

Let's Beat Diabetes

Twelve months of community consultation, partnerships and collaboration all came together on May 25th, with the launch of the Let's Beat Diabetes Plan: A five year plan to prevent and manage Type 2 Diabetes in Counties Manukau, at the TelstraClear Pacific Stadium in Manukau.

More than 150 local organisation representatives and community members gathered to celebrate the launch and the positive spirit and enthusiasm associated with the plan. The plan, officially launched by the Minister of Health, the Honourable Annette King, is aimed at long-term sustainable changes to prevent and/or delay the onset of diabetes, slow disease progression, and increase the quality of life for people with diabetes. The plan has already gained international acknowledgement at the recent World Health Organisation Assembly meeting in Geneva. The key points from the Ministers speech include:

- The importance of tackling the diabetes epidemic in Counties Manukau
- The importance of the significant input

from the Counties Manukau community into developing the plan

- The strong buy in local and central organisations have to Let's Beat Diabetes
- The action that is already taking place as part of Let's Beat Diabetes. This includes the Community Action Fund, Manukau City Council and the inclusion of healthy urban design concepts at Flat Bush and the collaboration with major players in the food industry to make the food environment in Counties Manukau healthier.

The launch was opened with a karakia and mihimihi by Whitiora Dunne Cooper, supported by the Whare kura o Piripono kappa haka group. The blessing of the plan by Whitiora Dunne Cooper and Pastor Chris Sola was particularly special. The night concluded with entertainment by Drums of the Pacific, who not only had the entire crowd out of their seats doing the Cook Islands tamure (hula dancing) but also had the Minister of Health and other speakers performing solo on stage!



Health Minister Annette King and CMDHB chairman Pat Snedden.

Message from the Chief Executive

As the year flies by, it is exciting to see so many developments really taking shape around our organisation and community. One of our most rewarding achievements recently has been the launch of the Let's Beat Diabetes plan. The Honourable Annette King, Minister of Health, spoke at the event which was attended by over 200 people and entertainment was provided by a number of cultural groups giving the event a definite Counties Manukau flavour! Television One also ran a headline news story the same night outlining the issues our community is facing with diabetes. The Board and I are extremely pleased with the work done to bring the plan to this point and we sincerely thank all the individuals who have given input to us to ensure this plan meets your needs. This is the beginning of a five year long journey to manage diabetes in our community and I invite you to be actively involved. We all have an important role to play for the sake of our children and grandchildren.

The facilities projects are continuing to take shape with Hawkins Construction now confirmed as the main contractor. Today sees a crane going up in front of the Adult Medical Centre at the Middlemore site as the next two levels are developed – exciting stuff!.

Directly above the Emergency Department, work is about to begin on the National Burn Centre. The Centre will contain 12 beds and two burn isolation rooms in ICU and will cover all phases of burn treatment. There will also be a gymnasium, active daily living kitchen and separate outpatient area within the unit. The Centre will provide treatment and

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Patient Flow Programme

What is this all about?

The Patient Flow Programme is about making the journey through our hospital quicker and easier—from a patient's perspective! The programme recognises that a patient's time is valuable and as important as our own. We want to identify areas that hold patients up, either within teams or from one area to another. We also want to look at what (if anything) can be removed within our processes, which will lead to our staff having more time to spend on important aspects of patient care.

The programme isn't run by management and changes won't be identified by management. All information and discussion is developed in the workstream groups which will consist of hands-on staff members.

What will the programme cover?

The programme will be divided up into smaller workstreams. These will be; Acute Admissions & Transfers, Bed Management, Diagnostics, Discharge Planning and Pre-admission Elective Processes. These workstreams will be led by a Workstream Leader and will comprise of 'coal-face' staff who work in these areas daily. These groups will map out what currently happens,

identify possible improvements, implement the 'quick wins' or easy changes straight away before coming up with a 'future state' or what would be a better way of doing business, before making major change recommendations to the Steering Group and being involved in the implementation of those changes. It is anticipated that the entire process for each workstream will be approximately a twelve to eighteen month process once all the approved recommendations have been implemented.

We are also working with various NZ DHB's including Canterbury, Waitamata and Auckland who are at various stages of similar programmes to see what we can learn.

Who's involved?

The Steering Group consists of Brad Healey (GM Acute Care, Medicine & Clinical Support), Chris Fleming (GM Surgical & Ambulatory Services), Ian Brown (Chief Medical Officer), Dale Oliff (Director of Nursing), Jenni Coles (Intermediary Care Change Manager), Mary Seddon (Head of Quality Division of Medicine)

The Programme Manager is Kara Pugh. Kara has been seconded from the Quality & Risk Manager position within Surgical &

Ambulatory Services. Her role is to lead the programme, lead the process and to be responsible for the day-to-day running of the programme. She will also run the bed management workstream.

Justine Patterson will lead the Acute Admission & Transfer Workstream on a part time basis. Justine is a familiar face around many different parts of Middlemore Hospital, having been in a variety of roles in nursing (including Coronary Care Charge Nurse) before joining the Medicine, Acute Care & Clinical Support Business Improvement Team.

Jenny Pooley will return from maternity leave in mid June to lead the Pre-Admission Elective patient processes also on a part time basis. Jenny was most recently the Service Manager for Radiology and prior to that had a hand in both nursing and management roles that included MSC, Anaesthetics, Orthopaedics and Emergency Care.

How to get involved...

Contact programme Manager Kara Pugh for more information or requests to be included in one or more of the workstreams (xtn 7663 or e-mail kpugh@middlemore.co.nz).

Community Based Rehabilitation

The Assessment, Treatment & Rehabilitation Service is pleased to announce the Community Based Rehabilitation initiative is up and running.

CBRT provides rehabilitation to older patients with a diagnosis of stroke. The team functions to support early discharge from hospital and prevention of admission from the community.

Community Based Rehabilitation is a process of relearning old and developing new skills that maximise independence and quality of life, in the patients own environment.

"Most patients prefer to be at home, if possible. Community home based rehabilitation is often more relevant to the person in the home environment as their tasks are more meaningful" says CMDHB Geriatrician, Doctor Geoff Green.

In the first 12 months of operation, as the service evolves, the team will work predominantly (but not exclusively) with patients over 65 years of age, who have a diagnosis of stroke.

The team will work mostly within the Mangere, Papatoetoe, Manukau, Howick and Otara catchment areas.

The service includes comprehensive, multidisciplinary assessment in the patient's home by a team including a doctor, physiotherapist, nurse, occupational therapist, dietician, speech-language therapist and social worker.

A client-centred approach is used by the team, to help develop a day-to-day rehabilitation programme to suit the patient's needs.

Doctor Green says "Patients often feel "abandoned" when they are discharged home with a disability such as a stroke. This service

will help to reduce this sense of abandonment and to smooth the transition to home. It will also support carers of stroke patients at home, and reduce carer stress."

The patient is provided with equipment services and support; and given access to other relevant services that help with stroke rehabilitation like GP's, practice nurses and support agencies like the Stroke Foundation.

CBRT is a priority 1 initiative in keeping with the CMDHB's goal to enhance and expand community initiatives. The service is also in keeping with the "life after stroke" Stroke Foundation guideline, which is a guiding document for services throughout New Zealand.

Please contact Dr Geoff Green, at the Assessment, Treatment and Rehabilitation Department for further information.

Horse riding adventure



On Monday 14th March 2005 a group of 11 people ventured away from the hustle and bustle of Auckland to the Sea-View safari Camp in Katikati for an adult riding adventure. This group was made up of consumers and support staff from the Intensive Community Team (ICT). The ICT supports persons experiencing mental health issues.

Why horses? The benefits of horse riding have been extensively researched and shown to increase concentration, motivation, promotion of reminiscence (which is alertness and emotional well being). The camp was overnight which allowed time to relax, play sport, swim, play the guitar and sing in addition to the two hour horse trek.

All group members enjoyed this adventure and we worked well as a team.

We look forward to planning more adventure based activities.

Many thanks to the CMDHB for allowing us to make this happen.

*Haidee St John
Occupational Therapist ICT Kowhai*

Primary Health Care Workforce Development

There are lots of initiatives currently taking place to help address some of the workforce issues in primary care in Counties Manukau. Below is an update on a few of the initiatives from the CMDHB Primary Health Care Workforce Development Action Plan.

NGO, Community and Primary Care Workforce Census

CMDHB has recently distributed workforce questionnaires to NGO, community and primary care providers and their staff within Counties Manukau. This census will provide vital information for planning purposes for the health workforce needs in the Counties Manukau district. It will provide a snapshot of the size, demographics, competencies, skill levels and location of employment. It will also inform short, medium and long term workforce planning initiatives.

It is vital that all organisations contacted get involved in this census to assist us all to work together to achieve ways to meet our future workforce needs. The final report will be publicly available (at a top-level only and not identifying any individual responses). If you would like to participate in this census and have not yet received a survey please contact Hamish Crooks at 4PM Consulting on 09-263 6385 or at hamish@4pmgroup.com.

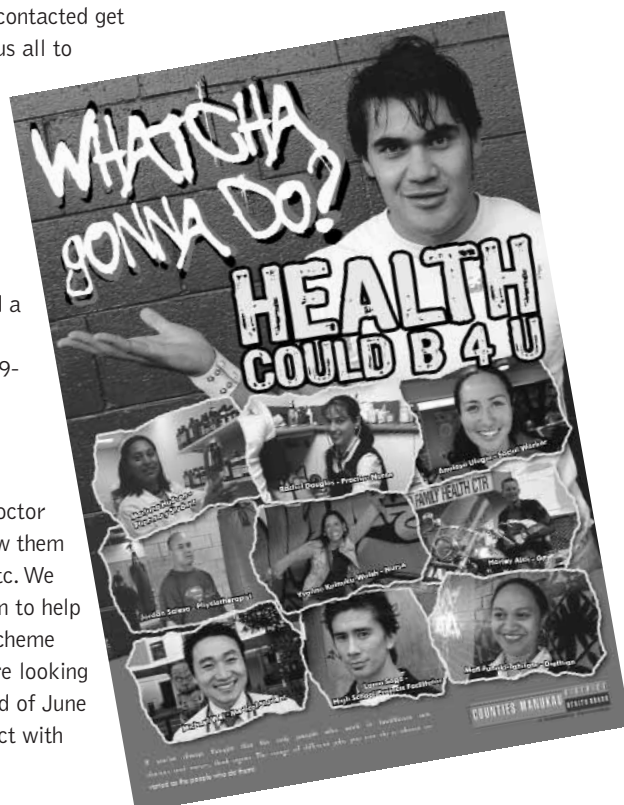
GP Locum Scheme

GPs have highlighted a locum doctor service as a high priority to allow them time-out to upskill, take leave, etc. We are currently looking for a locum to help us pilot test this locum doctor scheme around South Auckland. We are looking to recruit this position by the end of June for a 4-month fixed term contract with CMDHB.

Targeting high school students for a career in health

Health care as a career has a bit of an image problem with high school students these days. To help address this, a DVD and poster profiling primary health care workers has been produced. It targets Year 9 & 10 students and focuses on communicating the range of health career options available, portraying health as a fun and interesting sector to work in, and encouraging students to take science. A BIG thank you to all those people who gave their valuable time to be interviewed for this project.

For queries or feedback on any of the items above please contact Bronwyn Anderson, Project Manager Primary Healthcare Workforce Development on 09-262 9566 or at bronwyn.anderson@cmdhb.org.nz.



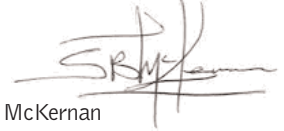
Message from the CEO, continued from page 1

rehabilitation for the most severe burn patients from across the country as well as continue to provide a regional burn service for the northern region. The Cardiac Catheter Laboratory modification designs have been completed and the first stages of work are underway. I will update you in the next Connect as work is expected to progress at a rapid rate from here on.

A new initiative to give the public greater access to health information is about to go live. You will soon see the new Webhealth kiosks around the region in some shopping malls, libraries and other public areas. The kiosks will give the public access to up to date health information on line. In some areas, there will also be assistance to help people become acquainted with the computers and how to use them. Webhealth is already running

successfully in the Waikato district and we look forward to making it available for our community.

In the next issue of Connect, I will review our achievements for the 2005/2006 year. All the best for the coming winter weeks.



Stephen McKernan

ORL summer studentship student Danuta Young wins Wallath prize



Brian Jones, Auckland Medical Research Foundation; Danuta Young, Medical student and prize winner; Associate Professor Wouter-J.F. Ten Cate, Supervisor and ORL Consultant; Associate Professor Merv Merrilees, Head of School of Anatomy, University of Auckland.

ORL consultant Danuta Young is a 4th year medical student at the South Auckland School of Medicine. Supervised by Associate Professor Wouter ten Cate, Danuta conducted a study on the accuracy of Otomicroscopy in the Diagnosis of Paediatric Middle Ear Effusions.

Danuta conducted the project as part of the University of Auckland Research Office Summer Studentship Programme, with funding from the Auckland Medical Research foundation.

ORL Consultants Mr. Zahoor Ahmad and Professor Randall Morton, were members of the research team and Vicki Dixon from the Audiology Department at MSC was of invaluable assistance for the data collection. Danuta Young was recently awarded the Faculty of Medical and Health Sciences Wallath Prize for the top-scoring summer studentship in a clinical discipline for this project. The study will be presented at the International Meeting of the Australasian Society of Paediatric Oto-rhino-laryngology in

Fiji this July. It is the second time that an ORL project has won the prize. Henry Kwok previously won for his project "Temporal Bone Resection and QOL" supervised by Professor Randall Morton.

Many Otolaryngologists rely at least in part on otomicroscopy to determine the presence of fluid within the paediatric middle ear. The aim of this study was to determine the accuracy of otomicroscopy in diagnosing paediatric middle ear effusions. 67 children receiving tympanostomy tubes at the Manukau Surgery Centre, were included in the study.

The findings of the study indicated that otomicroscopy can be a highly accurate method of diagnosing middle ear effusions in children. Otomicroscopy was found to be more accurate compared to tympanometry. Data indicates that the potential value of otomicroscopy for health professionals dealing with otitis media with effusion, as well as for the otitis media with effusion screening program in New Zealand, should be further explored.

Healthline telephone service arrives

Counties Manukau residents can now access free health advice over the phone. Healthline, incorporating PlunketLine, is a 24 hour, toll free service that can be accessed from a landline or cellphone. The initiative is funded by the Ministry of Health, and run by McKesson Ltd in partnership with St John and Plunket. Healthline is being rolled out across the country after a successful pilot programme in Canterbury, West/East Coast and Northland.

Calls are answered by Registered nurses or specially trained Plunket Nurses, who can assess a person's condition, and recommend the best course of action. Self care may be recommended or the nurse may direct the caller to their GP, nearest Accident and Medical, or emergency department.

The service means people who are worried about health symptoms can get helpful, accurate advice, without necessarily having to make a time to see the doctor. It also provides a valuable service for people who live in remote areas who are unsure about making the trip to other health services. Healthline general manager, Michelle Branney says "Healthline is about getting the right care, at the right place at the right time." She also says the service offers locations where after-hours services can be accessed.

Plunketline Chief Executive Paul Baigent says the "Healthline partnership, with its increased technology and service levels, is set to become a valued service to family members of all ages throughout New Zealand".

Healthline, incorporating PlunketLine can be accessed on 0800 611 116.

Tamaki Oranga is changing

As a service we are changing our approach to the way we care for individuals with mental illness. We are really excited about the change and the difference it is making for clients with mental illness as well as staff at Tamaki Oranga.

Tamaki Oranga is a minimally secure inpatient unit with 20-beds for men based in Bairds Road Otara. It was established in 1999 after the disestablishment of Villa Six at Kingseat with the intention of providing long-stay accommodation and rehabilitation to men who have experienced long-term difficulties with mental illness who could not live well in the community. Currently Tamaki Oranga is undergoing an enormous change, moving from an extended-care unit to an intensive recovery focussed unit.

In 1998 the Ministry of Health (MOH) published the Blueprint for Mental Health. This was a National Mental Health Service Development Plan which set out what kinds and what levels of service are required for different groups of people.

For Tamaki Oranga to meet the MOH Blueprint guidelines and to provide the best possible service to consumers, we need to develop a practice based on the principals of recovery and incorporate these into the planning for clients. An intensive recovery approach was identified as been more cost effective in the long-run in that it reduces length of stay (LOS) and time spent on waiting lists. Specific training in the recovery approach and other areas has been (and continues to be) offered in order to up-skill staff. With a unit that is staffed 24-hours a day, you can imagine how difficult this has been. Even with such difficulties, staff have managed to undertake training, and a new framework and language has been provided on

which staff can base their practice with clients.

Where is Tamaki Oranga now?

Tamaki Oranga is halfway through making the changes needed to perform inline with the MOH Blueprint. Staff are incorporating principles of the Recovery model in their practice, and we have had success in developing individual and collaborative programmes for clients that focus on community based activities, education, and work.

We've forged successful links with community based services that provide ongoing opportunities for clients at Tamaki Oranga. Early changes have already resulted in measurable outcomes, such as shorter lengths of stay for clients.

Where Tamaki Oranga is Heading

Our vision is to receive funding and staffing to support individual programs and community activities that enable each client to spend a large part of his day out of the centre. It is expected that all clients will spend less than 18-months at Tamaki Oranga before moving into a less restrictive environment. When clients leave Tamaki Oranga it is expected that they would have developed skills to enable them to continue to live well with and without the presence of mental illness.

The re-branding of Tamaki Oranga into a recovery centre is to be road-showed in the community from July 05. We want to increase the links Tamaki Oranga has with the community, normalise its presence, what it is we do, and who our clients are. The road-show will focus on decreasing stigma for clients at Tamaki Oranga and de-bunking myths about the service.

District Strategic Plan

Phase One (Plan Development) of the District Strategic Plan review for the next five years is now complete after three months of consultation with the community and CMDHB stakeholders.

Over this time Community Liaison Manager Tony Kake, spoke with nearly 500 people, about issues that Counties Manukau community's face, to be taken into consideration in the strategic plan.

The following outcomes were determined from the feedback:

1. Improve society's response to health need
2. Improve child and youth health
3. Reduce the incidence and impact of priority conditions focusing on:
 - Diabetes
 - Cardiovascular disease
 - Chronic respiratory disease
 - Cancer
 - Mental health
4. Reduce inequalities in health status
5. Improve health sector responsiveness to individual and family/whanau need
6. Improve the capacity of the health sector to deliver quality services

Tony Kake says Phase Two (Consultation) will start mid-July. This will involve wide consultation throughout the Counties Manukau District through formal presentations, public meetings and media releases. It's hoped consultation will be complete by the 19th of August where a sub-committee of elected representatives will hear submissions.

"Kiwi Life" session

Nau Mai, Haere Mai - New migrants and settlers have a new way of getting to know the Counties Manukau health system. Community Liaison Manager Tony Kake, hosts a monthly session at Highland Park Community House, to give an overview of the health system and answer people's questions. Tony Kake says "it's all part of the orientation service available to new migrants" to acquaint them with life in New Zealand.

The session includes the basic fundamentals and terminology we use in New Zealand, which in most cases, is extremely different to a migrants home country.

Things we take for granted like, what is a GP, a PHO or the number to call for emergency services, can all be very foreign to some migrants.

Tony Kake says "some people who attend the session have been in the country for three

years and still haven't seen a doctor". He says he talks about all aspects of health, from the differences between Eastern and Western medicine, to how New Zealanders' pay for their healthcare.

The "Kiwi Life" session aims to make new settlers comfortable and aware of the services we offer, and present the options available to them.

Exciting new equipment for ophthalmology service



The Ophthalmology department at Manukau SuperClinic is very pleased to announce the arrival of a new item of diagnostic equipment. We have recently acquired an Optical Coherence Tomography (OCT) apparatus. This has been generously donated by The Southern Trust via the South Auckland Health Foundation and follows on from the Trust's sponsorship of a digital eye camera in November 2004.

CMDHB Ophthalmologist Mark Donaldson explains the importance of acquiring this equipment and outlines what it does.

"The OCT has become an extremely important diagnostic tool for medical retina over the last 2-3 years. It uses a laser technique to build a cross-sectional image of the retina. This shows the 12 cellular layers and provides for accurate measurement.

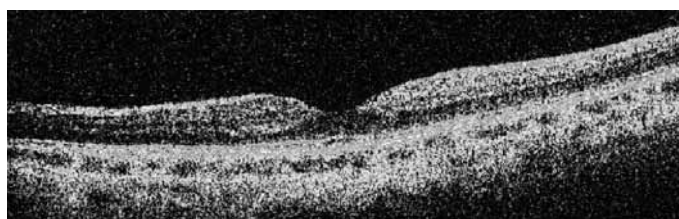
The images generated from this device give much more detail than can be gained clinically and supplement Fluorescein Angiography to a great extent. The OCT doesn't require a dye injection and is completely non-

invasive. It is repeatable and can document improvement and deterioration in the eye, which often saves the need for repeated Fluorescein procedures.

Now that the Manukau SuperClinic has an OCT and a state of the art digital fluorescein angiography camera, it lacks nothing in its ability to provide world class medical retina service. It also makes the CMDHB Ophthalmology department very attractive as a centre for medical retina, both to potential retina specialists and to industry looking for cooperative research trial sites".

This is particularly important and timely as the department is currently in the process of recruiting a medical retina Ophthalmologist.

Vic Middlemiss - Ophthalmology Service Manager



OCT image of a normal retina



OCT image of a detached retina

Respiratory medication review clinic

The Respiratory Medication Review Clinic is a new service development at Middlemore hospital based on the principles of pharmaceutical care. In 2002, a medication review clinic was piloted in the dialysis centre at Middlemore hospital. The positive outcomes from this pilot encouraged us to further evaluate the effectiveness of this service for other patient populations with chronic diseases. Patients with chronic respiratory conditions, such as asthma and chronic obstructive pulmonary disease, often present with other co-morbidities and take multiple medications.

The Review Process

The reviews aim to identify drug related problems, provide medication education to patients, update medication profiles and liaise with primary care providers. The pharmacist conducting the review generates a report

containing current medical and medication history, drug related problems and recommendations. The report is peer-reviewed before it's sent to the patient's general practitioner (GP) and community pharmacist. The report is also entered into Soprano medical documents on Concerto.

In order to use data from the reviews for research into the improvement and development of the clinical pharmacy service, written consent is obtained from the patient at the start of the review process. Patient and GP surveys are also conducted for this purpose.

The Referral Process

At present, the majority of patients are referred to the Respiratory Medication Review Clinic by the Pulmonary Rehabilitation programme co-ordinator, Lorraine Forbes-Faulkner. Patients attending the pulmonary

rehabilitation programme were identified as a motivated group who would benefit from the service. We have extended our service to accept referrals from other health professionals involved in the care of respiratory patients.

Currently, eighteen patients have been reviewed with positive feedback from patients and GPs. A minimum of fifty patients are required for the results of this clinic to be published.

Referrals can be made on the standard referral form, and sent via fax or internal mail.

Please send referrals to:

Judith Ling / Rajesh Babu
Pharmacist, Medicines Information
Middlemore Hospital
Email: JLing@middlemore.co.nz
Rajesh.Babu@middlemore.co.nz
Internal fax: 8057

Counties dietitians celebrate and plan at the gardens

Twenty three CMDHB dietitians recently enjoyed a team day in the delightful surrounds of the Botanic Gardens, reflecting on highlights from the past year.

Renal dietitians have developed new large-print meal guidelines to improve patient understanding of their dietary needs. Bahee Manickavasagar has adjusted recipes provided by Pacific Island patients so that they meet dietary needs for chronic kidney disease. Once photography is complete, the long awaited renal cookbook will be a reality. Diabetes dietitian Lynne Ferguson has arranged for food photographs to be printed for patients who learn best visually. Patient education material was also prepared in the eleven main languages spoken by our Counties Manukau community.

Trisha McCord, dietetic assistant, joined our dietitians working with adults in Home Healthcare. We developed this new role in response to difficulties in dietitian recruitment. The role, together with development of best practice caseload management by dietitian Sandra van Lill, is enabling more effective patient intervention and monitoring.

A return to work programme has seen our community paediatric dietitians involved in the re-training of Catherine Wheeler, returning after a number of years raising a family. This is a particularly important initiative given our difficulty in recruiting experienced paediatric dietitians.

This year two public health nutritionists,

Vivian Tompson and Franica Yovich, began a needs assessment in the primary health care setting. This exciting initiative aims to develop a programme to "train the trainers" in obesity management.

As a team, dietitians received training and engaged in Professional Supervision for the first time. With the enacting of the HPCA Act in September, our continuing competency programme became compulsory. This energised us to document our professional development activities and develop portfolios. It has been a big year!

An important part of the team day involved planning for next year. From an original list of over 50 projects submitted, a theme of safe practice emerged. Groups of dietitians worked together to identify standards of care that will be a priority for updating in the coming year.

Not all of the day was hard work. Team building games and eating delicious food were also on the programme, the latter being particularly important for dietitians!



New HRC Grant for DHB researchers

A multidisciplinary research programme, led by Dr Pamela Melding of the Mental Health Services for Older People at Waitemata DHB has received a grant of \$721,000 from the Health Research Council of NZ. The grant will be used to investigate the incidence and risk factors for postoperative cognitive decline (POCD) in older New Zealanders having elective joint replacement surgery. The study will be conducted at Counties Manukau DHB and managed through the Centre for Clinical Research and effective practice (CCRep). Up to eight thousand older patients have elective joint replacement surgery every year,

with 10-15% of these patients developing unanticipated cognitive problems post-operatively that could be permanent. This 3-year study addresses a major health issue for older people. By identifying patients most at risk for POCD, future patients may be better informed and anaesthetic or surgical techniques may be modified to reduce any risk.

The HRC received 250 applications in its annual project round and awarded a total of 75 contracts. These were chosen in a two-step process involving local and overseas expert referees who work in the same research area,

and intense scrutiny by specialised assessing committees.

Those taking part in the project include Dr Pamela Melding, Dr Francois Stapelberg, Ms Snezana Mitrovic-Tosovic, Dr Richard Worrall, Professor Rocco Pitto, Associate Professor Paul Merrick, Mrs Joanna Stewart, Professor Keith Wesnes.

(Mental Health Services for Older People, Centre for Clinical Research & effective practice.)

Project Title: *Post operative cognitive decline in New Zealand: what are the risks?*

CMDHB supports the Body Odyssey Health Festival

Webhealth Launch

www.webhealth.co.nz

The new Counties Manukau Webhealth website was launched on the 26th of May, and to celebrate, there were performances from Dawn Raid Entertainment, Nathan King (lead singer of Zed) and reggae band Three Houses Down.

Webhealth has been specifically developed to provide another avenue of access for people to connect with Health and Social Services.

Community Liaison Manager Tony Kake says "there are around 1,000 organisations already linked to the Webhealth website, and were encouraging more to register".

Mr Kake says the website gives people an opportunity to find health or social service organisations that are specific to their needs. The website gives people information about various services available in Counties Manukau, any costs associated with the service, any cultural specific services, or location.

For more information visit the website or call 0800 WEBHEALTH.

Maraerobics

The DHB also supported a "Maraerobics" event during the health festival- Maraerobics, being aerobics instructed mainly in Maori. The idea of the event was to promote physical activity in a fun way. Around 2000 tamariki/children attended but they weren't the only ones in on the action- health board members Pat Snedden, Paul Cressey and Manukau Mayor Sir Barry Curtis also got involved.

Health Careers Expo

The Body Odyssey Exhibition triggered CMDHB and Manukau City Council to use the event to highlight health directions, activities, issues and progress in the region. The Health Careers expo at the TelstraClear Pacific Events Centre went ahead on Saturday the 28th of May, with CMDHB staff out in force to get young people excited about a career in the health industry. There were around 15 stalls featuring different organisations, with various educational institutions represented to show the health-sector courses they have on offer.



CMDHB staff on the recruitment drive!



Body Odyssey – a great learning experience

For a patient, understanding how the body works is an integral part of managing self care, and for children with chronic illness, an excellent way of developing coping strategies. This understanding took on a new dimension for a group of seven young patients in the Kidz First hospital, when they visited the Body Odyssey exhibition at the Telstra Clear Pacific Events Centre.

The young people visited during the exhibitions 'Teen week'. They were supported by nursing and hospital play specialist staff as they took in the larger than life models of the body and explored its functions.

Hospital Play Specialist Carol Bolton says "the computer programmes were brilliant tools for understanding the special functions of our bodies and the self care required." She says "it was a special way for the young people to gain further essential knowledge that they require, so they can manage the challenges of chronic illness and in doing so, work towards meeting their optimum development in life."

Women's Sexual Health integration project

The Women's Sexual Health project has commenced as part of the overall Sexual Health plan for the CMDHB.

The women's sexual health integration workstream was identified in response to the need to address a number of issues- the increasing incidence of sexually transmitted infection, abortion rates in the Auckland region and increase in teenage pregnancy rates. The project will explore ways of delivering to more woman, culturally appropriate services which are accessible to improve the uptake of sexual health assessment, screening and contraceptive usage.

Gilli Sinclair is overseeing the various sexual health plan workstreams, which

include primary, school health, at-risk young, and Maori and Pacific youth. The Women's Sexual Health integration project is sponsored by Nettie Knetsch (GM Women's and Kidz First) and Keith Allenby (Clinical Director of Women's Health).

Manager of the project Lesley Powell, is currently consulting with stakeholders to identify possible gaps in service delivery. The project will identify recommendations and propose pilot models of care for implementation in early 2006.

If you have any feedback or would like to know more about the projects aims, please contact Lesley Powell. (09) 2760044 ext 2852.

National Burn Centre

Sophie gets a Middlemore welcome

Remarkable burn survivor Sophie Delezio paid a special visit to Middlemore Hospital in May to show her support for the planned National Burn Centre.

Accompanied by her parents Ron and Carolyn and brother Mitchell, 4-year-old Sophie toured the site of the new facility and laid her stake on what will be known as 'Sophie's room'.

The young girl was injured in a horrific accident in December 2003 when a car careered through the wall of her Sydney-based childcare centre.

With full thickness burns to 90-percent of her body Sophie's chances of survival were slim but in what has been hailed a medical miracle, the young girl lived.

Sophie's parents shared their phenomenal story with the New Zealand public on TV1's then 'Holmes Show' last year, raising an amazing \$230,000 for the National Burn Centre.

The funds will support a paediatric room in the new facility where children like Sophie will be treated.

Ron Delezio says they were thrilled to visit and blown away by the outstanding plans for

the National Burn Centre.

"What you're about to build here is far better than where Sophie was treated in Australia. I encourage all New Zealanders to get behind this wonderful facility," he says.

Sophie's visit to Middlemore was featured on 'Close Up' with the public generously responding with donations for the Centre.

Burns breakthrough beckons

The plans are complete and building is about to begin but the South Auckland Health Foundation still needs support for the National Burn Centre.

The Foundation is \$200,000 short of its \$1.5 million fundraising target for New Zealand's dedicated burn treatment facility.

Plastic and burn surgeon and clinical leader of the Centre, Stephen Mills, is urging the public to contribute.

"It's going to be a wonderful new facility which will help us provide optimum care for our country's most severe burn sufferers. But we still need more support - please help our patients by making a donation," he says.

For more information about the fundraising campaign contact the Foundation office on 270 8808, ext 8400 or visit www.burn.org.nz
A burn could happen at any time to any of us.

National Burn Centre receives a Lions share of support

People normally expect to receive birthday gifts, but Lions clubs around the country were happy to give to a worthy cause on their 50th birthday.

The Lions, who have been raising funds for a high-dependency unit in the planned National Burn Centre, presented a \$300,000 cheque to the South Auckland Health Foundation at their 50th anniversary celebrations in April.

Foundation executive director, Pam Tregonning, was thrilled to accept the donation for the high-dependency unit which caters for critically ill patients.

"This is an outstanding achievement and we are delighted with their contribution," she says.

All ten Lions districts across New Zealand supported the project with the Auckland, Waikato and Bay of Plenty districts adopting it as their major fundraiser.

Mike Smith, Lions District Governor for the Waikato region, says it is an excellent example of a national collective effort bringing about results for a good cause.

"It's wonderful that Lions could present such a superb gift on their own birthday!" he says.



Sophie and Mitchell Delezio are full of smiles during their visit to Middlemore Hospital.



The National Burn Centre fundraising tally leaps ahead with a \$300,000 donation from New Zealand's Lions Clubs. Executive director of the South Auckland Health Foundation, Pam Tregonning, accepts the cheque from Lions Club representatives Phillip Wyatt and Geoff March. Photo courtesy of the Manukau Courier.

Foundation
Building a healthier community

Fire protection company rally to support burn centre

Fighting fire and limiting fire damage to buildings and homes is a job Wormald takes very seriously.

But while buildings can be repaired with relative ease, often the damage to people by fire has more lasting effects.

To help ease the pain of serious burns Wormald staff are supporting the National Burn Centre fundraising campaign. The company presented a \$10,000 cheque to the South Auckland Health Foundation in May and say this is just the beginning of its money-raising efforts.

Sean Aucamp, Wormald marketing coordinator, says they are supporting the National Burn Centre because a burn could happen at any time to any one of us.

"Our main aim in raising this money was to aid in the treatment of burns patients and to promote fire safety awareness," he says.



South Auckland Health Foundation Community Relations Officer, Nicki Winn, is delighted to receive a \$10,000 donation from the General Manager of Wormald NZ, Keith Blind.



Kidz First Neonatal Intensive Care Unit is another incubator better off thanks to the support of the Yi Jin Cantonese Opera group. Pictured from left are members Helen Wu, Elaine Leung, Kin Yip and Grace Kan. Photo courtesy of Howick & Pakuranga Times.

Singing the way to fundraising success

Local and international opera singers joined together to stage a concert in support of our most fragile newborns.

The Yi Jin Cantonese Opera, held in March, was an outstanding success raising \$35,000 for the Kidz First Neonatal Intensive Care Unit.

The funds will be used to purchase an incubator for the new facility which is due to open later this year.

The fourth annual opera event – and the second in support of Kidz First – was the biggest yet attracting 700 people. South Auckland Health Foundation executive director, Pam Tregonning, was among the guests on the evening and says it was a magnificent show.

"It really was an elaborate performance with some amazing artists performing. The resulting donation is fantastic and we're very thankful for the group's support," she says.

Nurse wins luxury break at Langham Hotel, Auckland

Middlemore Hospital's Janice Stickland is looking forward to putting her feet up in style after winning a leadership award sponsored

by the Langham Hotel, Auckland.

The leadership category was one of six awards presented in the 2005 Counties Manukau District Health Board's Leadership Nurse Awards staged at Middlemore Hospital in May.

Ms Stickland, who is the district health board's clinical nurse educator for emergency care, says she is delighted and honoured by the win.

"It was a surprise to be nominated and an even bigger surprise to win," she says.

"When you go through your nursing training and working career, you see other deserving people being honoured and think it would be nice to be like them. It seems my turn has come and it is really lovely to be recognised. Now I'm looking forward to staying at the Langham Hotel, Auckland with my partner and taking in a show – without our three kids!"

Ms Stickland started nursing in 1976 and later moved into her current work area – nursing education.

"Anyone coming to work in the hospital's emergency department gets an orientation programme which I oversee but I am also involved in professional development and on-floor training," she explains.

Middlemore Hospital's acting clinical nurse director, Tracey Mitchell says this year's leadership awards attracted 116 nominations in total.

"Janice won the Langham Hotel, Auckland

leadership award in recognition of her excellence in daily practice and for being someone that makes a difference. She is a very deserving winner who maintains dignity and respect for patients, families and fellow staff members at all times. Janice leads the team exceptionally democratically and is a mentor to many."

Ms Stickland's prize – a Five Star Fling package in an Executive Room - was presented to her on behalf of the Langham Hotel, Auckland by the hotel's business development manager, marketing communications, Amanda Drummond.



Langham Hotel, Auckland leadership award recipient Janice Stickland (centre) with the hotel's business development manager, marketing communications, Amanda Drummond and Counties Manukau District Health Board's director of nursing, Dale Oliff (right).

South Auckland
HEALTH 
Foundation
Building a healthier community

Winter woollies wanted

The winter nip is in the air which means it's time to stay warm.

And what better way to do so than to stoke up the fire, pour a cuppa and get knitting!

The South Auckland Health Foundation is seeking new knitted or crocheted goods to help boost the stocks of its wool programme through the winter months.

Already more than 200 volunteers donate beautifully knitted clothes and blankets for

Easter treat from Buddle Findlay



Nine-year-old Julieana Poto-Tangata enjoys a visit from the Easter Bunny during her stay at Kidz First. Julieana was one of many patients to take part in Easter activities hosted by staff of the Auckland office of law firm Buddle Findlay. The firm's Child Health Foundation has also donated \$15,000 for a BRM 2 monitor for the hospital's Neonatal Intensive Care Unit.

FreshED Pacific and Maori Youth Education Festival

8-9 July 2005
TelstraClear Pacific Events Centre,
Great South Road,
Manukau City

You may be aware that along with current workforce shortages in the health sector, there are predictions of a critical shortage of health workers in the future. The upcoming FreshED festival is a great opportunity to talk to our potential future workforce about the range of health careers available and what working in health is really like.

Described as "cool, sassy & refreshing", FreshED will have more than 6,000 6th & 7th form students attending over the two days. CMDHB will be holding several health careers workshops and a stall and we are looking for health workers and tertiary students who relate well to youth to come along and talk to the school students about what they do.

If you are interested or know of someone who might be we would love to hear from you. The more the better, and it is a great opportunity to reach this audience in a setting that is fun and interactive. You might also catch some of the free live entertainment such as brotown on stage! For more information on the festival check out www.freshed.co.nz

If you would like to help or can suggest someone else who can please contact Bronwyn Anderson or Akesa Burling.

Kiaora kotou and a belated greetings to the six new midwifery graduates



Rebecca McGinty, Sarah MacDonald, Megan Penrose, Amelia Ofahengaue, Heather Tennent, Annabel Pepler (absent).

The Women's Health service historically opens two intakes throughout the year for a structured one year midwifery new graduate programme. This twelve month commitment offers the opportunity of consistent senior support and consolidation and development of practice and confidence. Counties Manukau is a dynamic and hectic environment for a new midwife, witnessing and supporting pregnancies and arrivals of approximately 7,000 babies annually, with approximately 1,000 of these birthed in community units. Counties Manukau provides the exciting prospect of providing Lead Maternity Care to over 52 percent of primary care women, one of the highest in a New Zealand facility. This prospect allows new midwives to genuinely work in collaborative partnership with the women and whanau of our communities and provide midwifery led care, with an emphasis on ensuring an opportunity for a 'normal' child birthing experience. All new graduate midwives are given the fortune of experiencing an unbending five to six month experience in our hectic delivery suite, three to four months in the high risk/antenatal ward and a three month placement in either a postnatal ward or community unit. This rotation allows thorough consolidation of the whole spectrum of the childbirth experience and the relevant practice, skills and knowledge required. Congratulations to these six midwives on their successful appointment to these sought after positions and commend them on their choice of employment and career path. Counties Manukau is a dynamic and colourful community which brings significant challenges and accompanying professional rewards. Best Wishes to you all and 'welcome'.



At one of the three compulsory "Update Days" for Midwifery New Graduates. Heather Tennent and Megan Penrose mastering the practice of managing shoulder dystocia at birth, under the guidance of Delivery Suite Charge Midwife Betty McGregor.



And Sarah MacDonald and Heather Tennent demonstrating their skills with shoulder dystocia scenarios, following Betty's presentation.

New Starters, Appointments, Farewells

Human Resources: Farewell to Tess Richardson who has resigned from her role as RMO Consultant at CMDHB to take up a new opportunity with Contract Negotiation Services (CNS). Tess has made a tremendous contribution to CMDHB during her time here. Tess will be leaving on Friday 15th July, and we wish her well for the future.

Delivery Suite It is with great delight that the Women's Health Management Team welcomes Melissa Brown to the role of Delivery Suite Midwife Manager. Melissa brings a wealth of experience from across the Tasman and will be an asset to the service.

Intensive Care Medicine A warm welcome to Catherine Simpson, who has been appointed to the position of Clinical Head of the Department of Intensive Care Medicine. Catherine is well known within CMDHB having been a Specialist in both Emergency Care and Intensive Care and we are very fortunate that she is keen to progress into this role.

This position has previously been very ably filled by Tony Williams who is now ready to "hand over the reins" and to devote more of his time to research. Thank you to Tony for his contribution over the past few years as Clinical Head.

Ward 19 Farewell to Anne Nicholson who has moved to MSC-Recovery, Sharon Kumar who is moving back to Australia, and Andrew Gilhooly, who is transferring to ICU. Ward 19 would like to thank all 3 staff for their hard work. They will be missed and we wish them all the best.

CCP Update: Competent: Mohini Lal.
Advanced Beginner: Melanie Olliff.

Tamaki Oranga Ronnie Kirkwood is a new starter for Tamaki Oranga, in a newly established position as OT assistant.

Manukau Surgery Centre Farewell and best wishes to Moira Jones, and Michelle Meyer who is going to England for her big OE. Welcome to Anne Nicholson from Ward 19 and Lilly Beth Que who has transferred from MSC2.

Felicity Noble has achieved competent level in CCP, Congratulations to Eva Squire who had a beautiful baby boy Bobby born on 7th May.

Burns Unit Welcome to Linda Jackson, who comes on board as the new CNE for Plastic Surgery and Burns. Linda comes to us with a wealth of experience and we look forward to having her as part of the team.