



From the Chair

BY MARY HACKETT, CHAIR, BOPDHB

This has been a very busy month at the District Health Board with many activities coming to fruition and a number still in progress. Any of you visiting the Tauranga Hospital will have found that it is almost impossible to move around the campus. However this is very short term while we finish the removal of the old maternity buildings and make way for a further car park. By December we will have more than 900 car parks available for the public including staff.



will make sure that every service we offer is targeted to the right people, at the right time and in the right way.

We are well underway with our planning for the final buildings on the Tauranga campus and the rebuilding of Whakatane Hospital. At Whakatane a great deal of work and money has gone into the 'back room' stuff, such as waste water, electricity, boilers, grey water disposal, some painting of buildings as well as planning for where the newer buildings will be sited on the campus. Staff are fully involved in design and working through new systems of clinical care, so that a new building will work for patients, clinicians and staff.

The recession, they tell us, is on the wane. However the Government has been very clear in its messages that health will have less money next year, the 2010/11 financial year, than it has had in the past, so we at the DHB are beginning to review everything that we do to make sure what we do is having a health benefit for our population. We will not reduce services but we

If there are any issues that you would like me to comment on or explain please don't hesitate to get in touch with carol.wollaston@bopdhb.govt.nz and she will pass the information on to me.

Plans for redevelopment underway

Work is continuing behind the scenes at Whakatane Hospital to prepare for the redevelopment project expected to begin in 2011.



Project director Jeff Hodson says that the DHB is committed to redeveloping Whakatane Hospital and is spending \$10 million to get enabling works underway.

"There is a lot to do before we can start the main reconstruction such as upgrading supplies of power, water and steam," he says.

The BOPDHB is reapplying for \$55 million to carry out the reconstruction which will result in a modern campus with new and improved facilities.

It is expected that the funding decision will be made by the National Capital Committee (NCC) early next year. The NCC determines funding priorities for capital developments such as rebuilding public hospitals.

BOPDHB chief executive Phil Cammish says no one should doubt the board's commitment to

redeveloping Whakatane Hospital.

"We wouldn't be seeking this money if we were going to walk away. We're absolutely committed to redeveloping the hospital."

Construction of Whakatane's new hospital will be spread over a number of years and Eastern Bay builders will be heavily involved in the work. The project is big enough to enable apprentices enrolled in wananga and work-based apprenticeships to qualify in their trades.

The new hospital will have about 100 beds and provide the same services as those offered currently. Design work will begin next year, and the four year construction programme is scheduled to start in 2011.

Holistic approach to health in Kawerau

The Kawerau community is benefiting from a unique health service where 'kaitautoko' community health workers support people with chronic conditions.



The Kawerau Healthright Outreach Service is helping people with chronic conditions to live independently for longer. The team from left to right: Kaitautoko Marcus Matchitt, registered nurse Ngaire Biggar, Service Manager Nancy Chapman, Kaitautoko Wilma Akuhata and Kawerau PHO Manager Lewis Martin. (Photo courtesy of Daily Post, Rotorua).

"The kaitautoko is a social worker, life coach and health promoter all rolled into one and works alongside a registered nurse," says Eastern Bay Healthcare New Zealand service manager Nancy Chapman. "Navigating the health system can be difficult and confusing. There are a lot of great services available in Kawerau, but with the kaitautoko by their side, our clients are much better able to access what they need for health and wellbeing."

Kaitautoko means 'one who walks alongside, supports and empowers' and Nancy says this is the first of its kind.

"The kaitautoko visit people in their homes and help connect them with services in the area for conditions such as diabetes, cardiovascular disease and respiratory diseases. They build up strong relationships and trust with the clients who feel empowered to

make their own choices and goals. Each client has a programme to suit their specific needs, whether that involves a daily phone call, visiting them in their home or connecting them with group education and exercise programmes," says Nancy.

With almost 100 people using the service, Nancy says the holistic nature of the service works well in Kawerau because it suits the predominantly Maori population.

"Chronic conditions often lead

to depression and social isolation and many people find it hard to take the next step and visit their GP. We've had lots of positive feedback from the clients and their whanau over the last 12 months that this has made a significant difference," she says.

More information on the Kawerau Healthright Outreach Service is available from GPs, or visit the office located in front of the Rautahi Marae.

Help is close to home



COPD patients in the community come together to support and encourage each other. Back row, standing, from left: physiotherapist Rowena Speed, Gloria Lewis, social worker Waina Araroa, Morehu Tonga. Front row, seated, from left: Jane Karipa, Jean Hawtin, Daphne Jones and Dorothy Edwardson (standing).

Lorna Porter (80) is delighted that a new treatment programme for sufferers of chronic obstructive pulmonary disease (COPD) has arrived in Kawerau.

"Mrs Porter was no longer able to drive herself to Whakatane, but she is comfortable with the short journey to Kawerau," says Eastern Bay of Plenty PHO clinical coordinator Marja O'Connor.

Mrs Porter is one of many sufferers of COPD – a disease of

the lungs which leads to shortness of breath – benefiting from the initiative which sees 12 different organisations working together. The eight week rehabilitation programme is running in Kawerau and Opotiki and improves overall wellbeing, reduces shortness of breath and increases exercise tolerance.

Everyone who has taken part in the programme so far has made significant improvements to their ability to cope with activities of daily living.

"Daphne Jones couldn't even lift her kettle to make a cup of tea, but following the course, which

includes weight exercises, she is able to walk across the floor with her kettle," says Marja.

"Maintaining employment has been the focus for some participants," says Marja. "Morehu Tonga, a truck driver from Opotiki, has kept his job through improved usage of oxygen and his inhalers, which has given him better control over his breathing."

For more information on the chronic obstructive rehabilitation programmes running in Opotiki and Kawerau, contact rehabilitation coordinator Gisela Sonntag at the Disability Resource Centre on 07 307 1447.

Winter end welcome

BY PHIL CAMMISH, CEO, BOPDHB

Winter is always a busy time for health professionals and this year has been even busier, as we prepared for the H1N1 swine flu pandemic.



While this region appears to have had fewer cases than some others, our staff ran an emergency operations centre for four months on top of their usual winter workload.

Last month we called for applicants to join a primary health technical advisory group and we have appointed a group of highly skilled primary health professionals, willing to share their expertise to help the DHB make appropriate decisions for this part of the sector. Technical advisory groups have become a key way for DHB planners to consult with representatives of our communities about health needs for various groups.

This DHB is one of two DHBs approached by the Ministry of Health to take part in a conduct disorders (behaviour) pilot project across the Bay of Plenty. The project covers mental health assessments and delivering the Incredible Years Parent Management Training by Child and Adolescent Mental Health Services in collaboration with Group Special Education. The

Incredible Years programme has gained wide acclaim internationally and was first researched and trialled in New Zealand by BOP psychologists Dr Diane Lees and Dr Chris McAlpine.

Our Clinical School opened the doors to its new premises at Tauranga Hospital last month, with Minister of Health Hon Tony Ryall here to do the honours. The Clinical School has also been strengthened by the appointment of local, internationally renowned urologist, researcher and academic Mr Peter Gilling as its new Head of School.

The health sector is under the same economic pressures as the rest of the economy and this means that DHBs must work smarter to maintain cost-effective health services. We are working hard to ensure that we are doing our bit, and I would ask the public to think about how they might make their contribution by keeping our families well with good nutrition, exercise and healthy living.

On-screen viewing marks end of x-ray film

Gone are the days of lugging packets of x-ray film around the hospital. Doctors and radiology staff at Tauranga and Whakatane hospitals and Opotiki Health Centre can now view x-ray images directly on their computer screens.

Bay of Plenty District Health Board launched PACS (Picture Archive Communication System) last month as part of a joint project with Waikato DHB.

Whakatane Radiologist Dr Matthew Preston says it's good news for patients as doctors in different departments or hospitals can look at the same image at the same time to discuss a patient's treatment.

"If one of our doctors wants to talk to a doctor in Tauranga about a particular patient's treatment, they can both look at the x-ray image at the same time on their computers. In the past we often had to send either the patient or the packet of x-rays to Tauranga and that would take the whole day," he says.

Doctors can now view images much more quickly after a person's examination than was possible



The days of x-ray film and lightboxes are over! BOPDHB radiologists Drs Kathy Sutton and Matthew Preston of Whakatane Hospital can now view radiographic images directly on-screen.

with x-ray film, and images can be magnified, rotated and enhanced in different ways to get better views.

"It makes diagnosis easier overall," says Matthew.

BOPDHB has also launched a new radiology information system, which works alongside PACS to record and store all radiology patient and procedure information.

Historic radiographic images

and results in digital format, such as CT, ultrasound and MRI scans, currently stored by BOPDHB, are being transferred to the new PACS system. Historic film x-rays will continue to be used for comparisons against new images.

People can talk with radiology department staff if there are occasions when they do not want their radiographic examinations and results available to other health providers.

Three HPV doses complete

Knowing cancer is prevalent in her family, 18 year-old Michaela-May Ranga from Whakatane didn't think twice about getting the HPV vaccine to help protect herself from cervical cancer.



18 year-old Michaela-May Ranga made the decision to protect herself from cervical cancer by getting all three free doses of the HPV cervical cancer vaccine.

Michaela-May completed all three doses of the HPV vaccine Gardasil earlier this year and is now encouraging all her friends to do the same.

"I wanted to make sure I was safe," says Michaela-May. "Some people don't think they are at risk, but I tell them the vaccine could save your life one day."

She tells others they just need to do it, and shouldn't be worried about it hurting.

"It's really not as bad as they think," she says.

Michaela-May, who is a year 13 student at Whakatane High School, received her three free HPV vaccinations from her GP.

Since last September the HPV vaccine, which protects against the main viruses responsible for cervical cancer and genital warts, has been available free of charge to girls and young women born after 1 January 1990. A schools programme began this year to vaccinate girls in Years 8-13 but eligible young women, especially those who have

left school, can receive the free vaccine from their doctor or health clinic.

Three doses are needed over six months for the vaccination to be fully effective.

HPV (Human Papilloma Virus) is a very common virus spread through sexual contact. Four out of five women become infected at some time during their lifetime, and while most infections clear without the person even realising, some can lead to cervical cancer many years later.

Every year around 160 women are diagnosed with cervical cancer in New Zealand and 60 women die from it. Vaccinating girls and young women now will reduce their chances of getting cervical cancer later in life.

For further information visit www.cervicalcancervaccine.govt.nz.

Surgical safety check list will save lives

A new Surgical Safety Checklist is being trialled in this region and BOPDHB medical director and surgeon Mr John Kyngdon says it has the potential to save lives.

"Surgeons and anaesthetists are leading the roll-out of the checklist because we believe it will save lives and reduce post-operative complications," he says.

The checklist, which takes 120 seconds to complete, has been put together by the World Health Organisation (WHO) in consultation with surgeons, anaesthetists, nurses, patient safety experts and patients around the world.

"Much like a pilot and the team in the cockpit of an aircraft, the surgeons, anaesthetists and other theatre staff work through the checklist together, ensuring no preventable errors are about to be made," says Mr Kyngdon.

Tauranga and Whakatane hospitals will be trialling the new checklist over the next six months and Mr Kyngdon says that it's about putting consistent guidelines in place.

"It is a simple way to formalise existing practice and make the processes consistent. We have started using the checklist and will modify it as we need to."

The 21-item checklist is designed



The new Surgical Safety Checklist is launched by Hon Tony Ryall, Minister of Health (centre). He is joined by Deputy Chair of the NZ National Board of the Royal Australasian College of Surgeons (RACS) John Kyngdon (left), and Director General of Health, Stephen McKernan.

to improve team communication and consistency of care before, during, and after surgery. It's used at three critical points of a surgical procedure; immediately before the administration of anaesthesia, before the first incision, and before the patient is taken from the operating theatre.

Mr Kyngdon says that whilst the checklist is not compulsory, if

only one instance of patient harm is prevented, it will be worthwhile.

"Surgery is much safer today than it was 20 years ago, but avoidable errors still occur and occasionally these are serious. The checklist is a simple clinical tool that will have an enormous impact on how medical teams prevent mishaps and associated complications," he says.

Graduate nurse programme extends

Graduate nurses in the primary sector are getting a helping hand into their nursing practice through the BOPDHB's Nursing Entry to Practice Expansion programme.

In January registered nurse Carl Gritt, who graduated at the end of last year, joined the DHB's 12 month NETPE programme, which caters specifically for graduate nurses working in primary care organisations. He works at the Pyes Pa Country Lodge and Rest Home, where he was employed as a Health Care Assistant during his studies.

As the Lodge's only graduate nurse, he says the course has been excellent for networking with other nurses and helping to make the transition into being a registered nurse (RN) with more responsibilities.

"It has really helped to put the theory into practice," says Carl. "I've learnt a lot, especially from the case study assignments, about ethical issues and patient advocacy which are so important in nursing."

Carl plans to continue with further study in the future.

Up until now, the nurse entry programme catered only for DHB hospital-employed graduate nurses but former graduate programme nurse coordinator Wendy Tustin-Payne says extending the training into the community is a welcome change.



Carl Gritt, second from right, from the Pyes Pa Country Lodge and Rest Home, is the first primary sector registered nurse to join the BOPDHB's Nurse Entry To Practice Expansion programme. Also at the signing ceremony in July to formalise the arrangement are, from left, director of nursing Julie Robinson, former nurse coordinator graduate programme Wendy Tustin-Payne and Pyes Pa Country Lodge and Rest Home owner Anne Thoresen.

"By working in partnership with primary care organisations we aim to give new graduates the support, knowledge and skills needed for the safe transition from beginner registered nurse to fully confident and competent RN," says Wendy.

She says the nurse entry programme is

a time for graduate nurses to put learning into practice in a supportive environment. Decision-making, priority-setting and learning to work in a culturally safe way are some of the areas covered during the year and graduate nurses submit written work for assessment.

In Brief

Travel assistance

If you are referred to a hospital specialist some distance away, you may be eligible to receive travel assistance. The National Travel Assistance Scheme takes some financial pressure off patients who need to travel to other regional health services for treatment. Applicants must meet criteria on the distance travelled and accommodation but in some cases the scheme can pay up to 100 per cent of claims. Applications can be made directly through the BOPDHB coordinators; Sue Harrison at Tauranga Hospital on 579 8438 or Tiare Williams at Whakatane Hospital on 306 0708. To find out more about the scheme, call 0800 281 222 or visit www.moh.govt.nz/travelassistance.

Get checked, avoid stroke

The Stroke Foundation is urging New Zealanders to use Stroke Awareness Week as a prompt to have their blood pressure checked. When he was just 32, *Outrageous Fortune* actor David Fane suffered a stroke. "I thought I was stuffed. I couldn't believe it happened to me. But with a great trainer at the gym and support from the Stroke Foundation, I was back on stage after a year." Many people do not realise the strong link between high blood pressure and stroke. "It only takes a few moments (to get your blood pressure checked) and if it's high, you can do something about it before it's too late."

Is your water safe to drink?

Does your water come from public council supplies or a small supply like a roof collection or a well? Small water supplies need to be managed carefully to make sure drinking water doesn't get contaminated and cause people to get sick. If you have a small water supply, you are responsible for the health of those who are drinking it. For more information on safe drinking water, visit www.toiteorapublichealth.govt.nz and select the 'Our Environment' section.

Winning ways to wellbeing

It's Mental Health Awareness Week from October 5 and a chance for locals to reflect on ways to ensure their mental health wellbeing. With one in four people affected by mental health issues, the annual awareness campaign focuses on self help. This includes developing and nurturing important relationships, exercising regularly, being aware of the beauty around us and learning new things. Doing good things for others that link personal happiness to the wider community is another positive step. For more information visit www.mentalhealth.org.nz.

Are you eligible for health care?

Non-New Zealanders are encouraged to get health insurance, rather than face the possibility of a hefty bill if they get sick while visiting this country. New Zealand citizens receive a range of publicly-funded health care services free of charge, such as free inpatient and outpatient public hospital services, subsidies on prescription items and a range of disability support services in the community. Non-eligible visitors have to pay for these services. Anyone who is not registered as a New Zealand citizen is encouraged to check their eligibility by visiting www.moh.govt.nz/eligibility.

A new year, a new start



One of the biggest successes of the healthy living programme in Waitaha, Te Puke, is the tyre gardens. Kids at the local kohanga reo are leading the way in growing their own fruit and vegetables.

The Waitaha community in Te Puke used to see an ambulance passing through the village two or three times a week, but a new focus on healthy living for the whole community has greatly reduced the need for ambulances.

"Matariki (Maori New Year) was the perfect opportunity to make a change – a new year, a new start," says Kaiwhakahaere (Waitaha Hauranga Hauora Manager) Riaana Rameka. "We have so much going on now from people growing their own fruit and veggies to walks up the Papamoa hills."

Many people in the community suffer from chronic conditions such as asthma, emphysema, diabetes and eczema.

"There is someone from every household with a condition. We live very close to a swamp area and kiwi fruit orchards which generate lots of pollen," says Riaana.

The community applied for funding from the BOPDHB's Maori Community Action Projects initiative to help them set up the healthy living programme.

"There is a range of things people can be involved in," says team leader Sandra Potaka. "The project is designed to get people established so they can keep the great work going themselves into the future."

The money has gone towards equipment hire for the set up of household gardens, buying seeds and plants, and cooking classes

with the BOPDHB community educator and chef Stephen Cameron.

More than 10 people have signed up for a chronic conditions health plan which includes an individual health assessment and 12 month treatment plan.

"Their goals are mainly around cutting down smoking and alcohol, and reducing unscheduled visits to the doctor and the emergency department," says Sandra.

Riaana says that one of the reasons the project is working so well is because the community wants to take action, and it is mainly the young people driving the changes.

"When we got everyone together, it was the young parents who said they wanted their kids to be healthier and be able to grow and eat their own kai."

Time to talk



Cathy Hay (left) had a stroke in 2007 but never lets her communication difficulties get in the way of living an independent life. She is attending art classes with friends made through the speech-language therapy communications group at Tauranga Hospital. Cathy is pictured here with BOPDHB speech-language therapy team leader Fiona Hewerdine (centre) and fellow patient Bryan Jones.

If you woke up this morning unable to speak or swallow, who would you turn to for support? Following a stroke in 2002, Bryan Jones found talking very difficult and was only able to say a few words. With the help of the speech-language therapy team at Tauranga Hospital, Bryan has become a very good communicator.

"Bryan uses gesture and facial expression as well as a few words to participate in conversation," says his speech-language therapist Michele Cunningham. "We've had several blocks of one-on-one therapy to improve his skills and seen great results."

Bryan attends the BOPDHB's Easy PC Computer Course as part of his recovery and development.

The six week course takes place at Tauranga Hospital to help people who have had a stroke, brain injury or Parkinson's disease to find their way around a computer again.

"We cover emailing, using the internet, using Microsoft Word and making greeting cards," says Michele.

Along with other friends and patients, Bryan joined the Tauranga speech-language therapy team to celebrate International Speech-Language Therapy Awareness Day

on Friday 28th August.

The team hosted a stall at Bayfair Mall and spoke to members of the public, patients and families about the range of treatment options available for people with communication and swallowing impairments.

"We cover a wide variety of services including swallowing, voice and stuttering," says team leader Fiona Hewerdine. "In many cases our focus is on communication rather than talking. We can help a wide range of people from someone who has lost their voice box to throat cancer, to helping newborns develop feeding skills and children with a stutter or delayed speech."

For more information on the speech-language therapy service in the Bay of Plenty, or for details of the Easy PC Computer Course, contact Michele Cunningham on 579 8789.

Immunise against measles on time

Bay of Plenty parents are being urged to make sure that their children have had their free MMR (Measles, Mumps, and Rubella) immunisations, and to contact their doctor if they have any concerns.

"Our priority at the moment is making sure that children from 12 months to 12 years are immunised on time," says Medical Officer of Health, Dr Jim Miller, from Toi Te Ora Public Health Service.

Immunisation is free and is the best way to prevent the disease. Two doses of the MMR vaccine are needed to gain the best protection. Once fully immunised, 90 to 95 per cent of people are protected from measles.

The number of measles cases in New Zealand this year is already 18 times higher than the total number of cases last year. The Bay of Plenty is one of the areas with the most vulnerable population, with approximately 40 per cent of our children under three at high risk of catching and spreading measles. Whilst there have not been any confirmed cases of measles in the Bay of Plenty area, Dr Miller says we can't be complacent.

"Children are more prone to serious complications if they get measles so it's important that parents make sure they are immunised on time."

Dr Miller says it is important to make sure all other free immunisations are up to date.

"Make sure your children have had their MMR, and while you are there, check whether any other immunisations are due," he says.

Clean hands save lives

Washing and cleaning our hands is something that we do many times a day, but for Healthcare workers, it can save lives.

According to the World Health Organisation (WHO), good hand hygiene is the most simple and effective way of avoiding infections. Bay of Plenty District Health Board staff are set to be trained on a new approach to hand hygiene as part of a national project.

Tauranga Hospital infection control coordinator Robyn Boyne says the emphasis of this programme is on 'when' rather than 'how' staff should clean their hands.

"The WHO has identified five 'moments' when healthcare staff should clean or wash their hands - before patient contact, before a procedure, after a procedure or body fluid exposure risk, after patient contact and after contact with patient surroundings," says Robyn. "Whilst this might sound simple and obvious, we need to make sure it's happening 100 per cent of the time. The use of alcohol gel (available in every room) makes cleaning hands easy, quick and effective."

Robyn says that this project is about making the five moments for hand hygiene part of the everyday routine of all healthcare workers.

"Many years ago, it wasn't standard practice to wear gloves, but now we wouldn't dream of not using them as part of our routine. This is the same thing."

Research suggests that 5-10 per cent of patients develop an infection in hospital that they didn't come in with, and there is overwhelming evidence that cleaning and washing hands is the most effective way of preventing infections from spreading.



"We'd like to remind visitors to hospital that they should wash their hands, or use the alcohol hand gel (Sterigel), before visiting a patient and again when they leave. People should also stay away from visiting people in hospital if they are sick, to prevent spreading germs," says Robyn.

Regional initiatives to benefit local Maori health

A plan for Maori to work more collaboratively across the Midland region is expected to improve healthcare outcomes for iwi.

Iwi relationship board representatives from the five Midland District Health Boards - Bay of Plenty, Lakes, Tairāwhiti, Waikato and Taranaki - met last month to discuss views of regionalising some initiatives in a bid to improve iwi healthcare at a local level.

Associate Minister of Health Tariana Turia also attended the hui, showing her support for the region's collaborative work towards greater health and wellbeing for Maori.

BOPDHB general manager Maori health, planning and funding Janet McLean says working more collaboratively will help ensure Maori priorities are reflected in regional plans and developments.

"Iwi relationship boards have a role in influencing this at governance level," she says. "Iwi need to be aware of what's happening in the health sector, what it means for iwi and how they can position themselves to deal with a changing environment and provide leadership."

Iwi diversity was seen as critical and while Whanau Ora (Maori health) can be regionalised, delegates say it is important health plans are carried out at a local level by local people.

Taranaki DHB Chief Advisor



BOPDHB Chair Mary Hackett (left) and BOPDHB Maori Health Runanga Punohu McCausland at the regional health hui at Maungatapu Marae in August.

Maori Health Christine Henare says the hui was an opportunity to glean new ideas from each of the regions and find out how the DHBs in other regions work with their iwi relationship boards.

"It was good to see such a strong relationship between the Board and the Runanga in the Bay of Plenty - that relationship is so important," she says.

Janet McLean says with change happening at a rapid pace Maori need to keep up to speed with developments in the health sector.

"We are the first region in the country where iwi boards are thinking collaboratively and our priority is to get this group functioning well together."

The next regional health hui will take place in Taranaki in October.