

The Westerly

"Te Hauauru"

The staff newsletter of the West Coast District Health Board

April 2009

VIPs Visit

March was certainly the month that the West Coast District Health Board felt very important, at least in the sense of receiving some Very Important guests. Over the space of eight days we had three important visits to our facilities.

On Wednesday 11 March we were honoured with a visit from the Governor General of New Zealand, The Honourable Sir Anand Satyanand.

His Excellency visited Parfitt, Hannan and Morice Wards and the He Oranga Kahurangi dementia unit in a quick trip to Grey Base Hospital. He spoke enthusiastically with patients and staff and was particularly impressed with the dedication shown by staff in the wards.

His Excellency really made one patient's day when he delivered her a big bunch of flowers in honour of both her birthday and the amount of effort that she had put in with local school children to prepare for the vice regal visit only to find herself in hospital when the big day came.



Bryan Jamieson, His Excellency the Honourable Sir Anand Satyanand and Joel George.

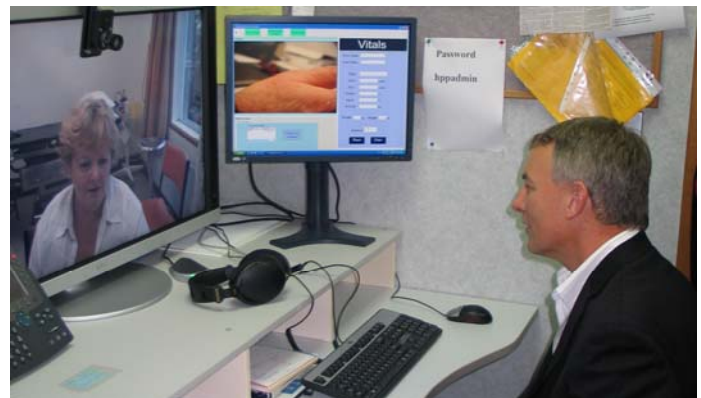
The day following the vice regal visit, the Minister of Health Tony Ryall visited Grey Base Hospital. A tour of the theatre area, McBrearty ward and the Brian Waterson day surgery unit upstairs at Grey Base Hospital was escorted by Acting Medical Advisor Dr

Vicki Robertson and Director of Nursing and Midwifery Dr Jane O'Malley. Coming downstairs, the Minister accompanied by his press secretary Jackie Maher, then visited radiology, the Emergency Department and Morice ward before meeting the press. A lunch at the hospital café with Board members and staff gave many the opportunity to talk with the Minister. Finally the Cisco Health Presence was demonstrated before Hon Tony Ryall left.



Minister of Health, Tony Ryall "takes the pulse" of the West Coast health system ably assisted by Lynley McEnroe and Dr Tom Barry of the Emergency Department.

The following week the Labour Party caucus was on the West Coast and a number of members of the opposition took the opportunity to visit Reefton Hospital and Grey Base Hospital.



Labour leader Phil Goff chats with Buller Health manager Jenny Robertson via Cisco Health Presence.

Barclay Ward Reopens

From Monday 30 March Barclay surgical ward will reopen from Monday to Friday.

This will enable an increase in elective surgery and also address infection control concerns.

Morice Ward will revert to its medical ward role and continue to have CCU sited there. Any patients requiring acute surgery on Saturday or Sunday will also be cared for in Morice Ward for the weekend.

An increase in nursing staff numbers at Grey Base Hospital has enabled this step to be taken.

A big thank you is due to all staff who have enabled the combined ward to function smoothly over the last few months.

Flu Vaccination You're Never too Fit to Get Hit

Immunisation helps improve your body's defences against influenza, while sadly being fit and healthy will not. The influenza vaccine cannot cause the flu itself - its particles are dead and inactive.

By having the flu vaccination you are protecting yourself from the chance that you contract one of the three strains of influenza deemed to be the greatest threats this winter and pass it on to friends, family, colleagues and patients.

Free vaccinations for staff continue at Grey Base Hospital on April 14 and at Hokitika Health Centre on April 15.



General Manager Community and Primary Health Services / Mental Health Service, Hecta Williams was one to get the protection the flu vaccination offered.

Powerpoint Presentations

Often IT is requested to assist with a powerpoint or video conference session when the presentation has already started.

This is sometimes due to a fault with the equipment or the user being unfamiliar with the system. As these types of requests need a very quick response sometimes it is difficult for IT to meet this as they may be dealing with another fault affecting a number of users.

Here are some tips to try and prevent the occurrence from happening in the first instance.

Preparation: Rather than turning up to the presentation on time, turn up 60 minutes (or even the day before) and familiarise yourself with the equipment if you haven't used it before. Also, test the equipment and make sure it works. If there are any issues, this gives you an opportunity to contact IT and gives them time to respond.

Training: If you are unfamiliar with the equipment, feel free to contact IT to help show you how the projectors work, or Marie in the library for videoconferencing.

Change in role

Rochelle Wilson-Bruce has taken on the role of RMO / SMO Coordinator. She will be assisted part-time in the role by Bridget Young (administration) and Silvie Saskova (travel).

Rochelle will be the main contact person involved in recruiting SMO locums, both permanent and locum RMOs and locum allied health staff. As such she has a key role to play in arranging the rosters for staff in conjunction with the Central Booking Unit and coordinating staff leave.

The task is certainly a challenging one given the shortages of medical staff experienced throughout the world.

Locum staff are obtained through a variety of sources. A number have worked at the West Coast District Health Board before, some come through agencies and others are approached through personal reference.

Increasingly, collaboration between District Health Boards also plays a part in filling vacancies.

In the ideal world Rochelle would like to have rosters filled six months out, however currently she is working three to four months ahead.

Contingencies to cover such situations as staff illness, unexpected leave and even the fickleness of travel to the coast often mean



Rochelle Wilson-Bruce and Bridget Young.

solutions to counter potential service gaps need to be found at short notice adding to the challenge of the role.

Rochelle is based in the medical administration area.

Password Synchronisation Project



The West Coast District Health Board is planning to implement password aging across all individual user accounts. This means is you will need to change your

password every 90 days.

Insecure passwords will not be allowed on the new system, words such as "password" will be unable to be used.

There are several reasons for doing this, to improve security of systems, to reduce risks around unauthorised access and to meet security guidelines. Most DHBs within NZ have password aging enabled.

In order to minimize the impact to users, the IT department has been working on a way to reduce the number of passwords people need to remember.

We have achieved this with the PACS system (Intelviewer), and our clinical information system (HealthViews). Both these systems can be enabled for a user to use their same username and login as their Windows login. IT is also working towards modifying other systems to do the same where possible.

Sometime within the next few months, each user who currently uses a windows login will contacted by email and then phone explaining the process.

If you have any questions regarding this please do not hesitate to contact ITHelp.

Welcome



Shar Ransom has joined the West Coast District Health Board in a 0.4 FTE role of Child Protection Coordinator. On leaving school Shar attended Palmerston North Teachers College and

subsequently spent three years teaching.

Her first experience of West Coast health came as a member of the last nursing class to be trained at Grey Base hospital in the 1980s. Shar is very proud of the training and opportunities she had as she completed her Registered General and Obstetric Nurse training working alongside some very talented and skilful people. While Nursing in Australia she realised what a high standard of training she received in Greymouth.

Since returning to the West Coast in 1989 Shar has worked in various roles including teaching, tutoring at the local polytechnic, Special Needs Advisor and Visiting Teacher. Her most recent employment was as Plunket Clinical Leader for the West Coast.

Shar is also currently serving her second term as a community representative on the Community and Public Health Advisory Committee for the West Coast DHB.

Promoting and supporting a society where children are nurtured and valued is the key motivator for the new role Shar is embarking on as Child Protection coordinator – a member of the Family Violence Intervention team. The role includes being available to staff so they can discuss cases, and guide and support them through the referral and notification process if this is the most appropriate action. Debriefing is a part of this role too.

Shar's usual days of work will be Tuesdays and Wednesdays and she can be found in the social work department at Community Services in Grey Base Hospital.

Bikewise

The IT Hardware Support Team won the Bikewise morning tea shout for top department of 7 - 24 people on the West Coast. They had 100% of their team biking and totaled 1870 km for the month of February.

I am assured that all food was of high quality, suitable for recharging the energy reserves of this fine group of athletes.

From left: Andreas Urban, Jeremy Crestani, Tom Flannagan, Gavin Hope, Mark Bainbridge and Lonnie McAllister getting ready to head out on their bikes.



Walk 2 Work Wednesday



Walk 2 Work Wednesday was held for the first time in Greymouth on 18th March, to promote the benefits of active transport. Around 70 people took part in the event, many people walking to work for the first time.

Thanks to the WCDHB staff who took part and received a free espresso coffee or a carwash.

Spring into Action

Congratulations to all the staff taking part in Spring into Action this year, West Coast District Health Board has 16 teams entered. Coast-wide there are 101 teams and almost 600 people in the final stages of this workplace challenge. More information about the Spring into Action School and Family Challenge will follow.

Five ways to save on food this autumn

Buy seasonal produce to base your meal around, it will be cheaper and taste better – autumn brings cheap pumpkins, cauliflower, broccoli, kumara, leeks, silverbeet, apples, plums, kiwifruit and pears. It's not too late to plant some winter veges in your own garden.

Make some meals meat free – or make meat go further by adding red lentils to beef mince for spaghetti bolognese, a can of kidney beans to your burrito mix or chickpeas to stews and casseroles. This adds more fibre too, so it will be more filling.

Be creative with leftovers – tuck last night's leftover roast chicken into a wrap with hummus and salad for lunch, or use in a chicken stirfry for tomorrow night's dinner. Leftover mashed potato could top a cottage or fish pie for a later meal.

Make a big batch of soup – homemade soup is super cheap, filling and healthy. Commercial soup is expensive and often high in salt and other additives. Cook up a pot of soup using seasonal veges and freeze into portions for quick meals on busy nights. Check out the easy pumpkin soup recipe below.

Dust off the slow cooker – buy cheaper cuts of meat like topside or flank steak and let your slow cooker do the work for you. Add chunks of root veges like carrots, parsnip and potatoes to casseroles, and serve with steamed green veges on the side.

Roasted Pumpkin soup

1 onion, sliced
2 cloves garlic, peeled and chopped
750g pumpkin, peeled, deseeded, cut in 4cm chunks
1 tablespoon fresh rosemary, finely chopped
2 tablespoons olive oil
3 cups salt-reduced chicken stock
Preheat oven to 200°C. Combine onion, garlic, pumpkin, rosemary and oil in large baking dish. Bake for 30-40 minutes or until vegetables are soft. Purée in batches in blender with stock, leaving a bit chunky. Pour mixture into a saucepan and heat through.



Retirements

In April the West Coast District Health Board will farewell four of its longest serving staff. The total service for these four exceeds 100 years!

Del Shearer retires from her position as assistant payroll manager. Nothing was ever too much trouble for this important member in the team that makes sure we all get paid.



Fiona Menzies, Dr Paul Holt and Diane Fairhall flank Norma Devlin.

Norma Devlin has been the clinical nurse specialist - diabetes since 1985. Together with Dr Paul Holt she is largely responsible for getting the diabetes service going on the West Coast.

Having served the District Health Board for over 39 years, carpenter Mike Coburn certainly deserves the overseas trip he is planning as part of his retirement.



Friday 17 April sees Toka Marii finally sign off as Transport Manager for the West Coast District Health Board.