

Women's Institute 'grow' money for palliative care fundraiser

Late last year, the 13 local Women's Institute branches were given \$10 each by their Federation President Ann Jackson, with instructions to use their talents and make the money grow as much as they could.

Twelve weeks later, they had \$3,400 in hand, to help buy a new state-of-the-art air ripple mattress for the comfort of Wairarapa palliative care patients.



From left to right:
(Back) Janice Osbourne, Suzanne Ching, Carol Manson, Lorraine Hall, Carol Wingate
(Front) Faye Taplin, Ann Jackson, Anne Savage, Suzanne Bannister

"This is such a generous and timely gift," says palliative care clinical nurse specialist Anne Savage, who demonstrated how the new mattress works to the donors last week. "This will make a huge difference to the comfort and health of the individual. They are so prone to skin tears and pressure sores but this mattress is very gentle and supportive, with alternating pressure pockets that prevent pressure on joints like hips, knees and ankles. It automatically weighs the patient, and adjusts pressure accordingly. It will be put to use immediately and being the latest model, it's very compact and quiet."

Her next aim is to source a double air mattress, so couples can continue to comfortably sleep in the same bed, rather than have to be apart at such an important time of their lives together.

"Our branches had a great time vying with each other to grow the largest dollar amount," laughed Ann Jackson. "They had cake stalls, garage sales, firewood raffles, coffee mornings, coin trails...they were very inventive! From Mount Bruce to Kahautara, they found their communities very supportive of their efforts."

The Federation of Women's Institute used this 'snowball' method of fundraising several years ago to buy a milk fridge for the maternity unit at Wairarapa Hospital. They also keep up a regular supply of newborn hats and booties for baby clinics, support the bi-annual \$15,000 national medical scholarship – this year it went to 'kidney kids' research – and take part in the 'brighten a life' campaign aimed at women safe from family violence.

Beat the bugs

A new initiative to help ward off winter viruses has seen hundreds of squirts of hand sanitizer dispensed by hospital volunteers in the main reception at the new centrally placed washing station. Help yourself....and others!



Patient Bianca Green and mum Robyn have a quick wash, assisted by volunteers Alison Bodle and Carol Manson.

MRT Industrial Action

Industrial action by the Association of Professional and Executive Employees (APEX) members, the union of the Medical Radiology Technicians, has seen out-of-hours imaging services at Wairarapa Hospital reduced from last Friday 23rd July. The action will continue until Friday 6th August at 08:30 hours.

The Wairarapa Hospital Imaging Department will operate normal hours over the 2 week strike period, this action is affecting out-of-hours imaging services. Imaging services for patients with emergency and acute conditions will continue under 'the life preserving services' condition and patient safety will not be compromised.

An enquiries should be directed to Robyn Brady, GM Service Improvement & Clinical Support ext 5221 or Kim Drysdale, Imaging Team Leader ext 4810.

Thanks a bunch



I cannot sing staff's praises enough. Because of the decisions made in ED I am still alive today. Thank you to all the medical, front of house, ambulance and domestic staff. Staff were all very professional but still had time to be caring at a very tense time for our family.

The service by the imaging department was top and the staff as a whole was second to none in the country!

I was very happy with the two midwives caring for me during my stay at the hospital. They were fantastic with me and bubs.

Delighted to get this feedback
Tracey Adamson, CEO

Top marks for Quitline

Ministry of Health figures show that Wairarapa Hospital is leading the way in supporting patients to quit smoking. Numbers of clinical staff gaining their Quitline Card certification are rising steadily in departments across the hospital. For the third consecutive quarter the hospital has gained top marks nationally. Linda Spence, Wairarapa DHB Smokefree Coordinator is delighted.

"Not only do the figures show that a significant number of our staff are administering more nicotine replacement therapy (NRT) patches, lozenges and gum for patients in our care and on their discharge, I have seen a real shift in culture at the hospital. I see that staff have got a much better understanding of the issues for those wanting to become smokefree and that translates into really effective support," says Linda.

"It is especially pleasing to see a significant increase in the number of patches being administered in the hospital. There were 93 21mg patches administered in the last quarter, up from 22. This tells me that there is an increased awareness amongst colleagues of the value of NRT."

The figures show that 154 of our clinical staff have completed the on line training 'Ask the Elephant', since the programme was launched last year.

The Ministry uses four key departments to measure success and the results show that these departments at Wairarapa Hospital are making huge steps forward. The number of staff who have completed the training and can now prescribe NRT are:

AT&R	80%
Maternity	80%
Medical Surgical Ward	57%
Acute Services	55%

Training is completed on-line and is open to all clinical staff so if you have not completed the training go to www.smokingcessationabc.org.nz.

Read about Kerry Hargood's journey towards becoming Smokefree inside.

Extension gets rolling

Work started last week to double the size of the Selina Sutherland Hospital from six to twelve beds. The extension has been planned for some time and staff are excited to see the project underway. Currently the former car-park has been leveled and the shape of the new-build area is visible.

During the construction phase entry to the Selina Sutherland Hospital will be via the main Wairarapa Hospital entrance. Building work will continue into 2011, the project will take up to nine months to complete. During this time there will be increased pressure on parking spaces at the front of the hospital and staff are asked to avoid parking in this area.



Contactors Marshall Ljestrup and Adam Lister get rolling on the new Selina Sutherland Hospital extension

"Selina Sutherland currently manages around 600 in-patients each year, with thousands of out-patients on our books. We fulfill a substantial ACC contract," hospital nurse manager Lesley O'Hara said. "Wairarapa Hospital relies on having a private hospital to help attract and retain senior medical staff and we are looking forward to offering more options for privately insured patients to be treated within the region."

Alongside the expansion of bed spaces from six to twelve, the extension will include office, storage and consultation space.

Warm welcome for Carla



Carla Jacobsen, Inpatient Services Manager

Carla Jacobsen arrived at Wairarapa Hospital last week and has been overwhelmed by the welcome. "Everyone is so friendly and I'm even starting to put names and faces together which is encouraging!" she says.

Carla has had a couple of really busy weeks following her very recent move from Waitemata DHB, Auckland where she was a Unit Manager for Orthopaedics and ENT for the DHB's two hospitals, North Shore and Waitakere. "Moving job, house and region at the same time is huge! However the work I will be doing here is very similar to my previous role. The hospital is similar in size and process, although it's great to be in a new building with green spaces and the lovely courtyards."

"I've already adventured over the Rimutaka Hill which was an experience and I'm really looking forward to exploring Wairarapa although I think I'll wait until it's not so muddy underfoot. So far I've been exploring all the great places for coffee!"

Born in Wellington and raised in Auckland Carla has spent her working life in the health service. After seven years working at public and private hospitals in Sydney, the big OE called and the inevitable three months turned into 5 years in London. As In Patient Services Manager, Carla will work with ED, HDU, Theatre, PACU, Day Procedures, Medical Surgical, Maternity and Paediatric Teams. Relationship building is a key focus of this role.

Carla is temporarily housed between Rehab and Allied Health but will move to a permanent office in Theatre. Contact Carla on ext. 4910.

Join the BIG LATCH

**Friday 6th August, 10.30am
YMCA 371 Queen Street, Masterton**

Can Wairarapa mothers help break the NZ record for the number of babies being breast-fed at one time for the third year in a row?

**Morning Tea provided Free car seat checks available
Play area for pre-schoolers Fun Spot Prizes!**

New face at Palliative Care

Pam Brown joins the Wairarapa Palliative Care team next week and brings expertise, experience and passion to her role as Clinical Nurse Specialist.

Originally a nurse, midwife and community health nurse from Johannesburg, South Africa, Pam has lived in New Zealand with her husband and 3 children for seven busy years.

"After settling in Wellington, I worked in a large 60 bed residential aged care facility where my interest in specialist palliative care began and led to the completion of a post graduate certificate in palliative care at Victoria University," she says.

"In 2006 I joined Mary Potter Hospice where I initially worked in their 18 bed IPU before moving into a community role covering the Wellington region. I was appointed to the position of clinical nurse educator for the organisation earlier this year after completing my Masters Degree in Nursing at Victoria University."

Pam moved to the beautiful Wairarapa a year ago, settling in Greytown, and has been busy with the 'garden and raising a few chooks'. The daily commute to Wellington finally took its toll and she was more than happy to join the Wairarapa Palliative Care team.

Pam will work to educate staff, as well as patients and their families to better care for our palliative patients. "My commitment is to continue to provide a high level of support for palliative patients and their families, balancing compassionate care with clinical expertise while recognising the value of working within a multidisciplinary team to facilitate the delivery of good patient care," she says.



TAIRAWHITI DISTRICT HEALTH BOARD

is holding a 2010 reunion to celebrate the:

**Cook Hospital Nurses Reunion
and the**

Silver Jubilee of Gisborne Hospital

24, 25 & 26 September
2010

ALL FORMER
EMPLOYEES WELCOME

Please email:
lynsey.bartlett@tdh.org.nz
or
kb.crawshaw@ihug.co.nz



Rising to the Challenge

Kerry Hargood, one of our busy Mailroom Staff, made the decision to quit smoking and just stuck to it. After a bout of ill-health Kerry looked for the support of Hospital Smokefree Co-ordinator Linda Spence, who put him on the right track. "Kerry has amazing willpower," says Linda. "He looked for advice and support and stuck to it. He is done so, so well. After 12 weeks Kerry stopped having 'cravings' and today he can talk about smoking without having the urge to light one up.

"I'm not quite sure why I started, my dad smoked about 120 a day so it always seemed a normal thing to do. I came late to smoking though – I was 24 years old when I headed over to the UK to play semi-professional rugby. I was young and fit then and the smoking seemed to make no difference. Lots of players would have a quick smoke on the sidelines in those days," recalls Kerry.

"I have two boys and really it's because of them that I stopped. They've been on my case about it for a little while. A few months back I had a bout of pneumonia and was in A&E. And that was it really, I'd always said I would stop smoking if it affected my health. I went outside for one last smoke and that was it – I stopped. I have got strong will power, once I decide to do something I do it."

"I went to see Linda, the Smokefree Co-ordinator, and she gave me some good tips. I used the Nicotine Replacement gum for about a month but my jaw got so sore! So I stopped using that and since then I've just found ways to distract myself from thinking about cigarettes. Keeping your hands busy is good, and of course I've been eating



Kerry Hargood grit his teeth and stopped smoking after an illness earlier this year.

more and the weight piled on a bit. Some things I used to really like eating taste different now though, not quite so good, but other things taste better. I often raid the kids chippies and treats! I guess the weight control is why a lot of people struggle with stopping. That and not being part of a 'smokers social group' anymore. I'm working on the rest of the mailroom staff though!"

Vodafone contract brings substantial cost saving

The deadline is looming to transfer Telecom mobile phones to new service provider Vodafone.

"Contractually we need to exchange existing Telecom mobile phones to Vodafone ones by 1st September," says Rose Broughton, IT Helpdesk. "I am supporting users with the changeover and it's taking a little time to work with each department and individuals."

Staff should see little impact, phone numbers will stay the same and coverage is comparable.

The contract was awarded to Vodafone following a tender process and thorough analysis of services and pricing. "Vodafone came out on top with an overall stronger offering. We anticipate that the DHB could save up to \$100,000 per annum when we apply the new Vodafone pricing structure to usage figures for the last financial year," says Gary Ireland, IT Manager. "Vodafone is also prepared to work with us on a case-by-case basis where there are any critical coverage issues. We are confident that the service will meet our needs."

In addition to the DHB saving money with the new contract, Starship Foundation will also benefit as the DHB is participating in the Starship Mobile Phone Recycling Appeal. Rose explains, "I will be collecting all of the DHB's old phones and chargers and sending them to Starship. Phones in working order are refurbished and exported to places such as Hong Kong, China or to Eastern Europe, while those beyond repair are recycled through the correct environmental channels. It's a really clever way to raise funds for patients at Starship."



Rose Broughton and Stephen Hautler, Owner/Managing Director of Masterton First Mobile have been supporting users through the change over to Vodafone.

Rose is happy to act as a collection point if staff have cell-phones they would like to recycle. Forward them to Rose Broughton in IT, ground floor DHB building.