

Health board plans for share of oral-health funding



Dental Therapist Robyn Mullins attends a patient in the mobile dental unit.

Bay of Plenty's community dental service is set to improve with a cash injection from the Ministry of Health. As announced in the April 2006 budget, \$100 million has been allocated for distribution between the country's 21 district health boards over a five-year period.

Bay of Plenty District Health Board staff are working hard on making a business case to access this new funding, held by the Ministry of Health.

So, what improvements does the health board have planned for the Bay of Plenty's oral health services?

Community Dental Services Manager Sharon McKoy-Thomas says that last year Bay of Plenty District Health Board undertook significant service planning for children and adolescents to inform the School Dental Service Review of 2005, and the new funding will enable some of these plans to be implemented.

"The service plan envisages a number of fixed dental clinics operating from school premises in urban areas together with rural oral health services provided from mobile dental services. The Community Dental Service is working on assessing its current configuration and is making plans to cope with the future changes anticipated in population levels and community demographics. These plans will review staffing, design features required of a 21st century clinic, opening hours, where 'hub' sites should be located and how mobile units will integrate with the hub sites."

"The Te Puke community is already reaping the benefits of this 'hub' system, with a fixed dental clinic 'hub' operating at Te Puke Intermediate, and a mobile clinic servicing the outlying areas. If children need access to the dental service in between mobile clinic visits they are able to attend the main clinic at Te Puke Intermediate."

Emulating the service model working for the Te Puke community, the health board plans to reduce the current 33 fixed dental clinics to a possible 12 as part of service development. However, further work is still required to develop and cost the retention, redesign and refit of these new school dental clinics, which will act as centres for the delivery of oral health care, so closure of the existing school clinics will not take place until any new project plans are approved to support current services.

Business case development will also focus on the design, fit out and staffing of a number of mobile dental units and equipment replacement. Integration of a proposed community dentist service and the Kaupapa service as well as the requirement for regional cooperation will be factored into service planning.

For information about how to protect your children's teeth, see article on page four.

5 + a day fruit and vegetables

Eating the recommended 5 + a day servings of fruit and vegetables is one of the most important elements of any healthy eating plan.

Research proves that eating at least five portions of fruit and vegetables each day has very real health benefits. It can help to prevent heart disease and some cancers. Evidence shows however, that many people are not listening to this healthy eating advice.

What stops you from getting 5 + a day? Below are some tips to help you overcome your barriers to eating 5 + a day.

Lack of time for healthy shopping

Look out for canned, frozen and juiced fruit and vegetables. They are often almost as nutritious. Buying your fruit and vegetables in this way also means you have plenty at hand when you need it without having to spend time stocking up with fresh produce every few days. Healthy eating doesn't mean you can't make use of convenience foods.



5 + a day is too expensive

Don't be fooled, you could find healthy eating better for your budget. Fruit and vegetables (excluding exotic or imported ones) are surprisingly cheap. A banana always costs less than any bar of chocolate or potato chips - and provides more in the way of nourishment for less calories.

Choose fresh fruit and vegetables in season, not only are they cheaper they will also be most flavoursome and at their best.

Markets also tend to be cheaper than supermarkets, particularly if you catch them when they are packing up for the day.

Dislike all fruit and vegetables

With such variety of tastes, it's hard to believe anyone can dislike them all. Also remember preferences can change and therefore things you detested in your youth (like brussel sprouts) may be a lot more palatable now! Try a different fruit or vegetable each week until you find some you enjoy.

Working your way to five + a day

Make it a mission to start working to your five a day quota. Remember you don't have to include all five portions overnight - your body probably won't thank you for it! Also don't rush out and buy a heap of fresh fruit and vegetables - to watch it rot in the fridge or fruit bowl over the coming week! Build up gradually, make it a habit and remember each extra serving is a step in the right direction.

What's a serving?



It's about a handful and you should use your own hand. So, a child's serving will be smaller than an adult's. When dishing up leafy greens, use slightly more, or in the case of diced fruit, slightly less. A serving of legumes, such as beans, will also count as a serving of vegetables.

Health in the COMMUNITY

Chair's Column



The Bay of Plenty District Health Board's focus is on health in our communities. You may remember that our vision is 'healthy, thriving communities'. One of the ways in which the Board tries to work toward this is by looking at areas in which we know that prevention is better than cure, or, if a person or group of persons is at risk, then providing health and lifestyle programmes that may prevent or delay health problems in the future.

Some of the ways in which this health board, the government and primary health organisations are working toward this is by working with other agencies, eg Sport Bay of Plenty, local territorial authorities such as Tauranga City Council and Whakatane District Council, and a number of other agencies to promote healthy living and prevention of disease.

A couple of projects that have made a difference are:

- + Fruit in Schools, funded by the Ministry of Health to prevent cancer and promote healthy eating in children. Five primary schools have commenced with an

additional 18 primary schools beginning in October. The initial feedback from Fruit in Schools has been really positive with teachers reporting increased attention span amongst the children and reduced behaviour issues.

- + Healthy Homes project, a joint project between a number of organisations including the Tauranga Electricity Consumers Trust to insulate homes so that children do not suffer from respiratory conditions due to damp and cold houses. This has been going in Maketu and in other parts of the Bay of Plenty and is continuing.
- + Tauranga Safe City project, the health board has been working with Tauranga City Council, ACC and Fulton Hogan Limited on a project to reduce injury and harm in Tauranga City.

These are just some of the initiatives currently being carried out. One project we would really like to see introduced is fluoridation of our water supplies. Toi Te Ora Public Health is working with councils on this project and we hope that over the

next year or two we will make progress toward fluoridation of all the water supplies in our district. At the moment Whakatane and Ohope are the only communities that receive fluoridated water. The health board has agreed that fluoridation is a priority for the Board as part of its oral health programme.

Unfortunately this is a subject that creates a great deal of controversy. However, evidence does demonstrate quite clearly that fluoridated water goes a very long way toward preventing caries in teeth in all age groups. In New Zealand when fluoride is added to the water supply it is in very low levels, designed solely to improve dental health. Imagine how difficult it would be to have bad or missing teeth and to try and be confident as a young person looking for work?

This forms part of our mission to create 'healthy, thriving communities'.

Mary Hackett
Chairperson
Bay of Plenty District Health Board

Primary and community healthcare summit

Recently the health board has started to turn more attention to the community and primary health needs of the community, and in particular, the eastern part of the district. Whilst a great deal of work has already been completed on identifying the health needs of the district's communities, work this year will hone in on which areas need most attention and then how resources will be applied to those needs.

Bay of Plenty District Health Board's Primary Care Portfolio Manager, Phil Back, says that as part of this planning, the health board will be holding a Primary and Community Healthcare Summit in Whakatane in October 2006 with the intention of exhibiting excellence, best practice and innovation around service delivery, positive leadership and strategies addressing the significant workforce issues primary and community based providers face - particularly within the rural sector.

"Additionally, we will be seeking advice, ideas and suggestions from participants on matters relating to how the health board may further enhance and more effectively resource the primary and community sector to ensure sustainable service provision to meet future anticipated demand," says Phil.

Phil says that anyone providing primary and community health care in the Bay of Plenty should consider attending the summit, including dentists, Maori providers, dieticians, scientists and public health staff.

"The summit is not just focused on the doctors and nurses of our primary and community sector. While we believe it absolutely critical that we have representation from those professions, there are a myriad of providers that can make a valuable and essential contribution to the outcomes."

Enquiries can be made by emailing moana.osullivan@bopdhb.govt.nz or contacting summit organiser Larissa Clarke on 07 579 8019 or Phil Back on 07 579 8067.

Continence Awareness



What is Incontinence?

Incontinence is the involuntary loss of bladder or bowel control, resulting in wet or soiled clothing / bedding, causing a huge impact on your lifestyle. This problem can be embarrassing, distressing and some people may find it difficult to discuss their symptoms.

A person of any age, male or female can be affected with this condition. For the majority of sufferers, incontinence symptoms can be improved or alleviated once the cause has been found. The first step should be to get professional assessment and help.

For further information or advice, contact your GP or the regional continence service on Tauranga 07 579 8781 or Whakatane 07 306 0828.

Good bladder habits

- + It is normal to get to the toilet about 5 - 7 times per day and no more than once at night.
- + Your bladder should be able to hold up to 2 cups (400 - 450mls) of urine. You can usually pass between 1 to 2 cups of urine each time you go.
- + Try to go only when you bladder is full and when you need to go
- + Don't go to the toilet 'just in case' as this may result in the bladder developing a smaller capacity (unless you are going

on a long trip or just before bed for example).

- + Take your time when emptying your bladder so that it empties completely.
- + Being in a rush may lead to incomplete emptying and predispose you to urinary infections.
- + Make sure you sit on the seat (for women). Do not bear down to empty. Do not hover over the toilet.

Maintain a good fluid intake

- + Drink an adequate amount of fluid (this includes tea, coffee, milo, soup etc). Assuming there are no other medical problems 6-8 glasses per day is the amount to aim for. This amount ensures urine does not become concentrated and that there is enough available fluid to keep bowel motions moist and soft, therefore avoiding constipation. It is advisable to limit intake of bladder irritants such as tea, coffee, cola drinks and alcohol.

Maintain good pelvic floor muscle tone

- + The pelvic floor muscles support your pelvic organs and contribute to bladder and bowel control.
- + Practice and use your pelvic floor muscles (for further information on this visit www.continence.org.nz)

The Bay of Plenty District Health Board Regional Continence Service would like to share some information with the community as part of Continence Awareness Week, which took place this month.

The Regional Continence Service provides clinics across the Bay of Plenty for both adults and children who have urinary and bowel problems. The service is confidential and offers a comprehensive assessment, advice, individual treatment plans and a management programme. This is provided by nursing staff that specialise in continence issues and are friendly, supportive and understanding.

It's your right to complain

Bay of Plenty District Health Board is committed to improving service delivery within its provider arm, and within the community-based services it funds.

Quality Manager Andrew Keenan explains that without feedback from patients or customers, there is no way the health board can know what it needs to do to improve. Complaints are always acted upon and are seen as an opportunity to improve the service we give.

"If you feel the Bay of Plenty District Health Board or one of the local health services provided in the community could have done better, please let someone know," says Andrew.

The patient's Code of Rights

Below is an outline of the rights guaranteed by the Law known as The Health and Disability Services Consumers' Code of Rights. They apply to all health or disability services, whether you pay for them or not.

Fair treatment

No-one should discriminate against you, pressure you into something you do not want or take advantage of you in any way.

Dignity and independence

Services should support you to live a dignified, independent life.

Respect

You should always be treated with respect. This includes respect for your culture, values and beliefs, as well as your right to personal privacy.

Proper standards

You have the right to be treated with care and skill, and to receive services that reflect your needs. All those involved in your care should work together for you.

Communication

You have the right to be listened to and understood, and receive information in whatever way you need. When it is

necessary and practicable, an interpreter should be available.

Information

You have the right to have your condition explained and be told what your choices are. This includes how long you may have to wait, an estimate of any costs, and likely benefits and side effects. You can ask any questions to help you be fully informed.

Complaints

It is ok to complain. Your complaints help improve service. It must be easy for you to make a complaint, and it should not have an adverse effect on the way you are treated.

It is your decision

It is up to you to decide. You can say no or change your mind at any time.

A full copy of the Code of Rights is available from the Customer Services Department of Tauranga or Whakatane

Hospital, the Health & Disability Commissioner or Bennett's Government Bookshops.

The best possible relationship between a health professional and patient is based on mutual respect and trust. Both parties, ie patients and health professionals, have the right to courtesy and respect.

You can make a complaint by:

- + Phoning or writing to the hospital's customer services department
- + Telling your nurse
- + Contacting a community-based complaint service:
 - Health Consumer Trust, phone 0800 801 482
 - Health & Disability Commissioner local advocates, phone 0800 423 638

Exterior colours chosen for new hospital

The character of Tauranga Hospital's new buildings will start to emerge over the next few weeks as a palette of blue and grey is applied to the precast concrete walls.

Scaffolding is being placed around the north side of the north wing ward block in preparation for the exterior of the buildings to be painted a base colour containing a hint of grey. Selected panels will be painted blue and two deeper shades of grey.

The colours were decided by staff, who voted overwhelmingly for a blue/grey combination in preference to the alternative brown/green palette. Project director James Crawford says it was important that staff had a say in the way the building looked.

"Staff involvement is one of the hallmarks of Project LEO," he says.

"User groups, representing staff from all areas of the hospital, have been

advising the project on what facilities are required in the new buildings since the project began."

There will be another change on the skyline at the end of next month when the electric crane which has been on site for the past 11 months is dismantled. The Liebherr 280 EC-H12 has been used to lift structural steel, prefabricated reinforcing, precast concrete and cladding into place, along with electrical and mechanical plant. It is one of the largest cranes to be used in the region.

Several milestones have been reached this month. The roof has gone on the podium building and the north wing ward block roof will follow early next month.

RIGHT: The newly completed podium roof and the adjoining north wing ward block.

BELOW: This elevation, of the west side of the north wing ward block, shows how the colours will be applied to the new buildings.

The placement of precast concrete panels and installation of 255 windows will be completed by the end of the month. Wall framing has been completed on the ground and first floors and partitioning is well under way in the second floor. The purchase of furniture, fittings and equipment for the new buildings has also begun.

Mr Crawford says innovative design solutions are being implemented and the main contractor, Fletcher Construction, is working successfully to tight timelines. Excellent progress is being made on the refurbishment of the second floor of the blue corridor building to create new premises for medical records, the central sterile unit and theatre support services.



Toi Te Ora TASTER

THE LATEST FROM THE PUBLIC HEALTH UNIT

Winding down the window isn't enough

If you are smoking in your car while carrying passengers, they are breathing in more than 200 dangerous poisons contained in a cigarette, even if the windows are down. Second-hand smoke can linger in dust and on surfaces for days, weeks or even months after smoking has taken place.

Second-hand smoke is particularly dangerous for children because they have smaller lungs and lighter body weight. Second-hand smoke can lead to chest infections, glue ear and childhood asthma.

"It is also suggested that a number of babies die in New Zealand every year from sudden infant death syndrome (SIDS, or cot death) as a result of exposure to second-hand smoke," says Health Promoter Vanessa Oxley.

Every year New Zealand second-hand smoke is thought to be responsible for

- + At least 500 hospital admissions for chest infections in under-two-year-olds
- + 1,500 operations to treat glue ear
- + Around 15,000 episodes of childhood asthma

- + More than 27,000 GP consultations for asthma and other childhood respiratory problems.

"Children tend to have no choice about being around second hand smoke, they often can't refuse to get into a car with a smoker," says Vanessa.

"That's why they need particular protection. Making sure children's air is safe is as important as making sure they're safe from physical harm."

Everyone can help reduce the exposure of second-hand smoke to children by declaring their car a 'smokefree zone'.

- + Make a RULE - your car is smoke free to all family and friends
- + Order a smokefree sticker, to make it clear that your car is a smoke free zone
- + Put 'no smoking' stickers on the car ashtray and dashboards
- + Clean out the car ashtray and remove the cigarette lighter

Making your car smokefree means everyone who travels in your vehicle breathes air free of tobacco smoke, says Vanessa.



Health Promoter Vanessa Oxley removes the cigarette lighter from a smokefree vehicle

"Remember that cigarette smoke lingers, so if you smoke on the way to pick up children, it will still affect them when they get into the car, even if you have stopped smoking."

Free smokefree stickers for your car can be ordered through Vanessa Oxley on 07 577 3766.

What can YOU do to protect your child's teeth?

With 30% of Eastern Bay of Plenty children and 23% of kids in the Western Bay presenting with tooth decay when they first register with the school dental service, there is room for improvement when it comes to oral health in the Bay of Plenty.

Tooth decay in young children is preventable and more funding for dental clinics in schools is one way to help improve oral health, but parents and caregivers also have a role to play.

Looking after you and your child's teeth is as easy as ABC.

Access oral health services

You can enrol your baby in an oral health service as soon as he or she is born and it's important to visit a dental therapist before the baby is two. While children lose their first



Toi Te Ora Public Health's new health promoter Alison Crafar

teeth to their adult teeth, it's really important to keep them healthy.

"Children need healthy teeth to eat, smile and speak correctly. Decayed teeth cause a child suffering and pain and even though they can't be seen, the adult teeth are developing in the gums when a child is very young," says Health Promoter Alison Crafar.

"Healthy first teeth hold the spaces for the second teeth, this helps avoid the second teeth being crooked and needing braces."

Your child can get free routine dental care up until they turn 18 years of age if they are still at school or a tertiary institution.

Brush with your child

The best thing parents and caregivers can do to ensure children have healthy teeth is regularly clean their own teeth while their child is watching and then clean theirs.

"It can really help develop good oral health practice, if an older person regularly models how to brush teeth properly. It's always important for adults to brush their teeth twice a day as well, because if their own teeth are infected they can pass it on to their children by kissing them or giving them food they have tasted or chewed first."

Cut down on sugars

Sugar in the diet is the major cause of tooth decay. After food, especially sugary food, the level of acid in teeth is high.

"This acid dissolves minerals out of the teeth and the teeth become weaker and more likely to decay," says Alison.

"In the early stage of decay, reducing the

exposure to sugary food and drinks can help the teeth to heal. Brushing your teeth after eating sugary foods can also help prevent more decay."

Food and drinks high in sugar include muesli bars, fruit leathers, dried fruit, fruit juice, cordial and fizzy soft drinks - even if they are labelled 'no added sugar'. It's also important for young children not to be put to sleep and left with a bottle or cup of juice, fruit drink, flavoured milk, cordial or fizzy drink.

"There is not enough saliva to wash away with liquid from around the child's teeth while they are asleep," says Alison.

"The teeth will be surrounded by what was in the bottle for the whole time the baby is asleep, this turns into acid, which stays on the teeth and causes decay. It is better to avoid such drinks with babies and young children altogether; after breast milk tap water is the best drink for them anyway."

How can you tell if your child has tooth decay?

Lift the child's top lip so you can see all the front teeth. If you see white or stained marks on any of the teeth, the child should see a dental nurse as soon as possible.

"Lifting the lip should be done at least once a month. It needs to be done frequently because new teeth can decay easily and quickly," says Alison.

Early identification of decay can mean a child receives treatment to stop the problem getting worse - and possibly even reverse it.

Did you know?

- + 50% of smokers think it's ok to smoke in a car
- + 75% of smokers light up while driving
- + 40% of Year 10 students are exposed to second hand smoke in a car at least once a week.

(Health Sponsorship Council, New Zealand)

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