

Eating away at bad health habits

A Healthy Eating - Healthy Action (HEHA) Development Manager has been appointed for the Bay of Plenty to lead a campaign to increase physical activity, improve nutrition and reduce obesity.

The Bay of Plenty District Health Board (BOPDHB) is one of the first district health boards to support the Ministry of Health's HEHA strategic approach to improving nutrition across New Zealand by making such an appointment.

Cheryl Billett took over the new role on March 5. She has extensive public health experience at a local, regional and national level, and was part of the internal Ministry of Health HEHA steering group that developed the HEHA strategy and implementation plan, as well as other projects such as Fruit in Schools.

"This is a collaborative approach by the Ministry of Health, Ministry of Education, and SPARC (Sport and Recreation New Zealand), and many non-Government agencies such as the National Heart Foundation, the Cancer Society, Iwi providers, Hauora and PHOs," says Cheryl. "It can't be achieved without this level of partnership."

Cheryl will start by building and maintaining strong working relationships with these groups.

HEHA is the Government's umbrella strategy that targets everyone, although the priority groups are children, low-income people, Maori and Pacific people.

Cheryl will lead the development of a HEHA strategic plan for the Bay of Plenty and establish a district education sub-group.

The first task of this sub-group is to support the implementation of the Food and Nutrition Guidelines in schools and early childhood centres.

Funding support is available so teachers can be released from classrooms for training.

These two initiatives are part of the Mission On strategy, which is sponsored by the ministers of education, health and SPARC that contributes to achieving the HEHA goals.

To enable schools and early childhood centres to develop innovative projects supporting HEHA, a Nutrition Fund has been established, starting from term two.

Other initiatives supporting the HEHA strategy include Fruit in Schools, Active Schools, School Food Programme, the '5+ a Day', and the new Food and Beverage Classification System for schools.

HEHA has several key messages:

- + Eat a variety of nutritious foods
- + Eat less fatty, salty, sugary foods

- + Eat more vegetables and fruits
- + Fully breastfeed infants for at least six months
- + Be active every day for at least 30 minutes in as many ways as possible
- + Add some vigorous exercise for extra benefit and fitness
- + Aim to maintain a healthy weight throughout life
- + Promote and foster the development of environments that support healthy lifestyles.



Staff gets physical

BOPDHB staff members have led the way in demonstrating that activity is a key ingredient in creating a healthy lifestyle. Last month the BOPDHB managed to get two teams together for the 24-hour Relay for Life to raise money for the Cancer Society, and another two teams took part in the dragonboat races held as a fundraiser by BoobOps, for breast cancer research.

Flu vaccination means business

Influenza will affect up to 20 per cent of Bay of Plenty residents this winter, making it one of the most common causes of sick leave.

Businesses are being encouraged to offer free influenza vaccination to staff to help reduce absenteeism.

"Influenza-related sick leave can range from one to 10 days and cough and fatigue can last for several weeks, slowing a full return to work," says Bay of Plenty Medical Officer of Health Dr Phil Shoemack.

"By keeping staff well this winter, you are not only showing you care - you're saving money by reducing lost productivity."

On-site vaccination means staff members don't need to take time off to visit their GP or occupational health nurse for vaccination. People are more likely to obtain an influenza shot if it is available in their workplace.

"The vaccine is expected to become available mid March, so there's no time like the present for businesses to organise influenza vaccination for their staff," says Dr Shoemack.

The BOPDHB has provided free vaccination for all staff for more than a decade and businesses including Port of Tauranga, Tyremaster, Bethlehem College, Tauranga City Council, Fulton Hogan, Aquinas College, Credit Union and Dominion Salt Port also provide workplace vaccination. People aged 65 and over and anyone with a chronic medical condition can get vaccinated for free from their GP until the end of June.

"Influenza is one of the most easily transmitted and preventable infectious diseases," he says. "Working together, we can help reduce the number and severity of influenza cases, their serious complications, and their economic impact on businesses."

A free "Easy guide to influenza vaccination in the workplace" as well as posters and brochures are available. Email beattheflu@bopdhb.govt.nz, visit www.bopdhb.govt.nz or phone (07) 577 3773. Businesses who already vaccinate staff but want a few tips on how to encourage staff to take up the offer can access a free 'Tips' page via these contacts.



BUILDING ON the achievements

Chair's Column



Health Board faces fresh election

Making a difference to health statistics in our region often appears to take a very long time before we are able to gain a measurable improvement.

Every year during our annual planning process we look at what we have achieved during the previous 12 months and how we will build on those initiatives over the next year.

It is often difficult, in this annual cycle, to accurately reflect the progress we are making in areas such as diabetes, oral health particularly in children, heart disease and cancer, to name just some of our priorities.

It is easy to forget as the days race by ever faster that health is about healthy lifestyles from the beginning, even from before birth, so that good health can be maintained over all of life.

We have just finished our Annual Plan for 2007/08 ready for ratification by the Minister of Health.

We will continue to build on health priorities from previous years, some of which are mentioned above, while looking

at new initiatives that our communities see as priorities.

The community certainly has highlighted that healthy teeth in the young is a priority so we will continue to build on education programmes, increase mobile clinics for the remote areas and hopefully give access to extra clinics in the cities during out-of-school times, increased services in remote areas for adolescents and of course continued work toward fluoridation of water supplies.

A further priority for the BOPDHB is health services for the elderly. We will have new buildings for services for older people later this year; we are also increasing cooperation with private providers around education for home health care workers, increasing hospital beds in the private sector for end-of-life care and further development of services so that people can 'age in place' if at all possible.

While we do try and maintain an emphasis on community and primary-based health services, it is important we do not neglect hospital services. We will be transferring to the new operating theatres and outpatient department within 3 months, then into the new ward block,

progressively over 6 to 7 months.

Further work on hospital buildings will continue through for another 18 months to 2 years alongside development at Whakatane, both in primary health and hospital services. Last month we opened an upgraded CT and ultrasound diagnostic facility at Whakatane with a building and state-of-the-art equipment that will enhance services to the whole Eastern Bay community.

It is important that the BOPDHB enhances and develops services in the Eastern Bay of Plenty so that people in Whakatane and surrounding areas receive timely and appropriate intervention and treatment.

It's been another busy and exciting year for the BOPDHB and the people who live in the area served by the Board. Many are new initiatives and in most cases build on current health programmes.

We are experiencing a lovely summer, at last, so enjoy it while you can and don't forget those 'flu' shots in March/April.

Mary Hackett
Chairperson
Bay of Plenty District Health Board

Nominations will shortly be sought for candidates in the upcoming Bay of Plenty District Health Board elections.

Come September, residents on the parliamentary roll will start voting for their health board representatives.

The official electoral officer will accept nominations from July 27 until August 24 from anyone eligible to be on the parliamentary roll for the region.

The official form must be signed by the nominated candidate, and by two other eligible voters.

Gail Bingham, the BOPDHB's general manager compliance and governance, said the election is being held at the same time as the local government elections, with the forms for both going out together.

"It is a postal ballot, with voting starting from September 21 up to the official polling day of October 13," she said.

"The Single Transferable Voting (STV) system is being used, so voters list their choices in numerical order. Candidates are voted for at large, not by district."

The seven elected members on the present board all face re-election, should they choose to stand again. The four additional members appointed by the Minister of Health stand down.

They may run for election, or await reappointment if they are required.

The Minister makes appointments after each election to ensure the board is balanced regionally and in other ways, such as in areas of expertise. The Minister also appoints the chair and deputy chair after each election.

The new board takes up office on December 10.

"It may seem a long way out, but now's the time to start thinking about who you would like to nominate," said Gail.

The board has already decided that candidates' names on all election forms will be listed non-alphabetically.

"All the names will be drawn out of a hat, and that order will be used on all documentation from then on."

Project Hope homes in on start

Planning for the Project Hope Cancer Centre to be built at Tauranga Hospital is in its final stage, with construction likely in 2007/08, says Maxine Griffiths, leader of the BOPDHB project team.

"The original one-and-a-half storey design was reviewed towards the end of last year, when it was realised that escalation in building construction and compliance costs that had affected other local projects would impact on the Cancer Centre project," she said.

"In liaison with the architect and consultants, the project teams, together with user groups, set about redefining the floor plans, into a single-storied building."

She said the architects have created an exterior design that allows as much use of natural light and airflow as possible,

cognisant of the desire to have a more "homely" than "clinical" environment.

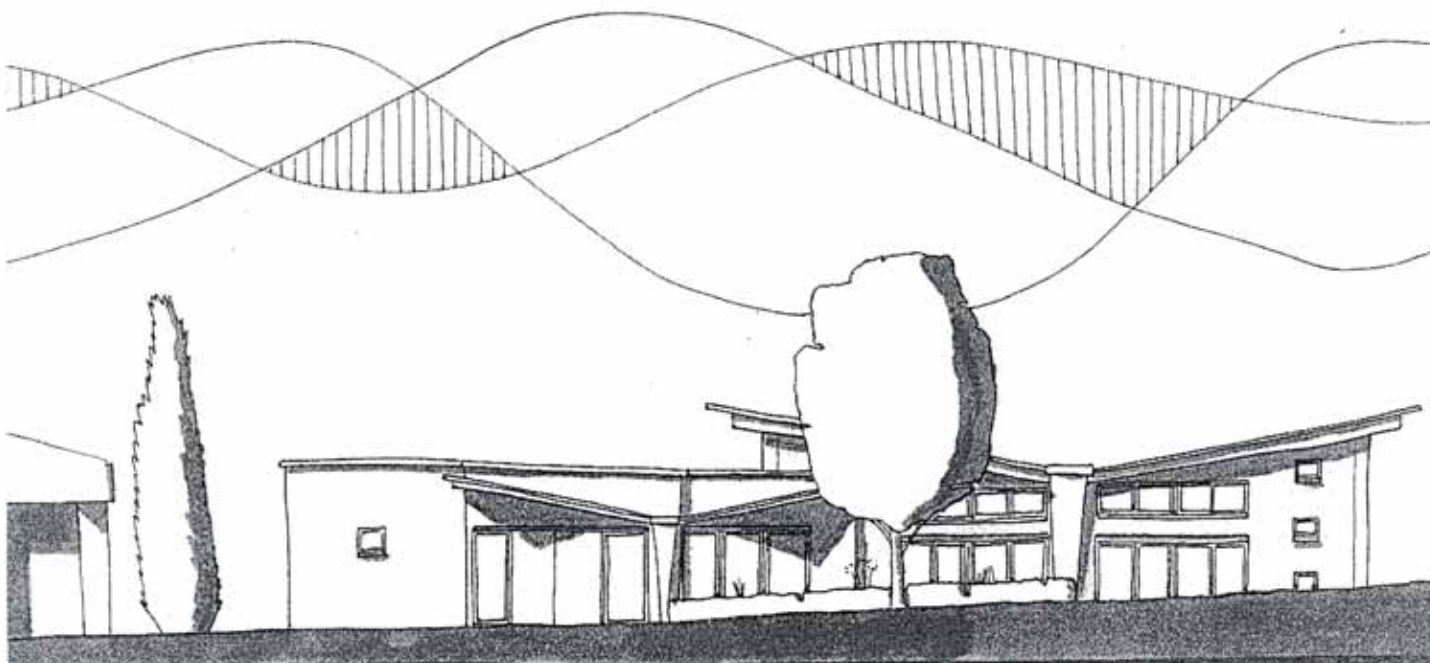
The centre will be situated on what is at present a car park behind the BOPDHB Building on the corner of 20th Ave and Clarke Street.

The new facilities include five private consulting rooms and 16 chemotherapy treatment chairs, as well as three patient beds. Full toilet and shower facilities are included in the development.

The clinical areas such as the Chemotherapy Treatment Room, Pharmacy, Clean and Dirty Utility areas and

Procedure/Treatment Room, will be utilised by BOPDHB staff.

The area at the front of the building, including the Family Room, Library/Resource, and Community Rooms, will be available to the public, community groups and the BOPDHB for resource, teaching etc. The offices down the side of the building, consisting of Specialist Office/Consulting Rooms, will be utilised for clinical purposes on certain days of the month, however on other occasions will be available to community groups and providers.



Elections timetable

- + July 9: Enrolment packs sent to electors for verification
- + July 27: Nominations open
- + Aug 24: Nominations close
- + Sept 21: Voting document sent out
- + Oct 13: Official results declared
- + Dec 10: New board takes office.



Staff involvement in planning impresses MPs

Representatives of the Labour Party women's caucus visited Tauranga Hospital last month and went back to Parliament encouraged by the progress they saw here.

The top-level delegation of MPs was led by the Hon Lianne Dalziel, Minister of Women's Affairs, with Sue Moroney, chair of the Labour Party women's caucus, Steve Chadwick, Marian Hobbs and Dianne Yates.

It was clear the level of staff involvement in the planning process for Project LEO impressed the group.

Project director James Crawford outlined the timetable for the new facilities to come on stream at Tauranga Hospital, adding that a business case was soon to be prepared for redevelopment of Whakatane Hospital.

Project LEO is providing extra beds for Specialist Health Services for Older People, and in the admissions planning unit.

It is expected that an additional 250 hip replacements will be performed this year in the new theatres.

On the maternity side, there will be an improved interface between primary and secondary services in the new delivery suites, with delivery and postnatal services adjacent to the new theatre suite.

Margaret Brazier, Clinical Nurse Leader Health Services for Older People, and Rosalind Jackson, Nurse Leader Surgical Services, both process owners of their respective areas in Project LEO, explained their hands-on role to the MPs.

The MPs also heard some harrowing statistics about family violence in a joint presentation by Nicola Chadwick and Raewyn Lucas.

The two family violence coordinators explained how the BOPDHB was taking steps to get on top of the situation.



From left, Margaret Brazier, Clinical Nurse Leader Health Services for Older People, and Rosalind Jackson, Nurse Leader Surgical Services, discuss the staff planning that went into Project LEO with visiting Labour MP Steve Chadwick.

Screening to start for signs of family violence

The BOPDHB has approved funding for frontline hospital staff to receive training in screening patients for signs of family violence.

The programme could start its rollout within months, family violence coordinators Nicola Chadwick (partner abuse) and Raewyn Lucas (child protection) told a delegation from the Labour Party women's caucus to Tauranga Hospital last month.

In a joint presentation, they produced a worrying set of statistics before outlining what is being done to help alleviate the problem.

"One in three women is living with, or is a victim of, family violence," Nicola told the MPs.

"The majority of women live with it in a silent, self-blame capacity."

The duo reported that women who suffer family violence were three times more likely than non-victims to present at ED, five times more likely to need mental health services, and three times more likely to need other health services.

The BOPDHB approved funding for the new screening process in December, and the intention is that all women aged over 16 who attend hospital will be screened for signs of family violence - regardless of their reason for being at hospital.

The objective mirrors a Ministry of Health guideline established in 2002.

Nicola stressed that the questionnaire would be presented only if circumstances allowed. The questioning had to be done in complete privacy, with not even a child in the room.

"For some women, it will be the first time anyone has asked them if they are suffering from family violence. It's an opportunity for them to disclose."

While many women might not be ready to leave a violent environment at that time, the way the situation is managed can have a lasting effect.

"It sends a powerful message when nurses say it's wrong, you don't have to live with it, and we can support you."

The funding will allow Nicola and Raewyn to free frontline staff from their duties so they can complete the two-day national family training package.

One day focuses on partner abuse, the second on child abuse and neglect.

"The correlation between partner abuse and child abuse is about 60 per cent," Nicola warned.

It will be rolled out in three stages, starting with the emergency department, Maori Health, and the social work team. This could get underway by midyear. The second stage targets public health nurses, paediatrics and maternity, followed by mental health in stage three. Routine screening won't start until people are trained.

Clinical School a virtual reality

Plans for a Clinical School in the Bay of Plenty have firmed up considerably since the idea was unveiled about a year ago, and steering group members are making steady progress toward making it a reality.

Dr Paul Malpass, the BOPDHB's Chief Medical Director, says the plan still needs support, advocacy and funding to move forward, but much has already been achieved.

Close relationships are being developed with Auckland University's Faculty of Medical and Health Sciences, and with the Waikato Clinical School. A stock take of current clinical education in the Bay of Plenty is underway and a feasibility study will develop a draft business case and communication plan.

"We are going ahead in appointing a project manager to establish the clinical school, to move it from virtual to reality," says Dr Malpass.

"We then need to appoint an administrator (0.4FTE) and identify current staff members who have core teaching commitments within the BOPDHB Provider Arm."

Each member of the steering group brings complementary skills.

Elective Surgery

The Government is providing extra funding for elective services in the Bay of Plenty - part of a nationwide \$200 million injection over four years.

The funds are available only to those District Health Boards that are meeting the Government's waiting list commitments, something the BOPDHB has achieved since September last year.

Graham Dyer, the BOPDHB's chief operating officer, says the BOPDHB has been allocated an extra \$1.6 million to spend on elective services by June 30, and a further \$3.1 million for use in the following financial year.

"We have asked the Minister of Health if we can roll over \$600,000 of the current entitlement to use once our new theatres open within Project LEO mid year. That means we will spend an extra \$1 million by June 30, and \$3.7 million the following year."

In an attempt to match the spending to public demand for elective services, the bulk of the extra funding will be spent on cardiology and cardio thoracic surgery, including cardiac catheter laboratory services and angioplasty.

Extra elective surgery work will also be

done in orthopaedics, plastics and burns, colonoscopy and gastroscopy.

Receiving the extra money is only part of the picture, however.

All cardiac surgery for Tauranga and Whakatane Hospital patients is performed at Waikato Hospital, with the BOPDHB being able to perform angioplasty procedures only.

Waikato has no spare capacity, so steps are being made to secure services in other District Health Board areas, such as Otago, Auckland and Wellington.

"While sending patients outside of the Midland region for cardiac surgery is not ideal, this is deemed to be the only option for meeting patient needs in the short term," says Graham.

In addition, a business case is being considered for the appointment of a fourth cardiologist at Tauranga Hospital to meet increasing demand in outpatient services, such as cardiology clinics and echocardiography and stress tests, and in acute services.

Such an appointment would also enable the hospital to commence new procedures such as permanent pacemaker services.

Visit our website

Check out the Bay of Plenty District Health Board online...

www.bopdhb.govt.nz

The website has a wide range of information about the activities of the health board and its statutory committees, including minutes of meetings, the District Annual Plan, the Annual Report, and a variety of publications including Learning Quarterly and 'The Argus'.

There's also news and views about the health board's public provider arm, Pacific Health, which operates hospitals at Whakatane and Tauranga, Mental Health Services and Community Health and Disability Services (CHADS).

Fully funded respite beds ease the load

Life has got a little bit easier for fulltime carers of ailing family members.

The BOPDHB is now paying to keep five beds available fulltime at two aged care facilities in Tauranga for the sole use of respite care clients aged over 65.

The new initiative, introduced in November last year, is designed to take some of the stress out of planning respite care days, since these beds can be booked in advance.

The fully funded service provides a total of 1,825 free bed days for respite care each year.

Helen Mason, the BOPDHB's general manager Planning and Funding, said the use of these beds would be monitored to see if they were sufficient for the needs of the community.

They are available to Support Net clients living in the community, either alone or with a carer, who have been assessed by Support Net as having high needs.

Each client is allocated a number of respite care days a year, typically 10, and there is no cost to the client to take advantage of these free beds.

The fully funded beds are at Althorp Private Hospital and Elmswood Rest Home.

Althorp has 3 beds - 2 in the hospital wing, 1 in the dementia wing. They

welcome all dementia clients.

Elmswood has two beds providing rest home level care, and will accept clients with dementia who would not wander outside the building.

Clients (or their representative) can phone Anne at Althorp on 543 2912 to make a booking, or Robyn at Elmswood on 578 6177. There is no paperwork involved.

Families' allocation of carer support is not affected by this new scheme. This respite scheme is in addition to carer support days.

Carer support days attract a Ministry of Health subsidy of \$75.56 a day, which can be used at the discretion of the designated carer.

It can be used to partially offset the cost of 24-hour care at a private hospital or residential care facility, or it can be paid to another family member or a neighbour, for example, who takes over the care duty.

When utilising the free respite days at Althorp Private Hospital or Elmswood Rest Home, clients should supply their own medicines and continence products.

For more information, contact Diane or Gorah at Support Net on 571 0093, or your field officers at Alzheimer's Society.

CT scanner sets the pace

The new \$835,000 CT scanner and Ultrasound Suite at Whakatane Hospital are now fully commissioned.

The blessing of the site and completed building progressed in three stages, ending in a dawn ceremony and an official opening on February 15. All three blessings were shared by Te Whanau o Irakewa Maori Health Services, Kahui Kaumatua and the Hospital Chaplainry.

The Eastern Bay Energy Trust provided the new CT scanner through a combination of a lease and grant funding over seven years. The BOPDHB spent \$560,000 on the new building to house it. Whakatane Hospital lead radiologist Dr Matthew Preston says the main differences are that the machine scans faster and that the images are clearer and show more detail.

He says the greatest advances have been seen in scanning patients after trauma, reducing the time it takes to scan the head, neck chest and abdomen from 45 minutes to 5-10 minutes. The Whakatane facility can now undertake some studies to show arteries and veins rather than patients travelling to Tauranga for these.

Health services mapped out

The delivery of health services in the Bay of Plenty has been mapped out for another year.

The BOPDHB's District Annual Plan (DAP) is with the Minister of Health for comment and approval, having been adopted by board members last month.

"The DAP reflects the intent of the District Strategic Plan and signals the direction of the organisation for the next 12-18 months," says Helen Mason, BOPDHB general manager Planning and Funding.

The big focus this coming year from July 1 is on primary and community health care, based on excellent workshops held with the Primary Health Organisations (PHOs).

"First we conducted a robust health needs assessment based on census changes in ages, growth, density and health needs. These factors were considered alongside the Minister of Health's letter of expectation as to what services we should provide.

"The board and rununga also gave their views at a combined workshop as to how these health needs might be met."

Some of the challenges to be faced include the changing demographics and distribution of the populations in the east and west, for example in Whakatane and to the east, there is a low population growth rate, greater deprivation, and a bigger Maori population.

In Tauranga, the population is growing quickly, with an increasing percentage in the older age categories.

The DAP covers the full range of services that the BOPDHB is responsible for: secondary services through hospitals, community care, primary care, resthomes, pharmacies, public health, and so on.

THE MINISTER'S EXPECTATIONS

Priority areas are:

- + Getting ahead of Chronic Disease Burden
- + Primary Health
- + Child Health
- + Older People
- + Infrastructure
- + Cost effectiveness/Value for Money

Gift gives rescuers a solid base

The Tauranga-based TrustPower TECT Rescue Helicopter will soon have a new home on site at Tauranga Hospital.

Work is well underway on a new helipad and hangar alongside the Clarke Street car park.

The helipad will allow for up to two helicopters to be parked outside and the new hangar will house the Tauranga helicopter, an office, crew room and equipment facilities.

Liam Brett Kelly, base manager and pilot for the air rescue service, says the new facility will be an enormous improvement on what the rescue team has been operating with over the past seven years.

At present, the helicopter has to come to the hospital from its airport base to pick up the medical crew and equipment.

"Once the helicopter is based at Tauranga Hospital the emergency services will be able to operate more effectively, responding to ill or injured patients that much faster as well as being conveniently

on site for time-efficient hospital transfers," adds board chief executive Phil Cammish.

All of the funding required for the new hangar is being provided from within the Bay of Plenty community, with the majority of the funds being donated through the Ian Pain Charitable Trust, formed by a Tauranga couple who tragically lost their son in a tractor accident.

The family wanted to be able to leave a legacy to their son and believe he would have approved of the building of the rescue helicopter hangar, to be named the 'Ian Pain Memorial Hangar'.



Diana Keys, left, Team Leader Patient Transport, rescue helicopter pilot Liam Brett Kelly and Troy Browne, Medical Leader Anaesthesia and Surgical Services, were on hand to celebrate the first concrete pour for the new hangar.

This is a community newsletter published by the Bay of Plenty District Health Board.

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