

With warm babies in mind



Win Ward broke both her wrists but that didn't stop her. With wrists in plaster from her thumb to mid-forearm she knitted and knitted and knitted. She made 14 woollen baby jackets for new babies.

"Although it was difficult it was good therapy. I dragged my stash of wool out of the cupboard and started knitting and I kept going after my plaster came off. My mission was to give Easter presents to newborns to keep them warm through the winter. The jackets took me four months to complete and I was determined to finish them by Easter. The last one took me just a weekend and I didn't put my needles down for the whole time."

The jackets which fit babies from 6-18 months will be given to Whaiora babies this week.



We have great opportunities at Wairarapa DHB - a wide variety of roles, a focus on individual and professional development, and great lifestyle opportunities.

INTRANET

Visit the **Staff Info** page of the intranet and look in the right hand column. There you will find a link to **WBDHB vacancies** which takes you to the careers section of our website.

WEBSITE

Working at the DHB



Career Opportunities

It is a superb new site with all our job vacancies listed, the benefits of working at the DHB outlined, and staff photos with personal comments about their jobs.

A single rose



Staff working in the hospital will start to see the use of this picture of a single red rose, on some patient cubicle doors/curtains.

If you see this sign in place then the patient behind the door/curtain has deceased.
Clinical Nurse Managers/
Clinical Midwife Manager

and Maori Health Directorate staff have supported the introduction of the use of this sign as a way of informing any hospital staff in the relevant area that a patient has deceased.

Although staff directly involved with the patient already know when patient has died, domestic staff, food service staff, orderlies and non involved clinical team members would not necessarily know what had occurred, yet would still be required to continue their usual activities in the area. We need to be respectful around the deceased person and their whanau and respectful of our own staff's concerns regarding deceased people.

Having a greater awareness that a patient has deceased in a department gives staff that opportunity to display extra consideration.

Most patients who die in hospital pass away in either Acute Services or the Medical/Surgical Ward; however other inpatient areas do sadly occasionally sustain loss.

The signs will be used in:

- Emergency Department
- HDU
- Paediatric Ward
- Maternity
- MSW
- Rehab

Why a picture of a red rose?

A single red rose is accepted as a gesture of love and nurses for many, many years have often placed a single flower with a patient once they have washed and cared for them after they have died.



10 May 2011 Issue 188

Working together



Don Hardman, Hutt Valley resident, prepares for surgery at Wairarapa Hospital with Theatre Nurse Manager Tracey Kerr and Outpatients Nurse Manager Mair Moorcock.

Don Hardman, Hutt Valley resident, was diagnosed in early 2010 with a gall bladder problem and was put on Hutt Hospital's waiting list. Recently he was offered the opportunity to have his surgery in Wairarapa Hospital instead and he jumped at the chance. "It made perfect sense –no more waiting, a trip over the hill on a beautiful Wairarapa day and the certainty that at last my discomfort will be eased," says Don. "It was scheduled to suit me and I was keen to get it over and done with quickly because I want to be fit enough to go to Melbourne soon to see my new grandchild. I am having my op on a Friday, will have the weekend to recover and hopefully I'll be back to work next week."

Mr Hardman is one of up to 50 Hutt patients who will get their surgery done in Wairarapa before July. Wairarapa DHB and Hutt DHB are working together to make it easier for patients to get specialist medical attention quicker and to use resources better.

Wairarapa Hospital General Surgeon, Mr Bertrand Jauffret and Nurse Manager of Outpatients, Mair Moorcock, have been travelling over the hill to take clinics at Hutt Hospital, seeing Hutt patients on waiting lists for smaller procedures and offering them the chance to have their surgery done in the Wairarapa. In return Mr Jauffret is able to use operating theatres at Hutt Hospital to do major surgery on Wairarapa patients.

"We used to refer Wairarapa patients with cancer or life threatening conditions needing intensive care backup, to Hutt or Capital & Coast because we have limitations in terms of intensive care support in Masterton. Now we can use Hutt facilities and operate on them there. So far we have operated on six Wairarapa patients in Hutt Hospital and all of them have done very well. Because we are using some of Hutt's theatre time with our patients we agreed to do some of their waiting list simple cases –those who do not need intensive

care. It helps ensure that people in our region have equitable access to surgery."

Mair says Mr Jauffret is a 'world class surgeon'. "He is passionate about his work and we are so lucky to have him." She explains how the patient exchange is organised. "The Clinical Nurse Manager in the Hutt sorts out the patients who have been waiting for some time, usually for minor surgery like hernia repairs, laparoscopic procedures, cholecystectomies, colostomy closures. They are given the option of coming to Wairarapa where it will be done sooner. An added bonus is that we have a whanau house adjacent to Wairarapa Hospital where families can stay and drive them home the next day if necessary."

Mr Jauffret says this initiative benefits Wairarapa patients because they are treated quickly by the surgeon who is going to follow them up afterwards. It benefits Hutt patients who have been waiting for months for their surgery, and it benefits Hutt DHB who stood to lose some government funding by not reaching its targets in elective surgery.

Wairarapa women get faster surgery in Hutt Hospital - with Wairarapa specialist

Dr Maha Jaber, Wairarapa Obstetrician and Gynaecologist, works every Monday in Hutt Hospital. She explains the benefits for patients and clinical staff. "I see women in a clinic in Masterton and if they require an operation that can't be done in Wairarapa I'm now able to offer them surgery in the Hutt. They are referred and go straight onto the Hutt list without waiting to be reassessed. It's much quicker and more convenient for patients and they can access treatments and investigations such as MRI that are not available in Wairarapa without waiting on lengthy referral processes."

"After surgery, they have their follow-up clinics at Wairarapa Hospital. It means more patient continuity and satisfaction."

Dr Jaber also sees benefits for doctors. "This approach encourages doctors, especially junior doctors, to work in smaller places because they feel more supported and can access the teaching facilities of bigger centres. It also helps them improve their practice by keeping the number of patients they are dealing with up to the required levels to maintain their clinical and surgical skills."

Selina celebrates



Lesley O'Hara, Manager of Selina Sutherland; Jeremy Earl, Orthopaedic Surgeon; and Bob Francis, Chair Wairarapa DHB in one of the new double bedrooms.



It was a special day for Selina staff who wore tiaras to celebrate the royal wedding and the opening of their new facility. John Hayes MP (left) opened the new facility.

Recently Selina Sutherland celebrated the end of the renovation work and launched a new logo. Selina Sutherland is one of only two private hospitals in New Zealand located within a public hospital and was established in 1995. 16 years on, the facility is bigger and brighter and there are now two new consulting rooms, two new double bedrooms, more storage and a new reception area.

Manager of Selina Sutherland, Lesley O'Hara, said, "We rely on having a private hospital in Wairarapa to help attract and retain senior medical staff. With this new extension we have a larger, more efficient work flow for the increased consultant and patient load. Because we are gaining extra space we will be able to offer an increased range of consultancy services including three orthopaedic surgeons, gynaecology services, general surgery, visiting endoscopy and eye surgeons and a range of other visiting consultants. The expansion means more space for staff and patients and more services."

Wairarapa MP, John Hayes who opened the extension, mentioned the hospital was named after a very feisty Scotswoman who, in the 1860s, was instrumental in establishing the first hospital in Masterton. She was known at the time for her fearless devotion, riding sidesaddle for hours to nurse stricken families in the region. "We have different problems today – rising costs, increasing demands on the

health system and financial restraints. Challenging times offer opportunities and the mutually beneficial relationship between Selina and the DHB ensures a high level of patient care and choice for Wairarapa people." He congratulated Selina's Board of Directors and staff for their vision to provide a purpose-built facility and much needed services to the region.

Bob Francis, Chair of Wairarapa DHB, also praised the private/public partnership and investment. "It is a partnership built on respect and trust," he said. "Recruitment and retention of medical staff in our region is always a challenge and Selina provides critical mass and ensures full use of operating theatres in the public hospital."

The private hospital is co-located on the Wairarapa Hospital site and Selina Sutherland leases theatre time, nursing and support services from the DHB. It offers specialist consults, private surgical services and performs 500-600 surgical operations each year funded by ACC and health insurance.



Smokefree Health Target success

WELL DONE
You are well on the way!



Congratulations on achieving over 90% of the health target for the month of March! We appreciate the effort that goes into reaching these targets and I want to thank you for all your hard work. Please pass on my warmest congratulations to all of your staff. Your team can be very proud of their achievement and I look forward to seeing your continued success in the coming year.

Karen Evison
National Programme Manager
Sector Capability and Implementation
Ministry of Health

Family Violence Intervention in Wairarapa

The statistics in this article are sobering. Active screening is the key intervention to pick up any family violence issue and all staff who have attended the DHB training programme should be screening.

- 2009-2010 there were around 1080 reported family violence incidents in the Wairarapa.
- Approximately 1866 children were present
- Approximately 660 of these children were under 5.
- Approximately 42% were repeat victimisation
- Approximately only 15% of family violence is reported.

The Police are reporting slightly fewer callouts in more recent times. This been attributed to improved coordination across the community services who are working closely with the known at-risk families to provide better interventions. Unfortunately it is also known that the reported incidents represent approximately only 15% of the actual family violence occurring. This means anyone working in health - hospital/DHB staff and GP practices staff are extremely important as most of the more serious incidents of violence Wairarapa has experienced in the past with those incidents resulting in death have had multiple presentations to GPs or hospitals before the final incident. Observation with active screening is the key intervention to pick up any family violence issues. Health professionals might be the only people to see that family or that child.

Most areas of the DHB are audited for family violence screening every three months. In 2010 the average screening rate across the DHB was 41%. The first three months of 2011 has seen a drop to 24%. Senior Management would like to reiterate that all staff who have attended the training must be screening when possible. If you have not attended the family violence training ring Brad Martin on ext 5710 or email brad.martin@wairarapa.dhb.org.nz to book in.

Ultrasound magic

Two new ultrasound machines have recently been installed in Imaging. They have a life of about five years before they need updating or replacing. These machines are quicker, more user-friendly and easier to manoeuvre. They are the latest in diagnostic technology in this specialist area providing more depth of field using three and four dimensional images.

Ultrasonography is an imaging technique that uses sound waves to construct an image of a body organ allowing medical staff to see veins, body organs, and observe foetal growth. It is different from x-rays because it doesn't see through bones or anything that exudes gas, such as the bowel or stomach. The ultrasound machine uses low frequency sound waves to provide a cheap and safe means of investigation. Physiotherapists also use ultrasound delivered at high frequency which is used to treat muscular injuries. Ultrasonography is becoming the preferred examination for patients because it is non-invasive and no radiation is involved. Dr Abdul-Ghaffar uses the ultrasound machine for echocardiographs, images of the heart and its abnormalities.

Health & Safety champ



Kerrie French has just successfully completed Stage 1 of the Health & Safety Representative's course run by the NZ Council of Trade Unions. Kerrie, who is a member of the DHB's Health and Safety Committee, says the course qualifies him to issue hazard notices under the Health & Safety in Employment Act. This week he continues with the Stage 2 course which will focus on accident reporting and investigation. This is a national qualification and Kerrie joins about 20 people from various Wairarapa companies to learn more about keeping staff protected at work and improving health and safety practice.

Thanks a bunch



"I would like to thank all the Paeds staff. My son was transferred from Wellington Hospital as a prem baby and the care he received in Masterton was exceptional. The care and consideration I received was also amazing. Although I am so pleased to now be at home with my baby it was still a great experience to be able to room-in in the Paeds Ward."

"I received feedback forms to fill in but the boxes to tick do not come even close to adequately describing the level of service I experienced. There should be a column for **superlative** or **exceptional**. During my short stay the care and attention I enjoyed left absolutely nothing to be desired. Everything scored 10/10, including meals. Short of providing morning and afternoon tea in a silver tea services I am unable to offer any helpful suggestions on how this excellent service could be improved."

"Excellent -almost enjoyable!"

"This was my third contact with Outpatients and I have been extremely impressed with the calm, friendly and efficient service. I especially valued having a staff member present while with the consultant because they can be intimidating at times! This section of the Hospital is a credit to Wairarapa DHB."

Senior nursing staff get together



A professional update day was held on Friday 6th May 2011 for Clinical Nurse Managers/Clinical Nurse Midwife Managers, Clinical Nurse Specialists, Nurse Educators/Midwifery Educators, and Duty Nurse Managers.

The day covered off topics such as updates from national, regional & sub-regional work streams within nursing and midwifery, as well as exploring the challenges associated with the new expanded scope of practice for Registered Nurses and the new scope of practice for Enrolled Nurses.



INTERNATIONAL NURSES DAY

12th MAY 2011

The Wairarapa DHB wishes to acknowledge & thank all nurses in our region for their positive contribution towards improving the health of the people of the Wairarapa.

Tracey Adamson Chief Executive

Helen Pocknall

Director of Nursing, Midwifery & Allied Health

Kieran McCann

General Manager Clinical Services

Simon Everitt

General Manager Strategic Development & Population Health

Robyn Brady

General Manager of Service Improvement & Clinical Support

New ultrasounds for Imaging



Dr Abdul-Ghaffar and locum sonographer, Steve Macintosh from Pacific Radiology in Lower Hutt, working with one of the new ultrasound machines.

Food, glorious food



Have you seen the new food page on the intranet? Food Services Manager, Lizle McTavish, is updating the menus in the cafe every fortnight. Does smoked salmon & cream-cheese croissants take your fancy? How about satay chicken or spinach & feta bake? The menus are designed to whet your appetite and encourage you to go over to the cafe to check it out.

If you haven't got time to do that look out for the mobile food trolley that does the rounds each morning from 8-11am. The food round goes from ED/Theatre to the DHB and HR buildings, Facilities & Stores, Focus & Public Health, to Mental Health and Community Health. Great healthy food and a superb service.

If you would like a personalized delivery please ring the cafe on the kitchen extension 4041. They can also provide an extra service taking lunch time meal orders and delivering those between 11:00am-12:00am. It's cash only at the moment, but if it goes well there may be EFTPOS available. So no more worries about cutting your lunch before you come to work or thinking what you might have – it will come to you.

Take a look at the food and menu page on the intranet:

Staff info



Menus and food ordering (in left hand column)



Meeting catering and food ordering (link on right hand side)

Showing the flag



Catherine Tomlinson from the PHO and Linda Spence, Smokefree Coordinator, wearing the Quit shirts at the Picnic on the Green.

From today on, all staff at Population Health have decided to wear the green quit smoking t-shirts for one day of each week to support and promote smokefree. Our first day of all wearing green will be Thursday 12th May.

Tessa-Jane Dennes
Team Leader
Population Health
Team Leader

Anyone else like to join them?

New emergency management team for WDHB

A new joint service with Hutt



Hutt Valley DHB's Emergency Preparedness and Management team is now providing a range of services (0.5 FTE equivalent) to Wairarapa DHB.

Ali Reeves is our new Emergency Preparedness Manager (strategic) and she will work 4 days in the Hutt and one day in Wairarapa each week. Ali has an

open door policy and looks forward to meeting everyone and developing robust business continuity plans (BCP) and further developing our responsiveness and readiness for any emergency.

Supporting Ali and providing the 'operational' functions is Kevin Ellison, Emergency Management Coordinator (some people may remember Kevin from his help at the last fire evacuations). Kevin will also be spending a part of his week here answering queries and assisting with developing and improving our response procedures. Kevin has a long association with Hutt Valley and has been working within Hutt for 10 years and as the Emergency Coordinator since 2009.

Although Ali comes to us from London, where for the last 3 years she's been an Emergency Planning Officer for a large University Hospital with 520 beds, she is in fact a Kiwi who has spent most of her working life overseas. She has a passion for Emergency Preparedness. "My interest is in disaster planning and reinforcing the importance of preparedness and coordination," says Ali. "I formalised my practical experience of developing business continuity and emergency preparedness plans, with a Diploma in Health Emergency Planning via the Cabinet Office in London. Since then, I've been involved in a variety of real-time events and exercises, including norovirus outbreaks, major incidents, pandemic planning, heatwave planning and planning for CBRNe (Chemical, Biological, Radiological, Nuclear and Explosive) events."

Ali arrived in New Zealand around the time of the Christchurch earthquake, and is understanding of the impact this has had on our staff, and the whole country.

"One of my earliest tasks is to help staff get access to the information they need to feel safe and prepared," says Ali. She's prepared a short 1-pager with basic information and some links to three excellent websites that give reliable information which is located on the **Emergency Management Page on the intranet**.

About WDHB



Departments (in left hand column)



Quality, Safety & Risk



Emergency Management

On that page you'll find Emergency Management documents:

- Business Continuity Plan and Emergency Response Manual
- DHB wide manual for the response, recovery and continuity of WDHB services.
- Health Emergency Plan
- Earthquake information

Did you know about the Mauri stones in the Hospital?

From the very beginning of the construction of Wairarapa Hospital, in fact before work even began, two special ceremonies took place in the area that was designated for the new hospital. The first was a blessing of the land, conducted by Mike Kawana (Tohunga) and the Archdeacon Hariata Tahana, followed by the turning of the first sod performed by the Right Honourable Annette King, Minister of Health at that time.

A month later just before construction began, the second ceremony of placing the Mauri was undertaken. This was performed by Wairarapa Kaumatua of Rangitane and Ngati Kahungunu along with the Tohunga, Mike Kawana.



The Mauri of four rocks were brought in from the four corners of the Wairarapa, coast to coast, mountain to mountain. The Mauri was placed in a prepared pit right under the foundation of the whanau room

where the planners estimated would be about the centre of the building. Appropriate karakia was recited throughout the ritual.

Mauri (life force)



The ceremonies in the lead up to the construction of the hospital (blessing the land, laying the mauri stones and lifting the tapu) are all designed to clear the way for those of us in the world of the living to go about

our daily business in a safe environment, in the knowledge that those forces that would wreak havoc on us if given the opportunity have been rendered "noa".

The whanau room

The whanau room is a central point of the life force of the hospital. Its energy permeates from beneath its floors and spreads throughout the hospital to all areas and to all people within its walls. It connects us as one and gives the life force (mauri) its vitality (hau). In order for a life force to function it must have a hau, and the whanau room provides this for the hospital. In a sense the whanau room is what keeps the "noa" in place.

The whanau room is situated across from the corridor leading to MSW and was designed by the architects specifically for whanau. While its intentions were specifically for the use of Maori patients and their whanau/families, there was an understanding that it was also available to all others if and when it was required, providing it was not in use.

There have been some concerns voiced by whanau about accessing the whanau room. Several reports from whanau indicate that when they have gone to the room it is occupied by staff and they have not wanted to intrude. The notice of it being a friendly baby room has also created some confusion. It is important that the whanau room remains accessible and that whanau are supported and encouraged to use this space.

Please welcome them in!!

Welcome and farewell

New Volunteer Coordinator



Karen Williams, new Volunteer Coordinator with Volunteers Eileen Lehmstedt and Margaret O'Cain.

New Wairarapa Hospital Volunteer Coordinator, Karen Williams, has a personal motto: "To help people feel valued and rewarded, to do something with a purpose, to care, and to leave each day knowing you've made a difference."

Karen will be coordinating and supporting a team of approximately 37 Volunteer Flower Ladies and 37 Hospital Volunteers. She hopes to add to the current roles of the Hospital Volunteers beyond 'meet and greet'. At the moment they welcome people as they enter the hospital and direct them to clinics and wards. They help people who need assistance with wheelchairs, deliver flowers and newspapers to patients, and provide a mobile shop & book trolley service to the wards each day. They also assist with exercise classes in Rehab.

"I want to acknowledge and utilise all their skills and will look for ways of making them feel really useful and valued. I'm looking forward to getting to know more about the DHB and meeting staff. I also plan to have regular contact with other Wairarapa volunteer agencies so we can pool resources and network."

Karen was originally from Greytown, before setting off on her banking career in Wellington. More recently she ran a butchery/deli business on Waiheke Island for 8 years before returning home to Wairarapa. She has bought a lifestyle property near Masterton, and is settling in with her family there.

"Waiheke Island was a beautiful paradise, but I always felt the need to come back to my roots and I wanted my two children to understand where their grandparents have come from, and do some of the things I got to experience growing up with family around, like firewood with Poppa and baking with Nana."

Since returning home, she has had a couple of businesses in the Wairarapa. She was owner/manager of 'The Lunch Box', in Perry Street, Masterton, and 'Supafresh, Fruit & Veges', in Kuripuni. She was also a qualified caregiver at Lyndale Rest home. "I love working with older people," she says. "They are so approachable and have so much wisdom, spark and stories to tell."

Karen's new job will be 20-30 hours a fortnight and you can contact her on the Volunteers' Coordinator's phone. Extn:4751

4 new staff in Mental Health



From left: Bryce Metcalf, Celeste Blakesley, Lorraine Goulton and Nani McCluskey.

We welcome new staff to Adult Mental Health. Three psychiatric nurses and a clinical administrator have joined the team.

Bryce Metcalf has been psychiatric nursing for 35 years in Wairarapa and in the Wellington region. For the last six years he worked in the forensic unit at Porirua Hospital dealing with people referred by the courts for assessment and treatment. Before that he was at Masterton Hospital in Ward 9 in the acute inpatient unit prior to the opening of the crisis respite centre.

Celeste Blakesley, Clinical Administrator, has been with the Airforce as an administrator for four years. She returns to Wairarapa for a change in lifestyle and to renew links with family.

Nani McCluskey also returns home after working as a Clinical Nurse Specialist in the forensic unit at Porirua Hospital for the last three years. She is a community psychiatric nurse with a special interest in kaupapa Maori mental health services.

Lorraine Goulton is a new graduate on the Nursing Entry to Practice programme (NetP) and before embarking on the nursing degree she worked as a counsellor and an Enrolled Nurse in Rehab and MSW. She believes it is really important to look after people's psychological health and says her new job is "very challenging and certainly stretching." She has a caseload at Adult Mental Health looking after new clients and those who have been in the system for a while. She says the Adult Mental Health Unit is "a very safe and supportive environment in which to work."

New Hospital Chaplain



Joan Ross, new Chaplain

Joan Ross, who has been minister at Lansdowne Presbyterian Church for the last five years, takes on a new role. Joan will be working in Wairarapa Hospital 20 hours a week on Mondays, Tuesdays and Thursdays. Joan has had an association with the Hospital since it opened in 2006.

Farewell to Heather Armstrong



Heather Armstrong, in front 2nd from the left, with colleagues at her farewell.

Heather Armstrong started work as a student nurse at Masterton Hospital in 1971 and has worked here on and off since then. She has had several roles - staff nurse, district nurse, theatre nurse and latterly sonographer. She was an RN in theatre for 18 years before retraining as a sonographer. In 2005 she was New Zealand's first graduate of Melbourne's Monash University's Post Graduate Diploma in Medical Ultrasound.

At her farewell Kim Drysdale, Imaging Team Leader, said Heather has always had excellent relationships with clinicians and patients and her patient care has always been of a very high standard. Kim acknowledged the difficulty of being in a sole position especially over the last four years when it has been particularly difficult to recruit qualified staff because of a nation-wide shortage of sonographers.

Heather heads for London where her daughter lives and she hopes to find locum work in ultrasonography. We wish her well and thank her for her many years of service.

"One of my first tasks when I arrived in the Wairarapa five years ago was to take part in the dawn blessing and opening of our new hospital," says Joan. "I led the blessing of the Rehabilitation Ward and surrounding areas, accompanied by many people including George Groombridge, Frank Cody and Gary Daniell, who were part of the 'hands around the hospital' 15 years beforehand. It felt like I was becoming part of history, and my close association with the hospital has continued since then."

The Ministry of Health contracts the national Inter-Church Council for Hospital Chaplaincy to provide chaplains to all DHBs. In the Wairarapa, the ICHC works through the Masterton Council of Christian Churches.

"That means I am an 'ecumenical' chaplain - there to be a listening ear and provide spiritual care for all patients, family and staff," says Joan. "The hospital is now my parish and so I'm also there for patients who have no 'religion'. My role is to help them voice their feelings about their illness, and help them find meaning. It's about helping them express their values, beliefs and identity."

Joan will represent all churches in the Wairarapa and will act as liaison where required.