



DARE Wairarapa invites all interested persons to our Annual General Meeting on Thursday 27 Aug 4pm Masterton Police Station

We are particularly interested to hear from people who are working with, or interested in supporting our young people to build resilience and develop key life skills. Opportunities exist for community facilitators and committee members with skills in fundraising, record keeping, administration and network building.

If you can and want to:

- Challenge young people to make positive changes in their lives, in a non-threatening and empowering way.
- Have a genuine, caring manner and willingness to help
- Liaise with other groups such as police, parents and schools.
- Provide a positive role model for both young people and adults.
- Demonstrate a clear commitment to DARE

Please contact: Beth Ivy Buxton (Wellington Regional Co-ordinator) on 04 9770912 for more info.

Pilates pilot @ work

The Workplace Wellness survey conducted earlier this year indicated a significant number of people who would like Pilates classes available at work.

So here's your chance!

Starting Wednesday 26 August in Room A, 5-5.45pm, the first course will run for 6 weeks.

Cost: \$60.00, which also entitles you to attend as many classes as you like at Bodymind Pilates on Upper Plain Road during the 6 weeks, if once a week is not enough! (Warning it can be addictive!)

There is an upper limit of 12 people for the class, and it's first in with their sub. If the demand warrants, another time could be arranged.

To register, email linda.spence@wairarapa.dhb.org.nz or phone x 5727



It's never too late to learn Te Reo

Tena Koutou Katoa

The feedback we have received regarding the Te Reo and Waiata sessions that started on August the 7th shows that many people really enjoyed the lesson. It is not too late if there are those that would still like to come along.

The next session was scheduled for 21st August 12 - 1pm, however to the CEO briefing on the 'Good to Great' programme Te Reo & Waiata will be postponed that day. The next session will take place as scheduled on 4th September. The missed session will be rescheduled later through the 10 week period.



Social Club Ski weekend

By Jill Stringer



Brilliant weather helped make the Social Club ski trip to Mt Ruapehu a resounding success, with superb skiing - and tobogganing - conditions enjoyed by all.

I took my family up on the Friday night, and we stayed in a converted 1940s railway carriage, capable of sleeping six.

I've never been on skis before, just made the lunches and held coats for the rest of the family who are all keen and capable. Thanks to some patient tuition from ATM and Karen Hess, I really enjoyed my first experience, and after one spectacular fall off the ski-tow, mastered that skill too! I was sore in places I didn't even know had muscles on the Sunday, so reverted to my former role - including chief photographer. Pictured above - my husband Mike lines up the toboggans for another down-hill race after the morning skiing. In the front toboggan are my son Benj, with Hugh Morrison, and behind are my younger kids Ksenia and Vanya. They all managed to over-shoot the barrier at the end!



CEO staff briefing Friday in HR at 12, 12.30 or 3.30 Everyone invited.

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Year-end results on the right track

Wairarapa District Health Board forecast a \$2.1 million deficit earlier this year but actually delivered a \$1.95 million deficit result. However the forecast did not include two one-off year-end adjustments which have increased the deficit by \$1.6 million to a total of \$3.534 million.

The DHB's Chief Financial Officer, Eric Sinclair says, "The full impact of inter-district flows, which is the cost of Wairarapa people having surgery and procedures outside the district, was not included in the forecast. This area of activity is always volatile and difficult to predict because we don't know from one month to the next how many patients will be referred to other hospitals for operations or tertiary care. The other one-off adjustment not allowed for in the forecast was the valuation of long service leave and retirement gratuities which increased by \$281,000 and is due to the continued impact of employment settlements and the current profile of the DHB workforce."

Tracey Adamson, CEO of the DHB, says the deficit is partly because of high performance. "We're doing much more, more productively, than ever before to meet the needs of patients. Unfortunately the funding that government is able to allocate to us does not keep pace with our growing outputs. The financial situation is tightening and we are very aware that we must not live beyond our means. The 'Good to Great' initiative has put in place work reviews and initiatives designed to engage staff in a triple aim of improving the patient experience, improving the way we work and developing cost saving strategies. A new clinical services plan led by clinicians is almost complete and this will make recommendations about the way we fund and provide services that are clinically and financially sustainable in the future. These strategies will ensure that we are better equipped to face the future with confidence."

Support workers celebrate a more qualified workforce

Community Health Support Workers have successfully finished a Level 2 NZQA National Certificate in Community Support Services (Foundation Skills). The support workers within Short Term Care (formally Homelinks) have done so well they have been given the chance to do Level 3 in Health and Disability in a Community Setting and so far 11 support workers have taken up this opportunity. They start their more advanced course on September.

The successful Level 2 students had a special celebration where they were presented with their certificates by GM Community, Public and Mental Health, Maggie Morgan and Fiona Wallace from Careerforce. Careerforce, an Industry Training Organisation supporting the health and disability sector by developing career pathways linked to national qualifications, offered the course for free. This Level 2 qualification means that everyone in the DHB who provides short term care now has a national qualification, making everyone a winner. The course, which took 18 weeks to complete, included the following modules: Moving people and equipment, Safety and security, Prepacked medication, Support plans, Rights and responsibilities, Quality of life and wellbeing, Understanding your role, Looking after me and Infection Control. There was also a literacy and numeracy component, with exams to sit and practical assessments to pass.

Rob Lewis, Community Nursing and Health Service Manager, is really pleased with their success. "All students showed a big improvement by the end of the course. This means a more qualified workforce in community health. Some were so motivated by their success that they want to do further study



Front Row: Sarah Bailey. 2nd row: Jacki Rondel, June Dunn, Marilyn Pedersen, Rob Lewis, Fiona Wallace 3rd row: Veronica Duckett, Libby Mathews, Diana Oakly, Mary Collins, Cynthia Lambert. 4th Row: Vicki Johnson, Judith Dunn, Cathy Coffey. Top Row: Ligaya Jepsen, Sandra Haywood, Vicki Cooper

and three or four have said that they now want to do their nursing training and are working to gain entry to the UCOL course next year."

Invitation to all staff. CEO briefing on 'Good to Great' 21 August 2009, Room A, HR 12noon or 12.30pm or 3.30pm

You can come to any one of the three half hour sessions.

Come along to one of three staff presentations this Friday when Tracey Adamson will give us a progress report on our journey from "Good to Great" and some of the recommendations that will help us face the future with confidence. She also wants to hear from you and be able to answer your questions face to face.

Topics for discussion: Service and efficiency projects, Clinical Services Action Plan, Initiatives to help you do your job, the financial situation, your input.

Wellington Medical Students enjoy training day



46 Wellington medical students had a brilliant Saturday at Wairarapa Hospital recently, discovering the joys of working in a small and friendly provincial hospital. They enjoyed a hospital tour, lunch in the cafe and tuition and guidance from doctors Alan Shirley, Bob Sahakian and Steve Maryak as well as from Resuscitation Coordinator Kathy Lee and CNM Vicki Hookham who gave up their Saturday to teach and charm potential RMOs.

There were 41 4th and 5th year medical students and five organisers (Trainee Interns) including Praveen De Silva, President of the Wellington Surgical Interest Club, who organised the students and initiated contact with the Wairarapa DHB after having attended the two previous workshops in 2008 & 2007 here at Wairarapa Hospital.

After meeting Janine Bacon in her role as RMO Coordinator they split into groups of 10, rotating through four workshops during the day. The Suturing Workshop was run by Mr Alan Shirley with Dr Steve Maryak and Dr Bob Sahakian (Praveen De Silva assisting). The IV Canulation Workshop was run by Alison Bond of Becton, Dickinson, and she was assisted throughout the day by Pras Mao (trainee Intern here at Wairarapa Hospital) and David O'Bryne (House Surgeon). Kathy Lee ran the Resuscitation Workshop, assisted by David O'Bryne and some of the Wellington Tl's. The Venipuncture Workshop

was run by Jane Kendall, Collection Services Manager for the Palmerston North/Wairarapa area, assisted by Dave Kendall, Laboratory Support Manager at Medlab Central.

Comments from the students throughout the day were extremely positive. In general they felt the whole day was very worthwhile and as the groups were small, they had the opportunity to ask questions and to have their own techniques critiqued.

Praveen De Silva said, "I hope to be in Masterton next March for general medicine as a Trainee Intern and at this stage I am super keen to re-visit as a junior doc. I think the tour of the hospital and the presence of house surgeons like David O'Bryne showcased the hospital well. Judging by the students' experiences a lot of them are definitely now considering attachments to Masterton as TIs and I think after spending some time there some will be successfully recruited as RMOs."

One of the organisers, Leanne Jacobs, was thrilled that so many staff members volunteered their own time to come in to work on a Saturday to talk to the trainees and provide the four workshops.

"Others from outside the DHB also contributed. MaryAnne Mackenzie from Johnson and Johnson Medical lent her own set of instruments for the suturing workshop as well as suturing supplies, Jane Kendall from MedLab Central and Alison Bond (Becton, Dickinson (Global Medical Technology Company) also ran a workshop. Thanks to all those who were involved and helped make the day such a huge success."

Smokefree success story

Renall Street Dairy owner Michael Pickett stopped displaying cigarettes about seven years ago. Since then, there has been a lot of research into the effect of having 'power walls' of cigarettes on impulse buying, and normalising the idea of smoking for children. Public Health units around the country are working with retailers to remove displays; to help reduce the long term harm smoking does to the health of their populations.

Last week, Michael received a 'Smokefree Retailers Award' from the Asthma Foundation, recognizing the impact he is having in reducing the incidence of smoking, and protecting children from starting smoking.

"Our smoking statistics in the Wairarapa continue to cause concern," says DHB Smokefree Coordinator, Linda Spence. "If we could do one thing that would have the biggest impact on improving the health of our population, it would be to eliminate smoking.

Rehab staff upskill



Front row from left: Ryan Soriana RN, Rayanne Dimock Physio, Denise Spencer RN, Lynette Kamo HCA, Andrew Kercher Trainer and OT.

Back row: Megan Wickens Ucol Student, Jo Gough Ucol student, Lesley Hart Ucol student, Megan Flowerday Ucol student, Julie Walker HCA, Kathryn Hall RN, Vicky Kendall RN, Anne Dittmer HCA.

In 2008 21 staff from the Rehab Unit were trained in the use of an internationally-recognised programme aimed at improving patient outcomes. Recently 10 more Rehab nurses, rehab support workers and allied health staff attended a one day workshop led by OT and trainer, Andrew Kercher, in the use of an assessment tool called FIM (Functional Independence Measure). On completion of the course they sit an online exam which requires an 85% pass mark.

"The Rehabilitation Unit now uses the FIM assessment tool to plan patient care," says Anna Reed, Clinical Nurse Specialist in Care of the Older Person & Rehabilitation, who is responsible for bringing the programme to Wairarapa Hospital. She says it is offered by AROC (Australasian Rehabilitation Outcomes Centre) which is a joint initiative of the Australian rehabilitation sector (providers, funders, regulators and consumers). "It's a benchmarking system designed to improve clinical rehab outcomes through systematic collection of information and development of clinical and management information reports based on functional outcomes and impairment groupings. It involves coordination of ongoing education and training and provides our staff with a method of ensuring the information we collect about patients is accurate and consistent. The fact that we have our own trainer is hugely valuable and ensures that the FIM is used appropriately to guide care and goal planning for all patients. We have had very positive feedback from staff about the training day. It means we are all now credentialed to apply the tool and that delivery of patient care and setting of goals is consistent."

The average age that smokers start at in New Zealand is 14.6 years. Two thirds of smokers want to stop. Isn't it better to help people to never start, and if they do, to remove undue temptation when they are trying to quit?"

The award was presented on behalf of the Asthma Foundation by DHB Board member Janine Vollebreght, in the company of health promoters from the District Health Board, Primary Health Organisation and Wairarapa Addiction Services.

'Big Latch' a big success

Wairarapa mothers helped New Zealand break their 'Big Latch' record, with 32 mums and babies gathered at the YMCA simultaneously breastfeeding at 10.30am on Friday. They were taking part in the biggest mass breastfeeding event ever held in New Zealand contributing to a national record of 1299 mothers breastfeeding at once. Last year New Zealand's total was 1222. 'The Big Latch' is an annual worldwide event, organised in New Zealand by Women's Health Action, to encourage mothers to breastfeed.

Plunket Nurse Joan Gibbs was thrilled with the turnout. "There were actually 38 babies taking part but three just missed the 10.30 deadline when the scrutineer was counting all those latched on, two babies were too tired to latch on and one mum had to leave early. It was a lovely atmosphere and it is wonderful to see so many thriving babies and mums breastfeeding. There is a lot more support and encouragement for them now and people are breastfeeding longer."

Whaiora Tamariki Ora nurse, Eileen Fahy-Teahan, was delighted to recognise among the breastfeeding mothers, Erin Mikoz who was there with her baby Brady and mother Julie. Eileen was Erin's plunket nurse many years ago. As one of the organisers of the 'Big Latch' Eileen said the event got women together and feeling united in breastfeeding. "Sometimes women can feel isolated or shy about breastfeeding, so this is a way of celebrating together. There are many health benefits to breastfeeding, for both the mother and baby. It's free, it's easily available, it helps mothers lose weight after giving birth," she said. "But it's mainly about the health benefits. There's less incidence of things like ear infections, asthma and other chest diseases. It helps reduce the incidence of breast cancer and helps bonding."

The Wairarapa event was organised by the Baby Friendly Coalition which includes organisations such as Wairarapa DHB's Public Health Unit, Whaiora, Parents Centre, La Leche League and Plunket. It was supported by local sponsors, Pak n' Save, New World Supermarket and the PauaShell factory. The YMCA was very supportive of the event and the Masterton Toy Library lent a huge amount of toys to keep the older children entertained.

The biggest group taking part in the national event on Friday was 178 mothers and babies latched on at Sylvia Park, Auckland.



Whaiora Tamariki Ora nurse, Eileen Fahy-Teahan, was delighted to recognise among the breastfeeding mothers, Erin Mikoz who was there with her baby Brady and mother Julie. Eileen was Erin's plunket nurse twenty years ago.