



From the Chair

BY MARY HACKETT, CHAIR, BOPDHB

This year is Election year for the local council and the district health board. Many of you will have already received your papers to make sure you are on the electoral role. The elections take place in October, and I urge you to exercise your democratic right and vote.

I will not be standing this year for the District Health Board (DHB). I have been 10 years on the board - nine of them as Chairperson - and it's time for a change of both. The Minister of Health will appoint a new Chairperson in November/December and the new elected or appointed members and Chairperson will take office in early December.

I have had a wonderful 10 years on the Board and am grateful to those who elected me over three electoral cycles. As you come to elect members of the DHB again this October it is important that you look for the strengths you think a health board needs. The board needs members who have:

- Financial expertise - very important in these days of financial constraint
- Good links into the community
- Health knowledge is important although the management team and staff are working in the health field everyday so have up to date knowledge and expertise
- Good knowledge of current Government policy and the changes being introduced into health
- Knowledge of what the board does. District annual plan, meeting agenda, financial reporting etc. are all available on the website www.bopdhb.govt.nz. It is important that anyone standing for the board knows what responsibilities the board has.

We have an excellent senior management team led by the Chief Executive who keeps the board informed of all developments in the region, both primary and secondary health.

While health often seems slow to change, (if you are elected onto the board with a particular agenda other members of the board may not



agree with your agenda so you may get nowhere); it is possible to bring a new perspective and energy to the board that encourages it to consider how it can do things differently or better. Every board member brings something new to a board and it is important that at every election we have some new members to bring this energy and perspective to the mix.

If you are thinking of standing for the District Health Board visit the website and/or get in touch with our Board Secretary Gail Bingham. She can direct you to whatever information you may need about the way the board works, how we receive our revenue, and the Board's relationship with central Government.

I've greatly enjoyed my time on the board and I hope the people of the region will benefit for years to come from the new buildings, the innovation that has been supported and the leadership that the board has given. I will certainly miss my involvement, but I look forward to seeing future improvements, brought about by a new board and Chairperson. The final building on the Tauranga site will be completed by April 2011 and the new hospital at Whakatane, while we are waiting for Ministerial sign off, should be well underway next year.

By the end of this year we should also have a collection of art adorning the walls of Tauranga Hospital, something the community should be very proud of.

Finally I trust you have had your flu injection, still available from your GP to protect you from the worst of the flu. Stay warm and safe this winter.

Greerton dental clinic opens

A new dental clinic at Greerton Primary School is offering the latest in modern dentistry and supporting the mobile clinics servicing school children in the region.

Examinations and dental treatments are now underway at the new clinic, which opened last month.

BOPDHB project manager Leonie Pritchard says the team is delighted to have the new clinic up and running. It is the third new clinic to

open in the region this year, as part of the \$116m nation-wide initiative to replace a number of traditional school dental clinics with modern mobile units, and large "hub" clinics at six schools.

"All the new fixed and mobile clinics feature modern, up-to-date equipment, including x-ray facilities and have an assistant working alongside a therapist," she says.

The first of the region's big treatment mobile clinics arrived in May and two more will hit the road in the next month. A further two are due in the next two years.

Each has two treatment chairs and

will travel to different schools, to treat students on site.

"The treatment mobiles will give us more flexibility in getting to areas with high oral health needs more often. By being better able to respond, we'll be able to provide better treatment on the spot," says Leonie.

Smaller mobile examination units will travel to BOP schools every 6-18 months. Some students requiring treatment will attend one of the hub clinics located across the Bay of Plenty.

In addition to Greerton, clinics at Te Puke Intermediate, Tauranga and Whakatane Intermediates have already been built.

ED upgrade 'best in NZ'

The latest technology in resuscitation equipment is proving its worth with critically injured patients, in the recently renovated Emergency Department (ED) at Tauranga Hospital.

The renovation has extended the department to include three resuscitation bays, one procedure room and an isolation room.

Tauranga Hospital ED Clinical Director, Dr Derek Sage says staff working in the new resuscitation

areas are finding their work easier in the spacious new rooms, purpose-built for the critically injured or ill.

"The resuscitation monitoring equipment is the latest technology in New Zealand which allows ED staff to remotely monitor patients within the hospital campus. For example, we can continually monitor patients while they are down at x-ray. This was not possible in the past."

Dr Sage said the new equipment and work space has contributed to making what is often a frightening experience for patients and whānau as positive and pleasant as possible.

Tauranga Hospital ED Nurse Manager, Marama Tauranga

says nurses are receiving positive compliments from patients and whānau about the facilities and the emergency care.

ED Business Leader Neil McKelvie rates the renovated ED as the best of its kind in New Zealand.

The new rooms support the role of the ED in providing 'crisis' care for people who need acute or urgent care including hospital admission.

"ED is the place for people with urgent or life-threatening health problems. For anything else we suggest that people see their GP or attend one of the walk-in clinics in either Mount Maunganui or Tauranga," says Dr Sage.



Patients knitting for cancer patients

A knitting club of patients of the Health in Ageing ward at Tauranga Hospital has been creating beautiful woollen beanies for chemotherapy patients at the Cancer Centre.

Health care assistant Josie Bidois says the club is building up a stash of beanies in different colours and styles, to give to the cancer patients.

"It started as a rehabilitation activity for patients, as most of our ladies are of a generation that knows how to knit," she says. "Knitting is a great way to keep arthritic hands exercising, and to get stroke patients building up their hand-eye coordination again."

The beanie represent several weeks of painstaking work, using a pattern Josie has adapted to each knitter's ability. "We have several styles and colours finished, and we'll offer them to those patients undergoing chemotherapy, who have lost their hair," she says.

Board Elections

To find out how to stand for the BOP District Health Board visit:

www.bopdhb.govt.nz and click on [Board & Committees](#) then [2010 Elections](#)

Another year begins



CEO Phil Cammish & Board Chair Mary Hackett

PHIL CAMMISH, CEO, BOPDHB

Matariki is an annual event signalling the beginning of the Māori New Year. Interestingly it coincides with the Bay of Plenty District Health Board's own new year - the start of our new financial year on 1 July.

A new year for us means new challenges both financial and operational. I believe the Bay of Plenty District Health Board is well set to meet all challenges that will happen over the 2010/2011 financial year.

Our District Annual Plan has been submitted, together with the Statement of Intent to the Minister of Health Hon Tony Ryall for approval. The District Annual Plan and the Statement of Intent describe how we will meet our obligations to you - our community. Deciding on what healthcare services are purchased is managed through a planning and funding process which includes consideration of the health needs of our population, the Government's health targets, the Minister's priorities; and our local priorities. I'm sure that if you are interested you'll find both the District Annual Plan and the Statement of Intent a good read. You can access the documents on our website www.bopdhb.govt.nz under *News and Publications*.

At the national level there has been changes in the configuration of the Ministry of Health. In particular the creation of a number of new central agencies with specific responsibilities to reduce bureaucracy, improve frontline health services, and improve value in the public health and disability sector. These agencies are seeking the most appropriate way to address their specific responsibilities. For example, Health Workforce New Zealand which has been charged with providing a single, coordinated response to improving the training, recruiting and retention our health workforce, has set up a website offering access to career guidance for medical students and RMOs.

The other new agencies are:

- Health Benefits NZ which has a mandate to look after procurement and the establishment of shared services for back office functions.
- The National Health IT Board whose role it is to provide leadership on, then the implementation and use of, information systems across the sector.
- The Quality and Safety Improvement Commission to improve patient safety. The Commission replaces the Quality Improvement Committee.
- The National Health Board, which has been established as a single agency responsible for managing district health board planning and funding, monitoring and strategic planning. Previously these functions were spread over several agencies.

These new entities will concentrate on ensuring that the delivery of health services is well directed nationally and that DHBs co-operate regionally in their planning. Local initiatives are required to fit within the regional and national frameworks.

We are already working on a number of projects with our colleagues in the Midland region - the Taranaki, Waikato, Lakes and Tairāwhiti District Health Boards and will soon be releasing the Regional Clinical Services Plan for the Midland Region.

This new national, regional and local approach will ensure a consistency in the quality and availability of health services across New Zealand.

BOP shellfish still toxic

Shellfish continues to be unsafe to eat, more than eight months after a health warning was issued for part of the Coromandel and Bay of Plenty coastline.

"Ongoing weekly monitoring has shown continuing high levels of paralytic shellfish poison (PSP) present in shellfish along this coastline," says Medical Officer of Health Dr Neil de Wet.

The affected area includes the entire coastline from Tairua (including Tairua Harbour) south, including Opoutere, Onemana, Whangamata, and Whiritoa, east along the Bay of Plenty coastline from Waihi beach, including Tauranga Harbour to the mouth of the Whakatane River in the Eastern Bay of Plenty. Included are all inshore islands within the above area. The coastline eastward from Ohope beach remains unaffected.

The health warning applies to all bi-valve shellfish including mussels, pipi, tuatua, cockles, oysters, scallops as well as catseyes and kina (sea urchin). Pua, crayfish and crabs can still be taken but the gut should be removed before cooking.

Consumption of shellfish affected by the paralytic shellfish toxin can cause numbness and tingling around the mouth, face or extremities; difficulty swallowing or breathing; dizziness; double vision; and in severe cases, paralysis and respiratory failure. These symptoms usually occur within 12 hours of a person consuming affected shellfish. "Anyone suffering illness after eating shellfish should seek medical attention," says Neil.

Monitoring of toxin levels will continue along the coast and any changes will be communicated accordingly.

For all health warning updates across the Bay of Plenty and Lakes districts please call 0800 221 555. Further information is available at www.toiteorapublichealth.govt.nz

Flooding puts hospital on high alert

Whakatane Hospital provided linen for people evacuated to the War Memorial Hall in the recent floods that hit the region.



The emergency department was also busy throughout, as people caught in the rising waters were brought in with suspected hypothermia.

Having two 'once in a hundred years' rainfall events within eight days caused significant hardship for Whakatane's community, including 14 staff whose homes were left uninhabitable.

Council and Civil Defence teams set up emergency operations for the town and surrounding areas, and up to 100 people were evacuated from their homes during the second storm. Many slept on hospital linen in their makeshift beds in the hall.

Duty manager Julie Chapman said the floods highlighted how vulnerable and isolated Whakatane can be. "With more than 100 homes left uninhabitable, it's really hit the town hard. Several of our staff had their homes washed out and on the nights of the flooding, many staff were

unable to get to work."

She paid tribute to nurses who worked extra shifts to cover the gaps, and doctors who borrowed 4WD vehicles to get into work at the hospital.

The hospital itself suffered minimal damage, apart from flooding in the basement where some boxes of paper records were destroyed. A firetruck came from Edgcombe to pump the water out.

Facilities manager Neil Mower said 90mm rain fell on stormwater systems designed to take 15-20mm. He said the council is investigating stormwater provisions in streets neighbouring the hospital, as significant flooding affected the area.

Chaplain Diane Nielson, whose home was partially flooded, said many staff had been upset by the events. Staff at Tauranga and Whakatane Hospitals donated money for those colleagues worst affected by the floods.

Hospital developments

At Tauranga Hospital, construction of Building 50 continues apace. The concrete slabs on the ground, first and second floors are complete and the multi-level building is beginning to take shape.



In Brief

Beat Bowel Cancer charity

Beat Bowel Cancer Aotearoa (New Zealand) has been set up for people and their families/whānau affected by bowel cancer. The charitable trust is working to raise awareness of symptoms, promote early diagnosis and encourage fair and affordable access to treatment for those affected by bowel cancer. Its inception coincides with a budget announcement by the Ministry of Health that it intends to set up a bowel cancer screening pilot programme. To access Beat Bowel Cancer Aotearoa (New Zealand) visit www.beatbowelcancer.org.nz

Work is good for you

A study by the Royal Australasian College of Physicians has found working improves health, wellbeing and reduces stress. The report's main finding is that for most people, working is good for them, although it notes this is not a message that has gained widespread acceptance. The study reports that there has been an increase in the number of sickness beneficiaries, driven by people with common and treatable health problems.

More FEDS wanted

St John is seeking volunteers to join the team that helps out in the Emergency Department at Whakatane Hospital. Friends of the Emergency Department (FEDS) is a service run by St John, which operates in 21 of the nation's hospitals. FEDS are volunteers who are trained to provide support and assistance to staff and patients who are awaiting, or undergoing treatment in the Emergency Department. To find out more contact Paula Jessep, 0800 785 646.

Smoking may make you sad

Smoking could increase the risk of depression, according to Otago University research published last month in the prestigious British Journal of Psychiatry. The study found nicotine-dependent people were more than twice as likely to have symptoms of depression as those who did not smoke.

The building at 889 Cameron Road, (the former RSA) is being refurbished and fitted out for use by the Clinical School and the renal dialysis unit.

An upgrade of the Whakatane Hospital maternity wing will continue throughout the year, as rooms are refurbished one by one.

Midwife educator Tracey Wood says the unit has been very busy recently, but staff have been very resourceful in coping despite some

rooms being unavailable.

"They have come up with many innovations to continue to safely accommodate and care for our pregnant women, mothers and babies. Everyone is helping – we are particularly grateful to Ward 1 staff, the LMCs (independent midwives) and the cleaners," she says.

The refurbishment has included reinforcing the floors as well as repainting and sprucing up the rooms.

HPV poster success

Trident High School's Storme Penny has won the regional contest for her original poster promoting the HPV cervical cancer vaccine.

Eastern Bay of Plenty teenagers submitted most of the 70 entries received and Storme's winning poster is being used locally to help promote the vaccine.



HDC 'birthday'

Thursday 1 July marked the 14th birthday of the Code of Health & Disability Services Consumers' Rights. The Health and Disability Commissioner's Act was passed in Parliament in 1994 and the Code came into effect on 1 July 1996. This is the only Code of Rights of its kind in the world.

Under the Act, a nationwide consumer advocacy service was established to promote the rights and to help people who feel their rights have not been respected by a health or disability service. The advocacy service is free, confidential and independent of health and disability service providers.

Forty-eight advocates are located around the country in twenty-five community-based offices from Kaitiaki to Invercargill.

Advocates are available to provide free education sessions on consumer rights and provider responsibilities, as well as the role of the Health and Disability Commissioner and how an advocate can assist.

Eating disorder expertise here

Patients and clinical staff in the hospitals and the community are benefitting from a high level of specialist knowledge of Eating Disorders, within the Mental Health and Addiction Service.

Rather than concentrate that specialist knowledge, the Bay of Plenty service has opted to share that knowledge and strengthen general clinical awareness on Eating Disorders.

“Because our clinicians already had a high level of expertise in Eating Disorders, we decided to integrate it throughout our current infrastructure and build that knowledge across clinicians in all areas of the DHB,” says Dr Daniela Alloro, who leads the team.

Dr Alloro did her doctoral dissertation on Eating Disorders and has worked as an Eating Disorder specialist in the United States, prior to coming to New Zealand. She and her peers meet with clinicians monthly to review cases and share knowledge. She is also part of a Midland supervisory group that meets with other regional specialists and liaises with the Eating Disorder service in Auckland.

The team takes every opportunity to build its knowledge base and thanks to sponsorship has been able to attend presentations by international experts Dr Josie Geller and Dr Christopher Fairburn. In addition to seeing patients Daniela has set up an awareness group for families and whanau of people with Eating Disorders.

“We meet twice each year, to share information and support each other,” she says. “It’s not just for families of patients – it’s open to anyone who has a family member or friend they are concerned about.”

The team has developed an assessment and rehabilitation pathway for patients that has received widespread acclaim. Dr Alloro and three other Bay of Plenty staff are presenting at the 7th National Conference on Eating Disorders in Auckland next month, and Dr Alloro was thrilled to receive the Paul Foulkes Clinical Scholarship from the Australia New Zealand Academy of Eating Disorders.

Patients of the service are referred by GPs, hospital clinicians or the Community Mental Health or Child & Adolescent Mental Health Service.

Eating Disorders are characterized by a ‘relentless drive for thinness’ and a refusal to maintain a minimally normal body weight.

Laser beam keeps patients safe

A laser beam linked to a call bell and pagers is helping staff keep patients from falling out of bed.

“Patients who are disorientated after surgery, or a stroke often try to get out of bed without realizing they need help,” says clinical nurse manager Fay Mattson. “The bed-mounted beam alerts us that they are moving, so we can get there before they get too far and ensure they don’t fall and injure themselves.” Patients who have had recent amputations or a brain injury often forget their new situation and try to climb out of bed as they used to, with disastrous results. Previously a sensor-mat beside the bed was the first indication to staff that a patient

was no longer in bed.

Two of the Invisa-beam units have been purchased for the Health in Ageing wards at Tauranga Hospital, after an eight month trial showed how helpful they could be, as a patient safety tool.

“With high risk patients we used to have to station an extra nurse or health care assistant by the bed to watch them all the time. The Invisa-beam has meant staff are no longer required to do this, as it works so well,” she says.

With 39 patients in the ward there is strong demand for the technology tool, and a reduction in falls is testament to its value.

“We’d seen them used in other hospitals and resthomes and were fortunate enough to be able to trial the Invisa-beam here. It’s a great tool for nursing staff,” she says.

Roof garden makeover progressing

A call for help to buy plants for the Tauranga Hospital roof garden makeover gained a huge response from the community, with more than \$400 pledged.



The expanse of lush soil all around is testimony to the efforts of the volunteers, who have worked hard to clear the roof garden for its new planting.

The refurbished garden areas will be laid out in ‘rooms’ with hedges used to create a range of green spaces that are linked by pathways. Park benches in each area will ensure patients and visitors to the hospital can relax and enjoy the tranquility of the new plantings.

Project manager Paul Stanbridge has enlisted volunteers to undertake the garden’s preparation, and he’s delighted with the progress so far.

“A big effort by volunteers over a

couple of recent Saturdays has seen the bulk of the preparation work done,” he says. “We were able to get a digger in to help remove the remaining old roots and rubbish, and the efforts by our volunteers have been superb.”

Next on the list is installing paving and restoring the memorial plaques to the area. “We will be looking for more volunteers to help us with the paving,” he says.

The roof garden makeover is being

undertaken by a group of volunteers, including a number of local firms principally coordinated by Kevin Crawshaw of The Lakes landscaping staff. A church youth group has also become involved, with its young members helping with the preparation work.

Anyone wanting to help in the next volunteer work days on July 31 and August 14 should phone Paul on 579 8207.

Antibiotics not the answer

GPs and hospital doctors are banding together to spread the message that antibiotics do not work on colds and influenza.

Infectious diseases specialist Dr Kate Grimwade says people often think they need antibiotics when they have the flu, or a bad cold.

“Antibiotics are only useful for bacterial infections, they are no use for viral illnesses,” she says. “They can even cause harm, as using them allows bacteria to develop resistance to the antibiotics, so they don’t work when they are really needed.”

Scientific studies have shown that antibiotics do not provide any benefit for simple colds and

flu and may hinder recovery, causing unwanted side effects such as stomach upsets, diarrhoea and thrush.

Tauranga GP Dr Andy Humphrey says the influenza immunization is the most effective weapon against viral flu, but believes most people recover with a good measure of rest and care.

“Unfortunately there are no instant cures for viral colds and flu, but there are ways to make recovery more comfortable,” he says.

He advises patients to stay home and keep warm, and drink plenty of fluids. “Regular paracetamol or aspirin every four to six hours can help to reduce fever and relieve aches and pains too. Breathing in steam during a hot shower can help people

clear mucus from blocked sinuses, relieve nasal congestion and chest tightness.”

They are both spreading the message about staying home, and not transferring the virus to others.

“Most people recover within a few days if they rest up and allow their bodies to fight the virus. It’s a time to be kind to ourselves, rather than expect drugs to work a magic cure – that simply won’t happen,” says Kate.

They stress that if the condition worsens, people should call Healthline for advice. “In cases where the sick person seems to be seriously ill or going downhill, it’s important to get medical advice as soon as possible.”