

# The Westerly

“Te Hauauru”

The staff newsletter of the West Coast District Health Board

December 2009



## 2009 Innovation Awards

Eleven projects were evaluated by the judging panel for the 2009 West Coast District Health Board Excellence and Innovation Awards.

At an award ceremony held in the boardroom at Grey Base Hospital on 25 November, Planning and Funding General Manager Wayne Turp praised all entrants, not only for the quality of their entries but also for the hard work that routinely contributes towards such projects.

It was gratifying to note the joint projects from Pact and the District Health Board in two of the entries. “This sort of collaboration is the way in which we will be developing all of our hospital and community services as we move forward,” he said.

A number of the projects will consider over the next few weeks whether to enter the 2010 New Zealand Health Innovation awards.



Terry Mixer, Elaine Topp and Rose Springer in the Brain Waterson Unit with the commendation for Day Surgery for West Coasters

Awards presented were:

### **Category:- Hauora Maori**

Commended **Collaborative Antenatal Care**  
West Coast District Health Board

Winner **Establishing Te Rauawa O Te Waka Oranga Hinengaro,**  
West Coast District Health Board  
Mental Health Service

### **Category – Process Improvement**

Highly Commended **Pact Client Management System**  
Pact

Winner **Nurse Coordinated Sleep Study**  
West Coast District Health Board

### **Category - Special Award for Outstanding Achievement**

Commended **Babes in Arms Breastfeeding**

### **Support Group**

West Coast District Health Board  
**Nurturing the Future Trust**  
Nurturing the Future Trust

Winner

### **Category - Excellence in Treatment and Rehabilitation**

Commended **Day Surgery for West Coasters**  
West Coast District Health Board

Winner **Supporting Children and Youth**  
West Coast District Health Board  
Child and Adolescent Mental Health Service / Pact

### **Category - Early Intervention and Prevention**

Commended **Teenage Antenatal Education**  
West Coast District Health Board

Commended **The Genesis of an Infant Mental Health Programme**  
West Coast District Health Board  
Child and Adolescent Mental Health Service / Pact

Cathy DeAth-Green (Pact), Sarah Haskell, Diane Aitken (Pact) and Heidi Pace with their commendation for The Genesis of an Infant Mental Health Programme



Winner **Smokefree Manaakitanga Project**  
West Coast District Health Board

**Supreme Winner** **Nurse Coordinated Sleep Study**  
West Coast District Health Board



Alison McDougall accepting the awards on behalf of the Supreme Winner, Nurse Coordinated Sleep Study.

# New Oral Health Mobile Facilities

The arrival of two new mobile dental clinics at the West Coast District Health Board will provide better oral health services to students of rural West Coast schools. A greater emphasis on prevention and education is the core of the new service.



The mobile clinics, which were blessed in a short ceremony at Grey Base Hospital recently, will result in higher quality care in rural settings as they are equipped with modern equipment such as digital x-ray which will mean better diagnosis and treatment can be provided.

Improving access to dental health services is part of the Ministry of Health's 'Good oral health for all, for life' national oral health strategy that sees a move away from every school having a dental clinic to upgraded purpose built clinics and mobile facilities.

Parents will be encouraged to accompany their children to the appointments and be actively involved in decisions about their children's care, just like they would be going to the doctor.



Looking forward to using the new mobile facilities are Ann Christie, Alayne McRoberts (back), Sue Allen, Sonia Blackman and Raewyn McLeod (front)

Principal Dental Officer of the West Coast District Health Board's Oral Health Service, Martin Lee said, "There are significant clinical benefits to families being involved in their child's oral health, and parents play an important role in preventing the need for fillings and extractions."

A benefit of this is that parental consent can be given on the spot and some preventative actions and minor treatments can be completed in a single visit, saving time out of school and health resources. It also allows dental therapists to talk to parents and carers about risk factors for poor oral health and what they can do to prevent tooth decay.

The new mobile facilities will begin providing services to West Coast children at the start of school in 2010.

## Guidelines for the Use of Fluoride

The report Guidelines for the Use of Fluorides has now been published. Fluoride is an important contributor to the prevention of dental caries and these guidelines are intended to complement the Ministry's policy of water fluoridation.

The guidelines provide an evidence based summary of current New Zealand and overseas evidence to inform best practice in the use of fluoride. They address the use of topical fluoride treatments including fluoride toothpastes, fluoride varnishes, fluoride mouth rinses, fluoride gels and foams and also the use of fluoride tablets. The use of these guidelines will ultimately aid in reducing both the prevalence and severity of dental caries, and inequalities in oral health.

It is anticipated that the guidelines can be used in training oral health professionals and non-oral health primary health practitioners in prevention and early intervention practices.

Electronic copies of the guidelines can be downloaded from <http://www.moh.govt.nz/moh.nsf/indexmh/guidelines-for-the-use-offluorides>.

A limited number of hard copies are available and can be ordered by emailing [moh@wickliffe.co.nz](mailto:moh@wickliffe.co.nz) or calling 04 496 2277 (HP number 4952).



## Health Targets

In November the Ministry of Health published the West Coast District Health Board's performance towards the Government's six health targets. The published results highlighted the areas we are doing well in and also identify areas in which performance needs to be raised in order to meet the targets.

The publishing of our performance certainly shows the high priority the government is placing on achieving the targets and will focus public attention on our endeavours to meet them.

Our performance against the targets that focus on hospital performance shows generally pleasing results with excellent results for *Shorter stays in Emergency Departments* and *Shorter waits for Cancer Therapy Radiation*. Dr Rodger Mills spoke on national radio regarding our excellent performance in the Emergency Departments.

The result for *Improved access to Elective Surgery* reflected two key circumstances. Data for this table was uploaded prior to all West Coast information being entered. With this data added the final figure shows 96% achievement. This along with the fact that the West Coast already has one of the highest intervention rates for elective surgery means meeting the target of an even higher number of elective surgery discharges will be quite a challenge.

Three targets focus on preventive measures. *Increased immunisation* for two-year olds is a continuing focus of primary health care. The Outreach Immunisation service has made it easier for children to be immunised when they do not have close or ready access to primary healthcare. This has proved to be valuable, but there are still a significant number of West Coast parents who choose not to have their children immunised.

*Better help for Smokers to Quit* is a new health target where the data has only been collected for one month. New processes and procedures are in place and there will be a significant improvement in figures next quarter as staff incorporate cessation advice in their treatment of smokers.

The result in the *Better Diabetes and Cardiovascular Services* target reflects the ongoing good work being carried out on the West Coast by General Practitioners and nurses at primary healthcare practices, along with the local cancer team, the West Coast Primary Health Organisation and the District Health Board.

Health Target	WC %	Goal	Rank
Shorter Stays in Emergency Dept	100	95	1/21
Improved access to Elective Surgery	80	100	20/21
Shorter waits for Cancer Treatment	100	100	1=/21
Increased Immunisation	81	85	13/21
Better help for smokers to quit	19	80	8=/21
Better Diabetes and C-V services	70	-	5/21

## Changes on the Board

Dr Christine Robertson has retired from the Board in December, after serving three terms.

Dr Paul McCormick was appointed to replace David Tranter, who resigned in January 2009.

Dr McCormick has an extensive background in clinical practice and management. He has lengthy experience as a GP. He was Managing Director of the Christchurch-based GP group Pegasus Health for five years, and its Executive Chair before that. He will also take over the role of Deputy Board Chair.

Canterbury DHB board member, Mr Peter Ballantyne has been cross-appointed to the West Coast DHB. Mr Ballantyne has experience as a chartered accountant and auditor. He chairs the Canterbury DHB's Quality, Finance, Audit and Risk Committee, and is on Canterbury University's Audit and Risk Committee.

The cross-appointment of Mr Ballantyne to both Boards, and having Dr McCormick in a senior role strengthens the links and opportunities between Canterbury and West Coast," Minister of Health, Tony Ryall said.

## Congratulations

Ruth, Melissa and Daniel, our three pharmacy interns, all recently qualified.

It's been a long year of working and studying hard and thanks to all staff who have been involved in their training and work environment. It is appreciated at how welcome new staff are made to feel, as this helps tremendously in the learning process.

Ruth is staying on at the hospital, Daniel is working at Mason's Pharmacy in Greymouth and Melissa is covering holidays before moving to Ashburton.

The culmination of a lot of hard work and toiling over a thesis on 12th and 13th century French literature occurred recently with the capping of Silvie Saskova from administrative support as a Doctor of Philosophy (PhD).

Dr Cheryl Brunton, Medical Officer of Health for the West Coast and a member of CPHAC was recognised with the Public Health Champion 2009 award at the Public Health Association of New Zealand Conference.

Peter Watson, Theatre Clinical Nurse Manager has completed his post-graduate Certificate in Leadership and Management.

Buller Health Medical Centre has recently gained Cornerstone accreditation. This is a testament to all the hard work put in by the staff of the practice.

Executive Assistant to Joel George, Gaylene recently married Adrian Mahauriki.

## HEHA Update

### Summer is on the way!

Now it is finally warming up, it is a great time to get outside and enjoy the outdoors – play at the local park, walk the dog, dust off the bike and hit the streets, or try a new sport.

Check out the Department of Conservation activity finder [www.doc.govt.nz](http://www.doc.govt.nz) to find information on a range of activities and the places you can do them. There's info on fishing, fossicking for gold, mountain biking, and walking your dog – plus loads more.

### Sea 2 Sea Challenge 2009

Congratulations to the Medical Administration Team who won the DHB Sea 2 Sea Challenge this year. Congratulations to them as well as to everyone else who participated in this year's Challenge.

### Choose your next challenge: walk, run or ride?



The Molenberg Sub Stride or Ride Series is back for its seventh summer!

With nine event options in total – there's one to suit you, regardless of your age or ability. Ladies, grab your mum, mate, sister or daughter and stride or ride

with Sarah Ulmer and Molenberg this summer!

**When:** Sunday 31 January 2010,

**Where:** Spencer Park, Christchurch.

**Entry forms:** available from Kim Hawkes (ph 768 1307 ex 2, [kim.hawkes@westcoastdhb.org.nz](mailto:kim.hawkes@westcoastdhb.org.nz)) or, pick one up from Grey Base hospital reception.

Check out [www.molenbergsubseries.co.nz](http://www.molenbergsubseries.co.nz) for further details.

### Fast food ideas for summer

Look out for a wider range of fruit and vegetables becoming more plentiful in the warmer spring and summer months.

Here are some yummy food ideas from Feeding our Families:

Make a few strawberries go a long way by cutting in half and adding to fruit kebabs – along with other summer fruits, add one or two pieces of strawberry to each kebab.

Zing up your salads with this tasty dressing – mix lemon juice, crushed garlic and ginger, herbs and a little olive oil. Check out the easy chicken salad online, [www.feedingourfamilies.org.nz](http://www.feedingourfamilies.org.nz)

Add chopped fruit to yoghurt for a delicious dessert (as a treat add a few chopped marshmallows to make ambrosia).

Add thin slices of green apple and a little chopped mint to a jug of water about an hour before serving to give it a light crisp taste. Put the jug on the table so everyone can help themselves.

## Merry Christmas



I would like to take this opportunity to extend both the Board's and my own best wishes to everyone for a safe and happy Christmas and New Year, whether you are at work, on

call, or able to take some leave and be with family and friends.

At this time, I would also like to thank you all for your hard work during the last year. Without your individual and team efforts we would achieve little, and I know and appreciate how many of you put in that extra effort to make sure that we do every thing as well as we can. It is great to see how much you have done for patients, service users, and the people of the West Coast.

We operate in an area of high public expectation, which brings constant attention and demands on everyone. Staffing levels have improved in many areas, as have results against a wide range of performance indicators. Our patient satisfaction results have again been high, which is a positive reflection on everyone's efforts.

Each year brings its challenges, and I am certain that next year will bring more and different challenges. With what we have, we need keep searching for improvement in all that we do, and to refine the services that we provide or fund to meet the evolving needs of our community.

I hope that those who can, take the opportunity to have a good break from work, enjoy the holiday season, recharge the batteries, and appreciate the opportunities that the festive season brings to share time and fellowship with family and friends.

Best wishes to you all for Christmas and the New Year.

Take care. I look forward to your safe return for another busy year next year.

Joel George  
Chief Executive Officer

On behalf of the West Coast District Health Board I thank you and all of your staff at all levels for their contribution in 2009.

No year is ever "routine" in health and 2009 was no exception. All staff should take pride in their achievement and the care provided to the West Coast communities.

Regards  
Rex Williams  
West Coast District Health Board Chair