

# the pulse

the newsletter of Taranaki District Health Board

april-may 2007

## **SOUTH TARANAKI**

A LOOK AT  
THE PEOPLE

## **PUBLIC HEALTH NURSES**

EXPANDING THE  
BOUNDARIES

## **WELL CHILD WEEK**

NGATI RUANUI AND  
HEALTH PROMOTION UNIT



AMANDA BRIEN AND LEONIE ERB GET DOWN AND ACTIVE WITH A GROUP OF SOUTH TARANAKI TAMARIKI

TARANAKI DISTRICT HEALTH BOARD

**TARANAKI**  
like no other

**TARANAKI TOGETHER, A HEALTHY COMMUNITY**  
TARANAKI WHANUI HE ROHE ORANGA

## CEO Comment

In this edition of the Pulse we see some great diverse work that is going on throughout Taranaki, including public health support in the community, sharing experiences and learning through conferences, and planning new facilities for tomorrow's services.



Over the last few weeks Chairman Hayden Wano and I, with some other managers and board members, attended a number of community meetings in South Taranaki. Discussion ranged from the planning of future community and hospital based services to the very practical realities of travelling to outpatient clinics. It was a very useful opportunity to meet with community members. We received constructive feedback on various issues, and we really valued the interaction.

As World Health Smokefree day approaches, it's pleasing to see the number of staff and patients that have used the support available to give up the habit and helping some to never start. It's hoped to further boost this support in the future.

### **“It is encouraging to see the community working with us”**

We all know smoking is a leading health risk factor and regrettably contributes to the cause of death for many in New Zealanders. Whilst there is much important discussion on rights and choices for the individual, we at the DHB have a responsibility to help inform good choices and to help stop preventable disease caused by smoking.

It is encouraging to see the community working with us such as the Spotswood Dairy making a decision not to sell cigarettes at its shop, and the South Taranaki District Council with their smokefree parks. Whilst the DHB health promotion team, and PHOs are very active in this area, we all need to play our part.

You'll remember in our strategic plan we talked about how we can't do it on our own. This Pulse covers another good example. Our participation in the 'Healthy Homes' project with a number of other agencies, is a fantastic initiative to help with some of the basic but important contributing factors for a healthy community.

Also on the subject of prevention – we know influenza is a serious illness, particularly in a healthcare setting. Unfortunately however there remains a discrepancy in the recommended best practice for healthcare workers and the reality when it comes to getting a free vaccination. With some seemingly reluctant to participate.

Please take advantage of the flu vaccination that is on offer for all staff - healthcare workers have an increased risk of acquiring influenza and passing it on so let's do our best to stop the spread. We owe it to our patients, colleagues and families.

Shortly before going to print we received confirmation that the District Health Board's Hospitals and Health Centres have been awarded QHNZ Accreditation status for a further three years. This has now continuously been maintained since 1994, and recognises the high standard of healthcare delivered to the people of Taranaki and our commitment to continuous quality improvement.

I'd like to acknowledge this significant achievement, which would not be possible without the ongoing hard work and dedication of all clinical and non clinical staff. Thank you for your contribution towards this process and ultimately the provision of services that we can all be proud of.

Tony Foulkes,  
Chief Executive

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Staff at Sport Taranaki promoting healthy action

## board news

### Hospital Advisory meeting March 2007

- Overall hospital activity has declined by 1% since the holiday period
- Paediatric inpatient numbers has been sustained at a lower rate – reflecting a change in practice – this may change with the onset of winter but positive to date
- Hospital provider is operating a \$633K deficit – challenge to keep to budget
- The mental health service is preparing a business case for an acute home-based treatment service involving collaboration with NGO's and kaupapa Maori
- Dr David Chaplow, Director of Mental Health for the Ministry of Health visited our services in March and was impressed with how the service has improved both clinically and administratively.

### Disability Support Advisory meeting March 2007

- Draft five year action plan for mental health and addiction services has received sector feedback and is now being finalized. It details actions the DHB is planning to implement with the next five years
- Funding has been passed across to home based support services to improve employee conditions – this funding has been applied to salary increases for carers of older people

- Draft District Annual Plan has now been sent to the Ministry of Health – feedback expected by 13 April
- Agreement reached on increasing Maori health investment over the next three years and this has been signalled in the DAP.

### Taranaki District Health Board meeting March 2007

- A presentation by Sport Taranaki on their strategic plan which DHB has been working together to create – the strategy complements our own vision
- Tony Foulkes gave a presentation on the extensive collaborative relationship in regard to workforce related activity between DHBs
- Taranaki DHB is one of five DHBs to be part of review in the public health sector on the pay and employment equity review
- A copy of the Strategic Stage Analysis for the hospital redevelopment that was sent to the Ministry was included and discussed
- A paper on the high level benefits of the HIQ joint venture partnership was discussed – estimated cost benefit realisation of \$2million – and it was noted that qualitative benefits such as risk profile etc outweigh the financial benefits
- The DHB closed February with a consolidated operating surplus of \$210K – with a current forecast deficit of \$718K ending in June.

## Exercise Cruickshank



### Testing our Pandemic Preparedness

No one knows when the next global influenza pandemic may occur, but it's a real threat that we as a nation must prepare for. Over the last 18 months the Ministry of Health has engaged with the government sector, and particularly the health sector, in a period of intensive planning for a potential influenza pandemic.

A lot has been achieved in this time, with the advancement of local and national pandemic plans across agencies, culminating in the completion of the New Zealand Influenza Pandemic Action Plan (NZIPAP).

The NZIPAP is based on a sequential four stage strategy, which aims to keep the disease out of New Zealand ("Keep It Out"), to control any first clusters of cases within the country ("Stamp It Out"), to manage the impact of a pandemic if it becomes more widespread ("Manage It"), then to focus on New Zealand's recovery from the effects of the pandemic ("Recover From It").

It is vital for us to test our pandemic plans, which is what Exercise Cruickshank will do. Exercise Cruickshank will test all four stages of the NZIPAP & our own Taranaki DHB plans over four days in May 2007.

### *Are you prepared?*

A pandemic has broken out in New Zealand. There are no supplies left in the supermarkets as everyone has bought out their stocks, and it is predicted there will not be any deliveries for 7 days. Water, Electricity & Gas supplies have been severely disrupted. This is reality!

Please, prepare your household now for a pandemic or other emergency event. It only takes a little time and effort to ensure you and your family will be healthy, safe and secure. So, what can you do now?

#### Here is a list of what you need:

- First aid kit, including paracetamol or ibuprofen
- Tissues and plastic bags for used tissues
- Torches and spare batteries
- Radio and spare batteries
- A can opener
- A primus or BBQ to cook on
- Supplies for babies and small children
- Water – 3 litres per person per day
- Ready to eat canned and dried food
- Supplies for your pets
- Regular medication supply

For further information go to:

[www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)

## The Passing of a Great Leader Te Ruu Wharehoka

*Kei Te Niho o Te Atiawa aia e takoto ana.*

It is a very sad time for Parihaka, Te Ruu Wharehoka has passed away. He will lay at Te Niho o Te Atiawa.

*E te iti e te rahi o te whanau whaanui i rangona atu ra te karanga o te rangatira nei, tenei matou e tuku mihi ki te tai pari ki te tai timu.*

To all the whanau hear the call of our Rangatira as we offer our condolences with tears of farewell.

*Tena koutou e te hunga mate, ratou ma e whakarauikatia mai e te karanga o te Atua runga rawa, ratou ma e maakukutia e te roimata aroha e te rau kawakawa a te ringaringa. Tenei matou e mihi, e tangi, e tuku whakaaro ki a ratou katoa, haere atu ra okioki ai.*

To the dead as we assemble to the call of God, we shed tears of love with the leaves of the kawakawa in our hands. We have come to farewell you.

*Haere tonu nga mihi ki te whanau pani I tenei wa, te tumanako kia eke atu ra koutou ki te taumata korero o nga maatua tuupuna, ara kia whai te ara Hauora kia kaha kia maia kia manawa nui.*

To the bereaved family, we hope that you will rise to the speeches of our old people, follow the path of the living, be strong, be brave, be patient.

*Tena koutou katoa,*

It is with great sadness that we mourn the passing of our great leader, Te Ruu Wharehoka. Te Ruu was well known and highly respected in Taranaki and indeed through-out the country for his in-depth knowledge of Taranaki history and kawa and for his superb skills in Maori oratory. Te Ruu has played a significant role for many years in the arena of Maori health having served as a member of Te Whare Punanga Korero and as Kaumatua and advisor for the DHB and several other health initiatives.

## Outpatient Department Nurses

Patients referred for pre-admission clinics are those elective patients that are referred by clinicians for surgery. The purpose of the pre-admission clinics is to establish that the patient is fit for surgery, including ordering any pre-operative tests that are required. Nurse-led clinics have been running successfully for a number of years overseas, specifically in the United States and United Kingdom. In the pre-admission area, the nurse bridges the gap between nursing and medical care and promotes continuity of care from pre-admission to discharge. This is a pilot programme covering the specialties of Gynaecology, Dental and Otolaryngology. Rachel and Carolyn see approximately 30 patients per week and conduct a health history and physical assessment. Rachel and Carolyn have both completed Advanced Science and Clinical Assessment papers in their post graduate study and are enjoying being able to use some of these skills in their practice. Rachel Matthews and Carolyn Moorhead recently commenced their new roles as Pre-admission Nurses.

## 2007 Case Managers' Conference

In March the National Case Managers' Conference was held here in New Plymouth at the Devon Hotel. This year's theme was 'spanning the boundaries', and was opened by our Chief Executive Tony Foulkes. There were 80 delegates from all over NZ.



*Organisers and speakers at this years Case Managers Conference*

There was a wide range of speakers including keynote speaker Mark Jones, chief nurse from the Ministry of Health, who talked about the future for nursing, where we are now and where we want to be, the safe staffing enquiry, and developing new initiatives for nursing.

### ***This year's theme was 'spanning the boundaries'***

Some of the other national speakers were Richard MacLachlan also from the MOH, Professor Jenny Carrier, clinical chair between Massey University and Mid Central Health, Dr Michal Boyd who is an independent nurse practitioner in aged care and has a joint appointment with AUT and Waitemata DHB.

There were many local speakers Andrea Corbett, Hayden Wano, Kathy Curd, Anne Ridgeway, Phillip Galley, Chris Gruys and Dianne Doehring.

Feedback from the conference was excellent, people enjoyed the variety and calibre of speakers.



*Hayden Wano, Steve Berendsen and Tony Foulkes at the Case Managers Conference*

## New Programme Increases Efforts to Improve Child Nutrition

*A new social marketing programme to be launched in May will bring a new national voice to efforts to improve nutrition among children and families in New Zealand. The Health Sponsorship Council (HSC) will launch the new programme for healthy eating at the Agencies for Nutrition Action (ANA) National Nutrition and Physical Activity Public Health Conference in Rotorua (23-25 May).*

The Healthy Eating programme will begin by targeting parents and caregivers, particularly in Maori, Pacific and lower socio-economic households, with information about accessible, affordable and easy ways they can provide healthy diets for children.

"Parents and caregivers are the best place to start," says Michelle Mako, Healthy Eating Programme Manager. "Evidence shows that younger children have healthier diets, but as they start to get older parents and caregivers need new strategies and ways of continuing to positively influence their children's diets."

The focus on children is consistent with the priority audiences in the Ministry of Health's Healthy Eating – Healthy Action (HEHA) strategy.

A mass media campaign using TV, radio and print channels will be the first major activity for the programme. It will highlight the importance of providing children with a healthy diet, while providing practical tips to help parents in their home environment.

### **"Parents and caregivers are the best place to start"**

"We know that there are a number of challenges that families face in achieving healthy diets for their children, so it is vital that this campaign starts by focusing on actions and behaviours that are really simple, accessible and easy to incorporate into everyday life."

Taranaki District Health Board with funding support from the Ministry of Health is putting in place a Healthy Taranaki Development Portfolio Manager to provide leadership and support the implementation of the Healthy Eating – Healthy Action Strategy in the region. Each DHB in New Zealand is putting in place similar positions.

Schools and Early Childhood centres are already receiving information about the Nutrition Fund which is designed to support Healthy Eating in schools. In the next few weeks Taranaki DHB will be asking for key stakeholders to become part of the Steering Group for HEHA and to be part of a group to coordinate the Nutrition Fund.

We will also be organising some information sharing opportunities for our current networks and providers.

## Magic Mums Celebrate Hawera Nurse

*The last weekend in February was a very special occasion for me and five other Mums of chronically ill children. We had a fabulous weekend of pampering and treats hosted by the Altrusa club of Hawera. We all wondered how we'd been nominated – then we realised we had one very special common factor – her name is Jenny Meechin. She has been a special 'common factor' in all our lives for many years.*

*It turns out she nominated six of us Mums of kids with life long chronic illness, because she thought we were often forgotten about.*

I first met Jenny in her capacity as paediatric district nurse doing daily visits to one of the kids with special health needs at the school my children attended.



*Jenny Meechin*

Her no-nonsense but hugely friendly and supportive way of dealing with things really struck a chord with me. Then I found out a little bit more about her. Turns out she used to be the charge nurse of the old children's ward at Hawera Hospital. I wondered if she was the 'sister' who dealt with my small tonsilectomied brother's complaints about the cold toast at breakfast in 1973. Well, things have moved on a bit, but Jenny has kept up with it all. It doesn't matter how trivial the problem seems, she, sorts it. Somehow she just immediately understands that it's the little issues that really matter, and sorting it out can make a huge difference to a family's ability to cope on any given day. For example, when she couldn't source a certain type of lancets for micro collect in Taranaki that my son favoured she found some other source. As a parent, when you're doing a micro collect on a daily basis and your child has a preference for which lancets hurt more than others, Jenny knows this stuff matters to kids.

All the Magic Mums on our weekend had 'Jenny stories' to tell. Some of the tales literally saved lives. She doesn't hesitate, she just acts and is the ultimate advocate for her patients and their entire family. When Jenny makes a decision about something you have complete confidence that it's the right thing to do, and that it will be followed through to the very end. Sometimes we Mums just need someone to take the odd decision-making burden off us, and Jenny always knows just when that time is.

So thank you Jenny – you're a living treasure!

*Jacqui Wagstaff*

## Hawera Staff Compete in Masters



*Millie Howatson and Steve Smith*

The following members of staff competed in the 2007 Masters Games:

### Millie Howatson - Ambulance Office

Millie competed in the 24 kilometre time trial for cycling, in darts' singles, euchre - pairs and singles. She also refereed Indoor basketball – and has done so every year the NZ Masters' games are in Wanganui.

Millie has participated every year that the games have been in Wanganui – too many to count!

"I enjoy the camaraderie and self satisfaction through participating in the games."

### Steve Smith - Ambulance Office

Steve competed in the Air Rifle Field Target shooting event. It was an inaugural national event for New Zealand.

Steve won the Spring Gun class out of a field of about 20 shooters. He represented New Zealand in Rifle Silhouette shooting in November 2006 - in Brisbane.

"I get enjoyment from competing and keeping up with friendships with like minded people."

***"I enjoy the friendships already made previously and having fun."***

### Mary Lawn - Public Health Nurse

Mary, along with Janice Burnand, Diane Chapman and Linda Campbell (the latter three are ambulance volunteers) competed in the over 45+ Netball team - scooping the Gold medal – no easy feat at the highly competitive Masters Games.

## Well Child Week



Leonie and children getting amongst the fun from Well Child week

This year Well Child/Tamariki Ora Week was held to coincide with National Children's Day. "Time - your most precious gift" was the focus of these events.

The Health Promotion Unit and Ngati Ruanui Health Centre united to host a Tamariki Hauora Day in Hawera. The theme of the day was "Time to get the children's checks done."

The Tamariki were offered a range of services including dental, hearing and vision checks. The children and their whanau were also invited to join in waiata and active movement sessions.

Jude Scorrige from Ruanui Health said the day was really successful: "It was great to see whanau enthusiastic about getting the children's checks done."



Leonie Erb joins the Tamariki having fun

Other activities around Taranaki included Well Child displays in libraries to raise awareness and encourage whanau to get their Tamariki checked.

Piki Te Ora and Trish Wells-Morris from IMAC were on hand at the Well Child display in Puke Ariki to offer advice and answer any questions on child health and immunisation schedules.

A Well Child Poster display competition was held amongst the GP practices which was won by Mangorei Medical Centre.

## Wendy Langlands Moves from Hawera to New Plymouth



Wendy at her role in New Plymouth

### Four words to describe you?

Easy going, reliable.

### What drives you?

Interesting and Challenging work

New Role is an operational/strategic planning role for the ATR services TDHB.

### What are you most proud of?

"I am proud of the way the community have worked with the Hawera hospital to welcome new staff to the area - and also the good relationships that we have at the hospital."

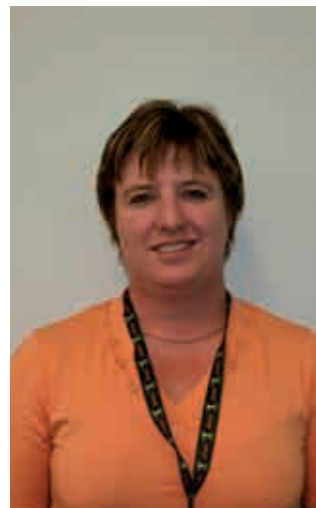
### What's your ultimate ambition?

Work - life - balance.

Sea fishing and watching rugby!

Wendy has spent more than five years as Manager of Hawera Hospital before relocating to New Plymouth with hubby and two children. "I am looking forward to all that NP has to offer both work wise and personally."

## Gillian Campbell Takes the Reins in Hawera



Gillian is acting manager of Hawera Hospital until a permanent replacement is found, she was Physiotherapy co ordinator in New Plymouth until she stepped into the Hawera role. Gill is enjoying the challenge, and says the health services in Hawera are of a high standard. She says Wendy has hard shoes to fill and she is trying to continue the good work that Wendy had done. Gill tries to enjoy golf and cycling in her spare time!

## TDHB Wound Support Team

The TDHB Wound Support Team has been in operation for nearly two years and was formed out of a visionary initiative to deliver interdisciplinary expertise in complex wound management. Each month patients' wounds of a complex nature are discussed, assessment findings reviewed and appropriate action plans are developed to optimise clinical outcomes and thus quality of life. TDHB Vascular Surgeon Damien Mosquera offers input and advice when required.

Criteria for referral - patients with complex wound management problems, frequent presentations or readmissions, and patients who are non-responsive to conventional treatment.

How to refer: Nurses and doctors can refer via e mail to WST (in Outlook Express address book under WST); via Case Manager - Surgical Services, via Wound Clinical Nurse Specialist or through any of the WST members.

Currently there are six patients under WST management. If you would like more information you can visit the WST web page via the intranet - Nursing/Midwifery, also there are WST pamphlets in most areas, or you can contact the CNS-Wound on ext. **7328** or Case Manager on **7580**.

We would love to have input into any patients with complex wounds from your area, so next time you have assessed your patient's wound to fit into the criteria as outlined above - think WST and send us an e mail - we would love to hear from you!



Wound Support Team members display their WST pamphlet during the April WST meeting.

**From right to left:** (rear)-Sherryn Reed (Pharmacy), Sue Dye (OT), Jan Wilkes (CNS-NP District Nursing), Jackie Price (Social Worker), Nikki Talacek (Dietitian), Trevor Lockley (Case Manager).

Front row right to left: Chris Gruys (CNS-Wound), Rosemary Law (Dietitian), Anna McDermott (Administrator).

Absent: Geraldine Jensen, Brenda Sturgeon, Heather Payne (Hawera); Sue Berry, Bindi Thomson, Sandi Hill & Lynda Northcott (all NP Health Centre), Carolyn Dravitzki (OPD), Robyn Kemp (Nurse Manager-Surgical).

## Taking Health to Young People

Taking it to the streets is what Public Health Nurse Jill Jones is doing at the Young People's Trust in New Plymouth. She is taking health advice and services to the Trust on Liardet Street one day a week for those attending the Trust. Young People's Trust manager Lynnette West identified a gap in that young people out of school did not seem to be accessing health so she approached the Taranaki DHB. The service was approved and Jill Jones was selected to be on site at the Trust one day a week in her role as Public Health Nurse.



Public Health Nurse Public Jill Jones with clients at Young Peoples Trust

"It's really important to be here regularly," said Jill. "It's easy to access because I'm here and we can foster trust and understanding as we build a relationship. I can offer a range of basic services here but the important thing is that I can refer them on to other health services if need be."

The health service is available by self referral or from any staff at the centre or parents.

"I've been here for about six weeks and have had a really positive response. I've already been able to make referrals for some that have had unaddressed medical issues for a couple of years by advocating with them and alleviating their fears. This has allowed them to rekindle their health introducing them to the appropriate medical specialist services."

Public Health Nurse coordinator Dorothy Horwell said the new public health service was wonderful because it is formalised, it's regular and consistent for the young people.

"There are many studies into reasons why out of school youths are not accessing health services and this is a positive step in addressing that."

## NURSE JUBILEE REUNION



You are invited to a 50th Jubilee Reunion, to be held at Labour Weekend 2007 in New Plymouth. We welcome ALL nurses who have worked with any health organisation in Taranaki. This includes non-registered nurses, e.g. aides, and those who did not complete their training. To contact us for further information write to:

"Reunion 2007"  
P.O. Box 362  
New Plymouth

**E-mail:** roebuck@infogen.net.nz  
**Telephone:** 06 753 4292

## INTERNATIONAL EXPERT SPEAKERS



Technology is a wonderful thing and now top quality Internationally renowned speakers will be coming to the DHB now via teleclass sessions. The broadcast of the speakers will be shown in the Corporate One Meeting Room - free to anyone who is available to listen - no need to book. Experts will be speaking on topics from personal hygiene to a vet speaking on influenza in pets, poultry and how it affects people.

Time and Place - Corp 1 at 2pm Friday afternoons

### Next classes

4 May - A year of Cleaner Safer Care (WHO initiative) - Dr Didier Pittet  
18 May - Environmental Control Strategies for C.Diff - Dr Lynne Schulster  
1 June - Bacterial Resistance to Biocides in the Healthcare Environment - Prof Jean Yves.

More detailed information on classes can be found on the Training and Development website.

## NPIS FALLS FREE SEMINAR



Preventing Falls in Older People. The guest speaker is David Campbell - ACC Programme Manager National Falls Prevention Strategy. Presentation topics include: Falls Risk Factors, Otago Exercise Programme, Assessing Falls Risk in the Home, Modified Tai Chi (including Tai Chi display). Presentations will include speakers from other parts of New Zealand sharing examples of successful programmes and projects.

### Tuesday 15th May 2007

12.00 - 4.30pm (lunch provided) New Plymouth District Council Chamber.

## KITCHEN REFURBISHMENT



The main Kitchen area has been completed and is now in use by Eurest. Some work is still in progress:

- The dishwashing area is now stripped.
- New electrical wiring for the dishwashing area has been run and the area is being prepared for the new floor which will be laid during the week of the 23rd of April.
- This week the new ceiling grid will be fitted.
- Its expected that a new Dishwasher will arrive for installation by the end of the month.
- Subject to unplanned delays, the kitchen is expected to be fully functional and operational by the beginning of May.

## PINK FEET LEADING THE WAY



Liam McKay and Jill Nicholls from the Health Promotion Unit laying down the Pink Feet

Choosing a healthy school lunch has just become easier at the Parklands Supervalu Supermarket, in Bell Block, with the return of the "Pink Feet" campaign. Running until the end of Term one, hundreds of child size pink feet have been stuck to the supermarket floor to lead customers to shelves with healthy school lunch options. These grocery items are marked with bright pink shelf talkers.

"The pink feet are a hit with both parents and children" said Taranaki DHB Health Promoter, Jill Nicholls. "They are a fun, interactive way to shop for healthier lunch choices."

This year extra value has been added to the programme. The Health Promotion Unit has produced a pamphlet which promotes the pink feet campaign coming to the supermarket. The pamphlet explains how to read food labels, gives healthy lunch ideas and details on how to win weekly Supervalu vouchers. This pamphlet has been distributed to all households in Bell Block.

## Proposed Redevelopment of Base Hospital

At the recent Board meeting, management sought the approval of the Board to progress a business case for the redevelopment across the inpatient, theatre and outpatient facilities at Base Hospital. The initial stages of planning has commenced with the evaluation of options for configuration of the facility keeping in mind the trend in demand for hospital specialties and the need to cater for future growth.

The business case for facility development is required to be done in two stages. The first stage is the presentation of a high level strategic plan to the National Capital Committee (NCC) in April 2007. Subject to approval, the next stage of the process is the development of a full business case, which is expected to be comprehensive and will consider the high level options building layout, ward configuration and will be supported by detailed financial analysis. It is also the expectation of the National Capital Committee that the project should be affordable and serve the needs of the local population for the foreseeable future. The full business case is expected to be reviewed by the NCC in August 2007. Thereafter, a recommendation will be forwarded by NCC to the Ministers of Health and Finance to seek their approval to finance and build the proposed new facility. Under normal circumstances, final approval is expected by mid 2008. It is only at this point that detailed design and work plans around the project can start.

We have contracted Grant Goodman to coordinate the work required in getting our responses to the National Capital Committee. Many of you will remember Grant from his time at TDHB as Manager, Quality/Risk.

We are in the very early stages of the planning process. Regular updates will be provided as the project progresses through the various stages as noted above.

## World Smokefree Day – 31st May

*Was first held by the World Health Organisation (WHO) in 1988, and first observed nationally in New Zealand in 1998. World Smokefree Day is an opportunity for smokefree/auahi kore health promoters and advocates to work collaboratively to progress tobacco control in their region.*

The focus for World Smokefree Day 2007 is on creating a smokefree/auahi kore future for the young people of Aotearoa New Zealand. The theme is: "Smokefree...it's about us / Kia Auahi Kore motatou te kaupapa."

The theme has been designed to complement the existing work of tobacco control communities across the country. Locally the Taranaki Smokefree/Auahi Kore providers group will be working collaboratively to create more smokefree outdoor environments and delivering a variety of children and youth focused activities.

***"Smokefree...it's about us  
Kia Auahi Kore motatou te  
kaupapa."***

The Taranaki Cancer Society are heading a smokefree petition which will challenge the NPDC to follow South Taranaki District Council's lead and make their parks and venues smokefree. The Health Promotion Unit will be supporting the smokefree high school teams with a WSD theme based art competition. The top ten entries as selected by youth from those participating teams will be displayed at the Warehouse in New Plymouth to be voted on by the community.

Any individuals from within a smokefree high school can enter by checking with the school to find out who is co-ordinating the competition or through the Health Promotion Unit.

## Customer Service DVD



Elderly mother found eating Friskies for breakfast, while her son waits over an hour in Outpatients for his test results with no communication from the staff. The scenario described above is the subject of a DVD filmed by the communications team recently for the Nurses Annual Refresher and the Refresher for General Staff as part of the presentation from the Customer Services Team. This year's focus is on the importance of early effective communication to prevent the escalation of aggression - in other words talk, talk, talk. Tell our customers what's going on so they feel good about being here.

Jaylene Ellis, Maggie Malin, Cate Tyrer



## Taranaki Together to Make Homes Healthy

Healthy Homes Taranaki is a home retrofitting programme to provide healthy, safe and energy efficient homes to all residents in Taranaki by 2014

“Cold, damp and unsafe homes are just not healthy for anyone, especially our children and older people. Over 100 people in the Taranaki region receive a sickness benefit as a consequence of respiratory illness”, says Sandra Boardman, General Manager of Planning, Funding and Population Health. “Retrofitting projects exist in other places but not on this scale, and not with the number and range of strategic partners that we have here in Taranaki. It really is a great example of many organizations working together.”

Healthy Homes Taranaki is a collaborative partnership between the Energy Efficiency Conservation Authority (EECA), Better Homes (formerly Waitara Initiatives Supporting Employment – WISE), Taranaki District Health Board, Pinnacle Taranaki Primary Health Organization, New Plymouth District Council, Work and Income NZ (part of the Ministry of Social Development), Housing NZ, and Accident Compensation Corporation (ACC). What is retrofitting? A full home retrofit can include roof and under floor insulation and moisture barrier, draught-proof doors and windows, cylinder wraps, energy saving light bulbs and pipe lagging.

The project also looks at safety such as the installation of fire alarms; safety latches and security stays for houses with young children, and grab rails and barriers for elderly and less mobile home inhabitants. Residents of Taranaki who live in homes built before 1978 are able to apply for funding to insulate their homes either partially or fully subsidised (depending on circumstance), by Better Homes Trust [www.betterhomes.co.nz](http://www.betterhomes.co.nz)

If you have patients or know of individuals/families who would benefit from this service, please supply them with an application form – either download from TDHB intranet homepage or our website [www.tdhb.org.nz](http://www.tdhb.org.nz).

For more information, refer to the Better Homes application form, or contact: Marianne Pike on **7981**, Shirani Smith on **7944**, Sue Hughes on **8786**, or Dorothy Horwell on **8530**.

### Arrivals and Departures



**Paul Koenig** ED Clinical Manager has left for the United States (home).  
**Three words to describe you?** Obsessive, not too compulsive. Honesty is the best policy.  
**What are you most proud of?** Helping the ED and ambulance grow and helping the team members to be proud of the awesome job they do.  
**What's your ultimate ambition?** To stay active and contribute for as long as possible.  
**What happens next?** Closer to family in a place where I am Tangata Whenua.



**Siobhan Brown** Communications Partnerships Manager, has moved to Wellington with husband Adrian.  
**Three words to describe you?** Freckly, enthusiastic, creative and fun loving.  
Driven by the thought that summer will be here one day  
**What is plan B?** Being a safari guide in Africa.  
**What are you most proud of?** Being married for nearly five years (a personal record).  
**What's your ultimate ambition?** To write a novel and live in Italy.  
**What happens next?** Setting up own life coaching company.



**Perrin Aish** Nurse Manager ED.  
I have moved down here from working at Middlemore Hospital with my family. I have **always been drawn to Taranaki** as a great place to raise kids and with plenty of lakes **where I can go wakeboarding**. So far I am really enjoying my time here, the people are very friendly, welcoming and relaxed.  
  
Email: [Perrin.Aish@tdhb.org.nz](mailto:Perrin.Aish@tdhb.org.nz)



**Gerhard Erasmus** ED Doctor.  
Is from Cape Town South Africa. He has spent two months in Taranaki and is just starting as ED doctor in Hawera. **Enjoys ocean sports** and likes being here as the 'Naki' has a lot to offer.  
Eg: kiting, surfing and diving.  
  
Email: [Gerhard.Erasmus@tdhb.org.nz](mailto:Gerhard.Erasmus@tdhb.org.nz)



**Jenny Hardiman** Senior Cardiac Technologist.  
I arrived here from Ireland in January with family in tow, permanent move here to New Plymouth. I **absolutely love the place**, especially the beaches, bbqs and the coastal walkway... even on the wet days. At least you get a summer here in New Plymouth. But I do miss **the central heating** in the winter! Have been told to "toughen up" by kiwi friends!



**Charles Hunt** Medical Recruitment Manager.  
**Three words to describe you?** Easy going, active organised (most times), likes punctuality.  
**What's your ultimate ambition?** To build a house on an acre of land that overlooks the Waitara River on my wife's family farm.  
**How do you relax?** Go running, read, mow lawns, have a few beers and a bet on a horse!  
  
Email: [Charles.Hunt@tdhb.org.nz](mailto:Charles.Hunt@tdhb.org.nz)

## anne brough

Anne (left) sits with friends enjoying the view



*"Age is no barrier - you can do whatever you want to do if you put in the effort and training"*

Photo: Mike Hutson

### Staff Sporting Success

### Golf Tournament 2007

### Relay for Life

Anne Brough (District Nurse) sitting on top of Ngauruhoe with Ruapehu in the background.

*Anne completed four peaks in 24 hours and 15 minutes.*

Starting with Mt Taranaki then driving over to the central plateau and climbing Ruapehu, Ngauruhoe and Tongariro. "Age is no barrier - you can do whatever you want to do if you put in the effort and training".



- 1st:** Sleepyhead - Edensleep
- 2nd:** Circ Stores Swingers - Circ stores
- 3rd:** Wildcuts - Theatre

**Worst Team:** The Record Holders  
- Medical Records

**Longest Drive:** Women's: Jill Forbes  
- DoM Socialites

**Longest Drive:** Men's: James Wright  
- Deadly Serous

**Closest to Pin:** Women's: Val Young  
- DSM VI

**Closest to Pin:** Men's: Dennis Hikuroa  
- Corporate Hackers

**Most Ridiculous Shot:** Daniel Morris

**Organising Committee:**

Ian Craig, Sarel Claassens, Rosemary Goodin, Graeme Watts, Brian Gubb

*The DHB thanks all of its sponsors for making the day so enjoyable.*



The Public Health Unit together with Planning & Funding recently teamed up and 'got active' in the Cancer Society's 'Relay for Life' 24 hour fundraising event. Photo: Jenny McLennan and son Sam stride out.

### Odd Spot

Hospital records reveal slippers as Britain's most dangerous clothing, involved in more home accidents than glass, nails and scalding pipes. Victims fell down stairs, broke toes putting them on, or were bitten wrestling them from the dog.