am aware now of so many more opportunities for nurses. There are opportunities to develop as nurse practitioners for example, or roles through the Nursing Council. When issues of competence come up a group of peers are convened and I now take part in those sorts of processes. I can also have more input in national health policies.”

Two other nurses are completing masters degrees at the moment and 12 staff in total are doing post-graduate study.

# Special send off for special lady



## Public Health team farewell Wendy-Ann

### **Front row - Left to right:**

Corrinne Oliver, Anna Stuart,  
Wendy-Ann Havard, Judi Harding

### **2nd Row - Left to right:**

Maggie Morgan, Danica Goldsmith,  
Jo Dewis, Debi Lodge-Schnellenberg,  
Mata Emile

### **3rd Row - Left to right:**

Jenny Clarke, Nicky Poona, Debbie Beech,  
Lee-Anne Tait, Sally McQuade

### **Top Row - Left to right:**

Rebecca Fox, Jo Matiaha, Felicity Marriott

### **Absent:**

Campbell Gillam, Lisa Beech, Bronwyn  
Wood, Tina Tyacke, Sarah Taumoepeau,  
Lynnette Field

Wendy-Ann Havard, Public Health Nurse with the Wairarapa DHB since 2000, said at her farewell that she always wanted to be a nurse. When she was 12 she sent off her application to the matron who told her to wait until she was 18. She began her career as a Nurse Aide, then Enrolled Nurse and later a Registered Nurse, first in paediatrics and then as a Public Health Nurse. She led the team of 45 staff in the school-based Meningococcal campaign in 2005, and helped our DHB to be the Number 1 in New Zealand for consent return rates and vaccination uptakes.

There was a big turnout for her farewell and her manager, Debi Lodge-Schnellenberg, hailed Wendy-Ann as someone with the ability to motivate her colleagues, implement quality initiatives, source and deliver Best Practice guidelines, and effect change quietly yet persistently.

"In essence Wendy-Ann is the ideal Public Health Nurse and is well respected by her peers and as preceptor for 3<sup>rd</sup> year student nurses and graduates. She is a quiet, thoughtful woman with a wicked sense of humour and a passion for paediatric nursing. She has a natural empathy with her patients and their families and at all times maintains a professional attitude. She never works outside of her scope, yet enables trust and confidence in all those with whom she works."

Wendy-Ann has obviously made a big impression on many she has worked with, especially her colleagues, the Wairarapa GPs and practice nurses, her schools, her children, the paediatricians, and all those who have had contact with her over the past 8 years. She is off to Perth to a position in a large specialist paediatric hospital.

## **DON'T FORGET** Workplace Wellness Lunch time seminar

**WEDNESDAY 16TH APRIL** Boardroom

### **Reading Food Labels**

An interactive session with Public Health Nutrition Health Promoter Bronwyn Wood which looks at how to decode food labels. What they really mean and what should you look out for?

**11.30-12 noon and repeated at 12.30-1pm**

### **Warming Up and Down**

James Oxcoy from CLM Health and Fitness comes to explain the importance of warming up and down when exercising- how to avoid pulling that hamstring.

**12 noon-12.30 and repeated at 1-1.30pm**

These topics will also be repeated in May so don't worry if you can't stay for both sessions.

## **Healthy Lifestyle Tip for the Week**

### **Get Smart with ACC**

Do you have a problem deciding how to get your body into shape but don't want to go to a gym? Now you can access your own personal trainer on line. Last year, ACC launched ActiveSmart ([www.activesmart.co.nz](http://www.activesmart.co.nz)). For no cost, you can access an individually tailored fitness and nutrition plan. There are four sections so far, *ActiveSmart* for running, walking and cycling, *NetballSmart*, *SnowSmart* and *SoccerSmart*. Each of these contains detailed information including videos and illustrations. There is great advice about what to eat and drink to get the best results from your efforts. Your plan will even provide a five day weather forecast and UV index for the area you live in.

It's been hugely popular with over 20,000 people creating their own plans since it started.

**Get smart and have a look today.**