

PULSE

the newsletter of the Taranaki District Health Board



INSIDE THIS ISSUE...

- Taranaki goes RED for women
- Clinical coders celebrate milestone achievements
- Cold Cuddle Cot donation
- Sir Mason Durie
- Books for Babies



Taranaki Together, A Healthy Community
Taranaki Whānui He Rohe Oranga

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The Pulse is the newsletter of the Taranaki District Health Board. We welcome your ideas and contributions.

Please submit them by email to:

communications@tdhb.org.nz



For an interactive colour version of the Pulse visit:

www.tdhub.org.nz



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Health Targets

Quarter Four 2014/15

The Quarter Four Health Target results were released in August and show our April to June 2015 results. See a full rundown on our website at www.tdhub.org.nz



[Click here to see the TDHB Health Targets for Quarter Four, 2014-15](#)



1) Shorter Stays in Emergency Departments: Target 95%

Third Quarter Achieved **95%**
Fourth Quarter Achieved **96%**



2) Improved Access to Elective Surgery: Target 100%

Third Quarter Achieved **120%**
Fourth Quarter Achieved **121%**



3) Faster Cancer Treatment: Target 85%

Third Quarter Achieved **72%**
Fourth Quarter Achieved **65%**



4) Increased Immunisation: Target 95%

Third Quarter Achieved **91%**
Fourth Quarter Achieved **91%**



5) Better Help for Smokers to Quit:

Third Quarter Achieved **94%** Hospital Target **95%**
Fourth Quarter Achieved **94%**

Third Quarter Achieved **86%** Primary Care Target **90%**
Fourth Quarter Achieved **88%**



6) More Heart and Diabetes Checks: Target 90%

Third Quarter Achieved **91%**
Fourth Quarter Achieved **91%**

Clinical Board update

Clinical Board (Staff)

Maternity Quality Committee

The Maternity Quality Safety Programme is now in its third year with good progress having been made.

Sudden Unexpected Death in Infancy (SUDI) rates have continued to fall from 5.1 per 1000 live births (Maori) and 3.5 per 1000 live births (Total population) to 3.3 and 2.4 respectively. It is likely that the introduction of the Pepi-Pod distribution programme and safe sleep policy has had an impact on reducing these SUDI rates. 180 Pepi Pods have been distributed so far and the "first days pods" are currently being trialled.

Smoking in pregnancy is still an ongoing issue with Midland DHBs having one of the highest smoking in pregnancy rates in the country. The Midland Maternity Action Group has worked collaboratively to produce



sets of six posters for display around Taranaki to encourage pregnant mothers to quit smoking.

Delirium Proposal

A proposal has been developed by geriatrician, Dr Henriette Badenhorst and Clinical Nurse Specialist Lisa Mourie, in relation to a clinical pathway around the management of delirium. The aim is to screen for, manage and prevent delirium. It is hoped that nursing "champions" can be identified in each ward to encourage all units to be proactive.

Prevention of Perioperative Harm

Work has begun on phase 2 of the Perioperative Harm Programme. The objective of the programme is to reduce perioperative harm and improve surgical teamwork and communication. A team under the clinical leadership of Mr Fancourt, surgeon, attended a workshop in Auckland at the end of August to progress the work.

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TARANAKI GOES RED FOR WOMEN

Taranaki women wore red at a ladies long lunch, held to raise funds for the We Heart Taranaki campaign and to raise awareness about women's heart health.

The August 22 event was held at Table Restaurant at the Nice Hotel, New Plymouth. Guests were treated to cocktails and canapés, a sit down lunch, then sweets and coffee. The guest speaker was Taranaki's own Katie Wolfe, director of 'The Mooncake and the Kumara' which featured in the Taranaki International Arts Festival 2015.

Women were encouraged to get into the spirit of things by wearing red, even if it was just a red scarf, a hat, or even red earrings. This is the second long lunch fundraiser run by the Taranaki Health Foundation, back by popular demand after the first fundraising lunch in June 2015.

Funds raised at the event went to the We Heart Taranaki campaign, which is raising \$1.2million towards a \$3.6million angiography suite at Taranaki Base Hospital. This suite will make it easier for patients to access a wide range of services including coronary angiography, endoscopic services, interventionist radiology and epidural pain injections. It will also allow more procedures to be done here in Taranaki, more quickly and at a reduced cost.



Fulford Radiology gets behind WE HEART TARANAKI

When Lou Easton from Fulford Radiology was approached by the Taranaki Health Foundation about the Fulford team doing fundraising for the new Angiography suite, saying yes was a no-brainer.

The pledge to raise \$500 was made instantly and the team were soon brainstorming for ideas about how they would hit their target. They eventually settled on holding two different events in their department at Taranaki Base Hospital.

The first was a lunchtime fundraiser where the very generous Fulford Radiology team member Anji Lal made a delicious chicken curry lunch that staff purchased for \$10 per person. The team managed to raise \$300 towards their target and have hearty, delicious lunch all at the same time.

The next event was a department-wide mufti day, where staff were encouraged to wear red in support of the We Heart Taranaki campaign. All staff that took part donated cash to the cause, with one staff member pledging to donate \$20 before the day had even happened!

The mufti day was a success with the team exceeding their target, reaching a grand total of \$514.50.

Congratulations to all team members at Fulford Radiology who took part in the fundraising efforts. You've set the bar high for other departments at Taranaki DHB who also want to take up the fundraising challenge.



■ Left to right: Kim Harrison, Catt Marais, Sarah Mulligan, Anji Lal, Lou Easton, Lynne White, Hayley Sheehan, Sharron Fitzell, Janine Jannings



■ Left to right: Gill Campbell, Anne Pickard, Adam Jenkins, Katherine Bublitz, Caroline D'Argent, Reshma Faroqui-Zujam, Shirley Miles and Rosemary Clements

Clinical coders celebrate milestone achievements

Have you been to the coding department at Taranaki Base Hospital? Well if not, the department is a hive of activity hidden away in the far end of the hospital that often goes unnoticed.

So what do clinical coders do? In a nutshell, they convert information from patients' clinical records into codes according to a health classification system. These codes form part of data collection used for research, funding and health care planning. This coding is a highly valued and essential function in the Taranaki DHB.

Internationally and here in New Zealand, trained and experienced clinical coders are a scarce and well sought after resource and unfortunately, Taranaki DHB has struggled with resource and capacity challenges over the last few years and have relied heavily on locum coders.

This year, a concentrated effort from the coding team supplemented by locum coders and supported by senior and middle management, has resulted in all coding deadlines and quality assurance measures being met by 14 July 2015 for the 2014-15 financial year.

Achieving these targets would not have been possible without a huge commitment from our clinical coding team leader Reshma Faroqui-Zujam and the coding team. A celebratory afternoon tea was held by Acting CE Rosemary Clements, Acting COO Gill Campbell and Quality and Risk Manager Anne Kemp to acknowledge the team's effort and achievement.

While Anne was unable to attend the afternoon tea she said, "Meeting end of year targets has not been easy so I absolutely acknowledge and appreciate the fantastic effort made by each of the clinical coders in achieving these."

"The hard work and perseverance the coding team has shown in overcoming a number of challenges and performing in the manner they have over the last six months to complete the coding by mid July is a real credit to the team," said Rosemary.

Ongoing timely and accurate coding is vital to Taranaki DHB so in order to ensure sustainability, the team will be focusing on building on these achievements in a number of ways, including the development of a clinical coding career pathway and utilising technology.

UPDATE

Nutrition Policy Review

Taranaki DHB is undergoing a review of its current nutrition policy, which involves changes to the food and drinks available for sale at Taranaki Base and Hawera hospitals.

This review and subsequent changes are driven by directions from Director-General of Health **Chai Chuah** (New Zealand Ministry of Health) and are supported by the Taranaki District Health Board, the Executive Management Team (EMT), Medirest and the Taranaki DHB Workplace Wellness group.

Any changes will ensure that all commercially prepared packaged snack products available fit within the following guidelines:



	Energy	Saturated Fat	Sodium
Better Choices	≤ 800kj per packet*	≤ 1.5g/100g	≤ 450mg/100g
	Confectionary and sugar-free items are excluded from the 'Better Choices' category.		
Other Choices	≤ 800kj per packet*	-	-

* For packets containing more than one serve of an item, it is the packet size (not the serving size) that must meet these guidelines.

All snack products will be classified via a traffic light system as:



Products classified as red (those that do not fit within the above criteria) will not be served. Information about further changes to food and drinks for sale at Taranaki DHB will be communicated to staff and the public as required throughout the coming months.



■ Dr Robin and Meredith Youngson

Hearts in Healthcare at Taranaki DHB

On Thursday August 27, internationally renowned anaesthetist and co-founder of Hearts in Healthcare Dr Robert Youngson visited Taranaki Base Hospital to present two workshops and a Grand Round on compassion in healthcare.

Dr Youngson's presentations were organised as part of the Health Together: Hauora Huihui project which aims to improve the way we work with consumers (patients) at all levels of the organisation by involving them more frequently in discussions about health services

and listening to and learning from their perspectives.

In his book, *Time to Care*, Dr Youngson states, "Healthcare's focus on physical disease and bio-medicine is unbalanced. We need to pay much more attention to emotional, psychological and spiritual wellbeing and the huge importance of healing relationships."

Grant Looker, Taranaki DHB Duty Manager Coordinator attended one of the workshops and said, "Dr Youngson's presentation was brilliant;

I think it's something all staff should be exposed to. What is most interesting and really surprised me is that while he is discussing things like compassion and caring in the workplace, the points and statistics he presented are science-based, so are proven with valid scientific research."

Dr Youngson and his wife (and co-founder of Hearts in Healthcare) Meredith, were also interviewed by the Taranaki Daily News. [Click here](#) or do a Google search for 'Compassion an important part of healthcare' to read the article.

 <http://heartsinhealthcare.com/our-story/>

Taranaki tough guys are softies at heart

Members of the Taranaki Rugby Team, the Taranaki Bulls took time out of their busy training schedule to pay a visit to the TSB Children and Young People's Ward ahead of their game on August 15.

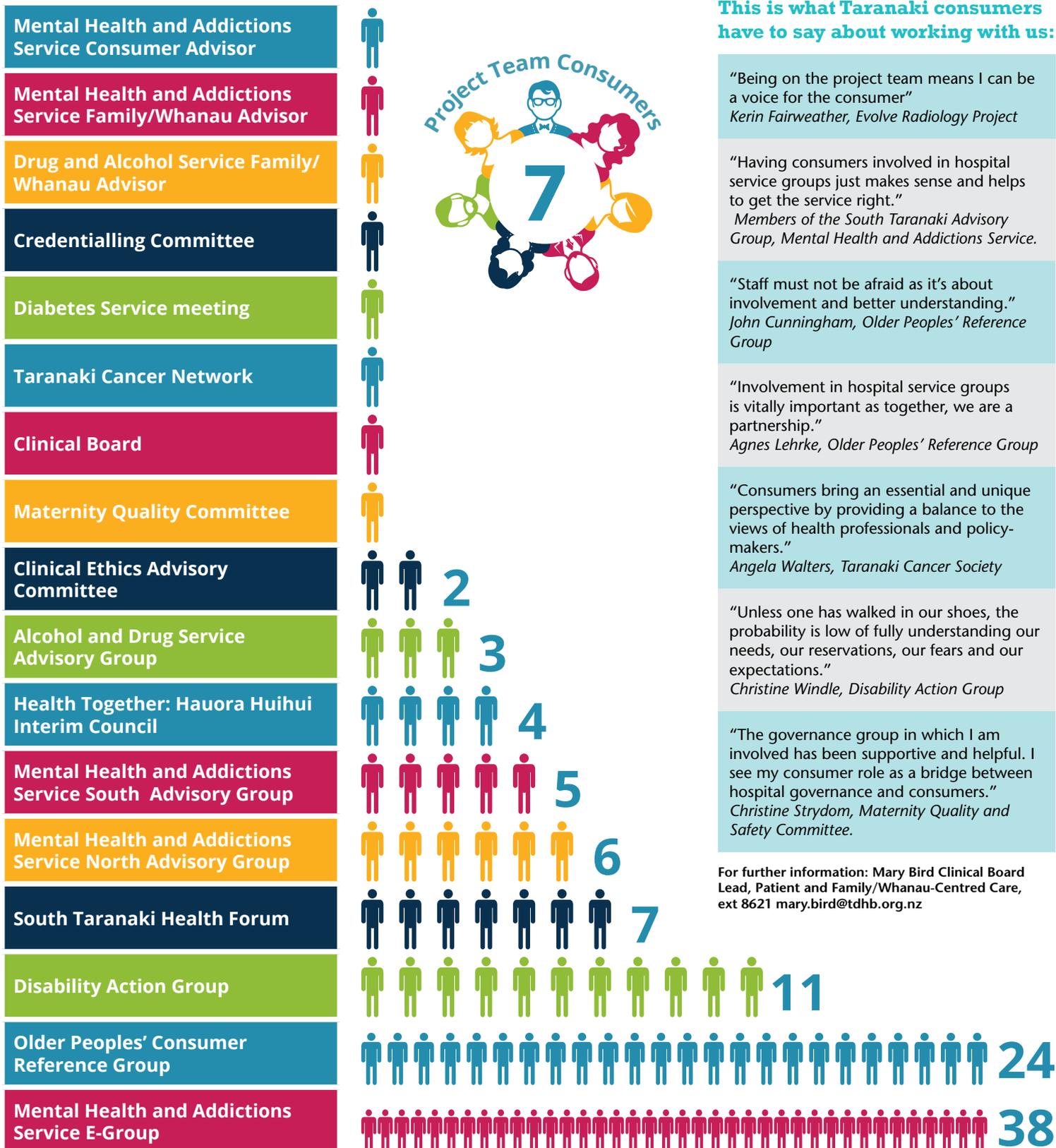
Lātū Vaenō, Ryan Cocker, Reuben O'Neill, Caleb Mawson, Charlie Ngatai, and Mitchell Crosswell visited as many kids as possible, giving out signed posters and rugby balls, signing jerseys and having their picture taken with the kids that weren't too shy. The staff got involved as well, getting in a few snaps when they could. It was clear that both the kids and staff loved the visit which brought smiles to many faces around the ward.

You can check out all the photos by going to the Taranaki Bulls Photo Gallery on the staff intranet.



Consumer Participation at Taranaki DHB

We undertook a census on 1 August 2015. There are 115 consumers working in partnership with staff in the following groups:



HEALTH TOGETHER: HAUORA HUIHUI

This is what Taranaki consumers have to say about working with us:

"Being on the project team means I can be a voice for the consumer"
Kerin Fairweather, Evolve Radiology Project

"Having consumers involved in hospital service groups just makes sense and helps to get the service right."
Members of the South Taranaki Advisory Group, Mental Health and Addictions Service.

"Staff must not be afraid as it's about involvement and better understanding."
John Cunningham, Older Peoples' Reference Group

"Involvement in hospital service groups is vitally important as together, we are a partnership."
Agnes Lehrke, Older Peoples' Reference Group

"Consumers bring an essential and unique perspective by providing a balance to the views of health professionals and policy-makers."
Angela Walters, Taranaki Cancer Society

"Unless one has walked in our shoes, the probability is low of fully understanding our needs, our reservations, our fears and our expectations."
Christine Windle, Disability Action Group

"The governance group in which I am involved has been supportive and helpful. I see my consumer role as a bridge between hospital governance and consumers."
Christine Strydom, Maternity Quality and Safety Committee.

For further information: Mary Bird Clinical Board Lead, Patient and Family/Whanau-Centred Care, ext 8621 mary.bird@tdhb.org.nz

What Matters to Patients?

(Kings Fund & Kings Collage England 2011)

- Being treated as a person, not a number
- Feeling informed and being given options
- Staff who listen and spend time with me/patients
- Being involved in care and being able to ask questions

- The value of support services, for example patient and carer support groups
 - Efficient processes
- (Robert, Cornwall, Brearley et al 2011)



Breastfeeding in the Workplace

■ Alisha Stone and Zoe

Alisha Stone and Julie Armstrong are used to pumping milk – not iron – at work.

Julie is the Service Operations Manager at Tui Ora and Alisha is a health promoter at Taranaki DHB. Both maintained a breastfeeding routine while working. Neither found it plain sailing but they say it's worth the extra organisation and there are spinoffs for employees and employers.

Alisha is still feeding Zoe by expressing milk at work and storing it for her daughter to drink later. She made signs for her office and popped them on the door when she expressed. She talked with colleagues, and says her employers' willingness increased feelings of loyalty. In the early days she went home during breaks or fed Zoe on-site.

While she struggled to breastfeed older daughter Sasha, she wasn't deterred the second time round. "It's important bonding for baby and mother. It's worth that little bit of extra time to connect, have a snuggle, make you relax. It's also easy, convenient and cheap not having to prepare formula – it's an anytime, any place food."

Her manager Rawinia Leatherby says a happy mama pepi unit equals a happy family unit – and a "happy boss." Taranaki DHB is a Breastfeeding Welcome Here site so it's important to walk the talk and role model a supportive culture. "I acknowledge for Mums that it can be daunting but I would encourage them to talk to their manager before they go on leave to see how they can make it work," says Alisha.

Julie stopped breastfeeding daughter Maggie (10 months) just recently but she persevered for four months, expressing milk and storing it in a fridge.

Her partner's shift work also allowed him to bring Maggie to work so Julie could feed her. She says she appreciated the ability to work shortened hours despite a busy role.

"It was difficult at times. Sometimes I would have back-to-back meetings, and then go straight home to feed her. But I think it's about prioritising what you want and I knew that there were long term benefits."

Tui Ora is certified as a Baby Friendly Community Initiative (BFICI) workplace, says Julie Foley, Mama & Pepe Hauora Programme Coordinator. This is a public declaration that it supports the return to work of breastfeeding mothers and meets legislative requirements of infant feeding breaks.

She says there are many good business reasons to accommodate breastfeeding mothers such as less absenteeism, retaining valuable employees, boosting morale and increasing productivity.

Under the Employment Relations (Breaks and Infant Feeding) Amendment Act 2008 employers also need to provide facilities and appropriate breaks. Julie says there is lots of free help available for families and employers from Tui Ora and the Taranaki DHB. Both loan out breast pumps for example.

At Tui Ora services include antenatal classes, lactation clinics, advocacy, breastfeeding peer support and Tamariki Ora/Well Child services. There is also health promotion regarding breastfeeding through the Mama and Pepe Hauora programme.

For more information about Breastfeeding Welcome Here accreditation check out the Breastfeeding page on the Taranaki DHB website (Services > Maternity > Breastfeeding).

breastfeed

me hoki ki te ūkaipō
BREASTFEEDING WELCOME HERE

These Taranaki businesses have proven their commitment by providing a friendly environment and suitable facilities. Contact the Taranaki DHB Public Health Unit for more information, phone 06 753 7799.

BELL BLOCK

Bell Block Library
Eden Café
Subway Bell Block
The White Pear Café

HAWERA

Amcal Central Pharmacy
Caffeinate
Clippers Cutting Bar
Hawera Library Plus
Hawera Playcentre
Linx Café
Marracbo Café
Ngati Ruanui Healthcare
Plunket Hawera
South Taranaki Parents Centre
Te Korowai o Ngaruahine Trust

INGLEWOOD

Caffee Windsor
Inglewood Library and Service Centre
Taranaki Playcentre Association

MANAIA

Manaia Library Plus

NEW PLYMOUTH

Airpresso
Arborio
Babylove
Base Hospital
- Antenatal Clinic
- Mental Health Outpatients
- Mothers' Quiet Room, Ward 15
- Parenting Room, main corridor near Outpatients
- Postnatal Lounge, Ward 15

bb's Café
Bubbles Early Learning Centre
Centre City
Chipmunks Playland Café
Columbus Café at Mega
Deluxe Diner Restaurant
Eastside Medical Centre
Empire Café
Espresso Cafe & Wine Bar
Fresha Café
Govett Brewster Art Gallery
Govett Brewster Cafe
Gusto
Joe's Garage
Lush Cafe
Moturoa Medical Centre
New Plymouth Parents Centre
Plunket Hub
Puke Ariki
Rampage Fitness City Gym
Robert Harris Café
Ruby Blu
Ruby Café
Rumpus Room
Starbucks
Subway The Valley
Taranaki Cathedral - St Mary's
Teahouse on the Lake
The Cancer Society of NZ Taranaki Centre Inc.
The Daily News Café
Todd Energy Aquatic Centre
Trundles Automotive
Women's Centre

OAKURA/OKATO

Butlers Reef Restaurant
Oakura Library
Lahar

OPUNAKE

Coastal Taranaki Health Trust Trading as Coastal Care - Haumarū ki Tai
Opunake Library Plus
Sandfords Event Centre
Headlands

PATEA

Patea Library Plus

STRATFORD

Inkpot Café
Pregnancy Help Inc. Taranaki Branch
Stratford District & Centennial Library
Stratford Plunket
Stratford Teen Parent Unit
Urban Attitude

WAITARA

Waitara Library

WAVERLEY

Waverley Library Plus

Look out for this sticker
on shop windows

breastfeed
me hoki ki te ūkaipō
BREASTFEEDING WELCOME HERE

BreastFedNZ

App Launched



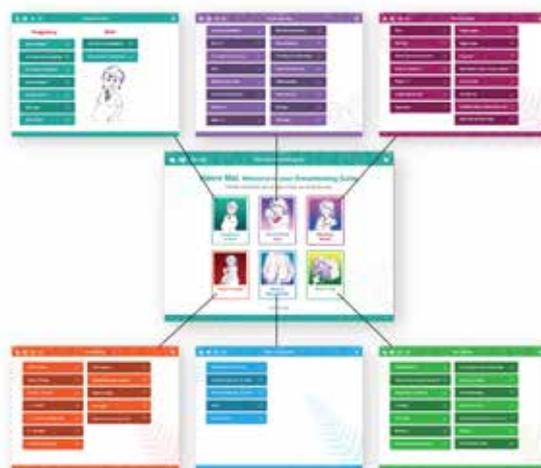
At the end of August the Midland Maternity Action Group (MMAG) launched a new app called BreastFedNZ, designed to help support and encourage women with their breastfeeding goals.

The app provides simple, consumer-focused information, alongside illustrations, photos, video clips, web links, and personal stories aimed at supporting pregnant women and new mothers alongside the care of their midwife or Well Child provider.

BreastFedNZ content was written primarily by Karen Palmer (an experienced midwife, lactation consultant and Baby Friendly Hospital Initiative co-ordinator from Bay of Plenty DHB) after much research and feedback from breastfeeding mothers and maternity and Well Child health professionals through two Midland-wide surveys.

Belinda Chapman, Taranaki DHB Associate Director of Midwifery said, "The app is a great tool to support and encourage pregnant women and new mothers to breastfeed in today's world of technology. Having

■ Celebrating the app's launch and Maternity Quality & Safety programme achievements are (back left to front right): Leigh Cleland (maternal and child health service manager), Rachel Grunsell (core midwife), Sadie Walker (core midwife), Annette Thomas (LMC midwife), Belinda Chapman (associate director of midwifery), Amanda Antoine (clinical midwife manager), Isobel Bedford (student midwife, AUT satellite) and Debbie Souness (LMC midwife), Tracey Murphy (LMC midwife), Christine Strydom (consumer representative) Deb Wright (lactation consultant).



this information at their fingertips gives them up to date information to assist in establishing and maintaining breastfeeding."

To mark the launch of BreastFedNZ, Maternity staff at Taranaki Base Hospital held an afternoon tea. The event also served as a celebration of the team's achievements in the Ministry of Health's Maternity Quality & Safety programme, being one of only two DHB's in New Zealand to be classified in the 'Excelling Tier' for services provided. The app can be downloaded for free from both iTunes and Google Play stores. For information about the app, head to the BreastFedNZ website www.breastfednz.co.nz



■ Sharon Luque, Jake and Jonathan Crane, Jason Burns and Jane Dingle

Movies provide distraction for the kids of Ward 2B

Staff at the TSB Children and Young People's ward at Taranaki Base Hospital know Jake Crane well. This is because every three weeks he spends a full day having tests, and has done since he was six months old.

This means that Jake knows first-hand how boring it can be for kids in hospital, especially if they have to sit in bed all day. Thanks to Jake's Dad, Jonathan, boredom won't be so much of an issue for children and young people spending time in ward 2B, as they now have three movie channels to watch.

Each channel has approximately 15 movies and is specifically

programmed to suit different age groups. Working in collaboration with Roadshow Entertainment, Jonathan set up a hard drive with special software that plays the movies to the 22 different televisions throughout the ward. These movies are updated every few months.

Sharon Luque, Taranaki DHB Play Specialist said "The movies channels are great. Not only do they provide entertainment, but they also provide us with another way to distract the kids when they are not comfortable or feeling a bit scared during their treatment."

"We're so thankful for all the work Jonathan and the staff here at Base Hospital have put in to make this happen. The kids are loving it," she added.

Sharon and the rest of Ward 2B would like to thank Jonathan for putting the programming together, Darren Annear (Electrical Supervisor) for learning about the software and taking responsibility for the channels' upkeep, and Leigh Cleland for liaising with Roadshow Entertainment.

Workplace Wellness

Spring is here and the weather is very changeable, one day it feels like summer and the next it's a full day of rain. But let's focus on the positive; we're one step closer to summer and there are bright sunny days where we can all get out and enjoy the sunshine!



One way we can do that is by taking part in New Plymouth District Council's **Great Fresh Air Workplace Challenge**.

This challenge, which runs for the month of September, is all about encouraging people to leave their car keys at home.

Embrace our great outdoors, our fabulous shared pathways, street to street accessways, green cycle lanes and regular crossing points.

And if you don't live in New Plymouth, explore what your region has to offer. You can log your active trips on the Let's Go Website and be in to win some great prizes, including a brand new cruiser-style bike valued at \$500!

If you are out and about, remember to slip, slop, slap and wrap to keep yourself protected from the sun, even on cloudy days. It's this time of year that a lot of people get caught out by unexpected sun burn.



HYDRATION CHALLENGE!

You can also keep your hydration up by taking part in the **Workplace Wellness Hydration Challenge**. Over two weeks from 7 - 20 September, record your water intake on the chart or by using an app on your smart phone (try the Water Your Body app or another app of your choice). Aim to drink 6 - 8 glasses (250ml each) of water per day – for this challenge we encourage you to count water only.

During the week after the challenge ends, complete the entry form on the intranet and be in to win one of two \$50 Rebel Sport vouchers!

[Download your chart from the intranet, or click here](#)

The chart and entry form include the following text:

Water makes up around 70% of our total body weight and is crucial to maintain our body's functions. Did you know that we lose about 2.5 litres each day? Much of the fluid we need to replace this comes from the food we eat, but we also need to drink around 6-8 glasses of fluid every day - water is the best choice.

ARE YOU READY TO PUT YOUR HYDRATION WANTS TO THE TEST?

The aim of the Hydration Challenge is to observe to what extent you can keep your hydration up over a two week period, and then to enjoy the fruits.

Get everyone motivated and find out!

How does it work?

- Over two weeks from 7-20 September track your water intake on the chart or by using the app on another app of your choice.
- Each day drink 6-8 glasses of water per day - for this challenge we encourage you to count water only.
- Use the chart or app to record your water intake.
- At the end of the challenge, complete the entry form on the intranet and be in to win one of two \$50 Rebel Sport vouchers!

Days 1-7: 00000000
Days 8-14: 00000000
Days 15-21: 00000000

Taranaki DHB STAIR CHALLENGE



For two weeks in July, staff from both Taranaki Base and Hawera hospitals made like Rocky Balboa and boosted their fitness by taking on the Stair Challenge. There were tight and bright costumes and mountain climbing outfits, complete with a picture of Sir Edmund Hillary to help with motivation.

Individuals were required to climb the equivalent height of Auckland's Sky Tower (328m) in stairs, while teams had to climb the equivalent height of the Mitre Peak in the Milford Sounds (1,692m) within the two week challenge period.

While the challenge had the benefits of increasing physical fitness and improving cardiovascular health, there was also the added incentive of winning tickets to the show of their choice at the Taranaki International Arts Festival 2015.

Individual Challenge:
"Sky Tower"



Team Challenge:
"Mitre Peak"



■ Workplace Wellness Group member Sarah Kingsnorth presents individual Stair Challenge winner Maggie Radich with her Arts Festival tickets.



■ Winners of the team Stair Challenge, Sian Horton, Annabel Shaw and Nicky Dymond from the Taranaki DHB Health Protection team.



Cold Cuddle Cot donation gives Taranaki families more time to grieve

Taranaki families who suffer the loss of a baby in pregnancy or early infancy will now have the opportunity to spend more quality time with their deceased baby, thanks to the donation of a Cold Cuddle Cot from Linda and Don Mackie via the Emerikus Land Foundation.

Taranaki DHB Clinical Midwife Manager, Amanda Antoine said "In situations where baby loss occurs, the time available for families to share special moments, bond and form memories with their baby is limited. The addition of a Cold Cuddle Cot to Taranaki DHB's resources will provide more time to do this and will assist with the grieving and healing process for those families."

"The Cold Cuddle Cot is a relatively new piece of equipment in New Zealand and it will be the first of its kind at the Taranaki DHB. We feel very privileged and grateful for the donation," said added.

The cot will be used in Taranaki Base Hospital's 'Willow Suite', a facility that has been set up with the support of SANDS New Plymouth (a pregnancy, baby and infant loss support group). The 'Willow Suite' provides a comfortable and private environment for parents who are grieving from the loss of a baby.



■ Back left to right: Raewyn Land (Emerikus Land Foundation), Sadie Miller (Midwife and SANDS representative), Sharon Pengelly (Emerikus Land Foundation), Don Mackie, Belinda Chapman (Associate Director Midwifery), Leigh Cleland (Clinical Services Manager Maternal & Child Health)
Front left to right – Linda Mackie, Sharon Howe (Midwife).

"The Cot will be welcomed by the staff as it will help them better support families when a baby loss occurs. The personal and cultural needs of patients and visitors who use our services are so varied; the Cot will allow us greater capabilities to meet those needs," added Ms Antoine.

The Emerikus Land Foundation was set up in Toowoomba, Australia, after the founders Sherri-Leigh and Ben Land's daughter Emerikus was stillborn after Placental Abruption occurred in the womb. The aim of

the foundation is to raise awareness of Placental Abruption and other causes of baby loss.

The Foundation also raises funds for the purchase and donation of Cold Cuddle Cots to hospitals in Australia and New Zealand. Mr and Mrs Mackie are local to Taranaki and are relatives of the Land family. Their donation is the 55th cot donated by the Emerikus Land Foundation. "We're happy that the donation will bring comfort to grieving families," commented Mrs Mackie.



Have you 'Liked' the Taranaki DHB Facebook page?

Search 'Taranaki District Health Board' on Facebook and 'Like' the page to keep up to date with all that's going on here at Taranaki DHB!



Sir Mason Durie sets challenge for Maori Health improvements



■ Sir Mason Durie

Public health advocate, psychiatrist and Maori Health expert Sir Mason Durie visited Taranaki Base Hospital at the end of August to present the Ministry of Health's Maori Health strategy, Pae Ora.

Launched by the Ministry of Health in 2014, Pae Ora is the Government's vision for Maori health. This vision

of Pae Ora emphasises the determinants of health and recognises the importance of whānau to good health and the expectations on health practitioners.

Taranaki DHB Chief Advisor Maori Health, Ngawai Henare said, "Sir Mason's presentation was significant not only for our staff, but also to the wider Taranaki community."

"While Taranaki DHB incorporates the underlying principles of whānau ora into all aspects of its services, tackling the causes of ill health is a more complex and challenging task," she added.

Sir Mason is respected nationally both as a medical

practitioner and an expert on Maori health, education and development with more than 20 years of practical psychiatric experience. In 2011 Sir Mason was knighted for his services to both public and Maori health.

A key message in Sir Mason's presentation was that Maori health gains will not be achieved by health services alone. "Pae Ora has been endorsed by Taranaki DHB as a regional commitment," said Sir Mason. This means that a wider community and regional response is required, that will be 'led by an iwi or iwi generally'.

"Engaging the support and involvement of sectors and community leaders outside of healthcare is vital, so we were really excited to have Sir Mason speak about his experiences in this area and encourage discussion about the implications of working across sectors," said Mrs Henare.

Taranaki DHB's Maori Health Plan for 2015/2016 is available to the public on the Taranaki DHB website - **Taranaki DHB Maori Health Plan 2015/2016**. This plan is one of the DHB's main approaches to improving Maori health to achieve the wider aspirations of Pae Ora, and within the DHB's overall strategic vision "Taranaki whānui, he rohe oranga" (Taranaki together, a healthy community).

 www.tdhub.org.nz/misc/documents/TDHB_MHP_2015-16.pdf



Taranaki DHB celebrated Te Wiki o te Reo Māori 2015 by providing information on Facebook and the staff intranet about the Maori words and names posted around Taranaki Base Hospital.

One translation that was particularly popular was the Maori names on Taranaki Base Hospital's main entrance signs. The four main entrances to Taranaki Base hospital carry the names of a prominent ancestor,

Rua Taranaki, and the three Taranaki waka or canoes that landed in Taranaki and from which Taranaki iwi descend - Tokomaru, Kurahaupō and Aotea.

The welcoming statement of 'Piki tū, piki kaha, piki ora. Ko Pīpiko tēnei' that is positioned on each of the main entrance signs follows the form of a karanga or traditional call. The meaning of the statement is 'Uphold leadership, strength and well-being, this is Pīpiko'.

Pīpiko was the name of an old papa kāinga (original home, home base, village, communal Maori land) that was located on the same site as Taranaki Base Hospital.





Taranaki surfers take Maori culture to New Caledonia

Taranaki DHB Health Promoter Jason Matthews recently visited New Caledonia as a member of the Aotearoa Maori Surfing Team, competing in the Melanesian Surfing Cup 2015.

The competition attracts entrants from Samoa, Vanuatu, New Caledonia, Fiji and New Zealand and was held on the outer reefs of Bourail, about two hours north of Noumea. Jason had a busy schedule attending the event as team manager and a competitor, as well as a supporter for his son Reef, who took out the Under 18 title.

A significant theme throughout the international surfing competition was the celebration of our unique individual cultures. The Aotearoa Maori team inspired all of the other teams with their commitment to come together and learn their new team haka in just two days.

The haka, aptly named Tihei Tangaroa, was performed along with the traditional Maori greetings to the opposing teams, the local chieftain tribe and dignitaries.

"Our chants for our individual competitors on the competition days were formidable. Our kotahitanga extended to all teams at the event to where we were all learning and chanting in our culture's mother tongues. To describe it in one sentence would be 'Pacific Pride, Pacific Unity,'" said Jason.

"We shared responsibility for each other, our countries and the people we represent. This was a real highlight for the team," Jason added. The team won eight of the 17 titles and came a very close second overall to the Cup winners, New Caledonia.

Special thanks go to the TSB Community Trust for the support they provided for the Taranaki athletes in the team. Congratulations to Jason, Reef and all of the Aotearoa Maori Surfing Team members on their outstanding achievements.



Taranaki DHB Resource Room

***Would you like
posters with that?***

Contact Sharon Parker at the
Taranaki DHB Resource Room:
sharon.parker@tdhb.org.nz
or resource.room@tdhb.org.nz.
Phone: (06) 753 7777 extension 8862
Fax: (06) 753 7788

 www.healthed.govt.nz/

Do you need health resources for patients, clients or customers? For a project or an assignment? To promote health issues at an event or to a group, or even for your own personal use? Well look no further; Sharon Parker at the Taranaki DHB Resource Room has got it covered.

The Resource Room is located in the Public Health Unit on level one of the Barrett Building at Taranaki Base Hospital (above the transport office). Stock includes posters, brochures, stickers, magnets, fact sheets and more. If what you need isn't there Sharon will do her best to get it for you.

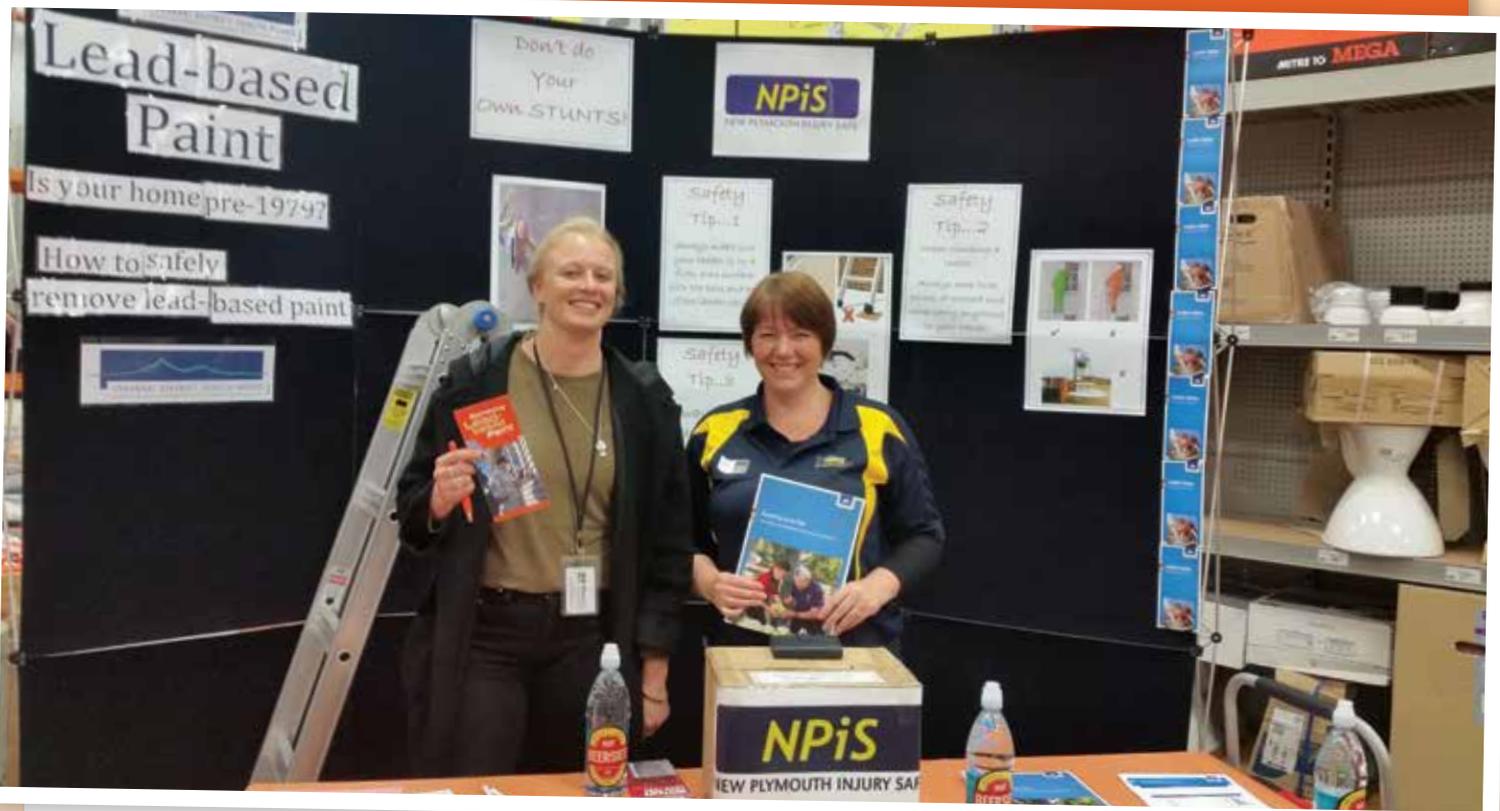
Resources can be viewed online, downloaded as a PDF and many can be ordered for free as printed copies. Some resources are also translated into different languages including (but not limited to) Te Reo and Pacific. These resources are available to both staff and members of the public.

One example of a resource that is available is the Quitline Smoking Cessation booklet which is used by a number of groups including Taranaki DHB Health Promoters, GPs, Tui Ora, midwives and the general public. This is one of many resources available for anyone to order.

Resources can be ordered through Sharon or directly through www.healthed.govt.nz. All orders are sent to Taranaki DHB Public Health Unit as the Authorised Provider (AP) in our area. The resources will then be distributed to you. You can also drop in and see Sharon at the Resource Room, complete the form and leave with the resources you need.



Health Protection at Mitre 10 MEGA Ladies Night



Early last month around 700 women flocked to the Valley Mega Centre for the annual Mitre 10 MEGA Ladies Night. The event included DIY demonstrations, discounts and prizes aimed at encouraging women to get involved in DIY.

New Plymouth Injury Safe's (NPiS) programme manager Teresa Gordon hosted a stall at the event educating attendees about 'safety in the home' and recruited Annabel Shaw from the Taranaki DHB Health Protection team to provide expertise and support on behalf of her team.

The Health Protection exhibition stall promoted the identification and management of lead-based paint in the home, including

advice on how to safely remove it. Lead-based paint can be poisonous to both humans and animals and was banned in New Zealand in 1979; however a lot of houses were built before this time so there is still potential risk of exposure.

Untreated lead poisoning can have a significant effect on children (both in the womb and throughout childhood) in terms of brain development and their ability to learn. Exposure to lead can cause symptoms such as vomiting, stomach pains, difficulty sleeping, constipation and loss of appetite in both children and adults. In extreme cases, if untreated, poisoning can lead to brain damage or even fatalities. If you have concerns

about lead poisoning, contact your GP to request a blood test.

The Health Protection stall had a lot of positive feedback as many attendees were not aware of the issue, particularly those who were about to buy, or had just purchased their first home and were considering renovations.

A brochure about safe removal of lead-based paint was distributed to the public for them to take home. To get a copy of the 'Removing Lead-Based Paint' brochure download the PDF from www.healthed.govt.nz website by searching for HE4157, or contact Sharon Parker from the Public Health Unit's Resource Room.



www.healthed.govt.nz



Have you met Toy and Yota?

A few weeks ago the Transport Department ran a competition to name the two magpies that had been installed in the Taranaki DHB car park.

The birds were installed as a way to scare off the seagulls (and other birds) that seem to permanently occupy the car park, making a mess of the cars and keeping the staff very busy keeping them clean.

With more than 40 entries it was a tough decision, but the winning names have now been picked....

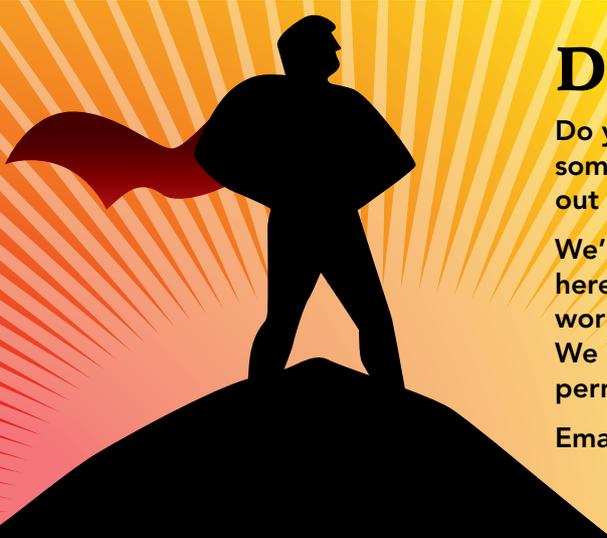
Toy and Yota



Congratulations to Mary Bird for her winning suggestion. Second prize went to **Alana Whiting** for **Sumo & Ninja** and highly commended went to **Stephen Thomas** for **Shot & Gun**.

While initially there were no prizes for the competition, just the glory of naming the birds, a chance discussion at Tasman Toyota in Westtown (after the names had been picked) led to a generous donation of a car cleaning kit and a very high quality umbrella as prizes!

So here's a big thanks to Tasman Toyota for their prize donations and to everyone who sent in their name suggestions.



Do you know a Hospital Hero?

Do you know someone at Taranaki DHB who deserves recognition for something they've done, or even just someone who's done something out of the ordinary that we might be interested in?

We're always looking for stories that are about the people that work here at the TDHB, and not just about what we do at work, because a work-life balance is important. So send us an email and let us know. We can keep it confidential if you require it, and we'll always ask for permission from the person in question before anything is published.

Email us at communications@tdhb.org.nz.

Warm Fuzzies

A thank you

I wish to thank all those people who assisted when I was recently knocked over on the pedestrian crossing on Currie St. Thank you to the young man who put his backpack under my knee and held my foot up. The ambulance staff were brilliant (except he cut up my near new jeans, haha). Taranaki Base Hospital provided excellent care.

There were the ED staff that attended to me, Mr Lynskey and his team were great, thanks to them my ankle is making a good recovery.

The nurses were great, each and every one of them, so nice to refer to them by their Christian names and for them to call me by mine. The OT and physio staff were tops.

Last but by no means least, thank you to the kitchen staff and chefs, the meals were just lovely, very tasty and nicely presented.

Once again, a huge thank-you to all those who assisted.

Eileen Holt
New Plymouth

"I would like a message to get to the Manager of a nurse called Debbie Greenhead. She provided my 5 year old son (who had a broken humerus) and I with excellent care, empathy and support. She also rang me a couple of days later to follow up his progress and provided excellent additional advice. I was extremely impressed and would like to express my gratitude for such fantastic support from a wonderful staff member. "

"My mother received terminal care after a stroke on Ward 4B from 16 to 25 July. She and our whole family received wonderful care both in A&E and subsequently on the ward. Although a very sad time for us, the care shown by both the nursing and medical staff made a huge difference and we are extremely appreciative of it."

"I recently stayed at Hawera maternity for 4 nights after having my baby and I was absolutely blown away at how amazing every staff member was. They checked on me constantly and provided me with 24 hour support and advice. I have been raving to everyone about the care I received while there and I will continue to do so."

"My mother was recently a patient at Hawera Hospital. When I visited her there I was so impressed with the staff in the main ward. But I really wanted to congratulate Judy on the ward desk for being so incredibly helpful. I live 3 hours away from Hawera and whenever I visited the ward or phoned through, Judy made it possible for me to get the information needed or the help I required with no hassle or problems. Nothing was too much trouble for her, and that makes a huge difference when you are trying to care for a family member long distance. I really appreciated the care and service from the staff on the ward. They do a great job."

"I am writing to express my appreciation for the wonderful care and treatment I received during my recent emergency admission. I visited many hospital departments, ED, X-Ray (3 times), HDU, Ward 3B, CT and ultrasound. Everyone was unfailingly professional, kind and compassionate in what was a frightening experience. However, I wish to make an extra special mention about the amazing Mr Haddawi and his team, Simon, Anna and Christina. Mr Haddawi is the kind of doctor that people dream of meeting; he is so approachable, kind and caring, and made sure that I was fully informed every step of the way. I am sure that his care enabled me to cope with a situation that was so unexpected. Please pass on my heartfelt thanks and appreciation to him and his team. "

"...My husband and I have recently given birth to our first baby at TDHB. My midwife was Annette Thomas. My labour was extremely long and tiresome and resulted in my baby not progressing so for safety after many hours, I had an emergency caesarean. I would like to offer heart felt praise to Annette and Jeremy Smith, my obstetrician who delivered our baby boy safely. I was transferred to maternity and was offered quality care to a high standard which we really appreciate. The nurses and midwives there do a fantastic job particularly with education and reassurance."

Books for Babies

At just 9 hours old, Johnny Jordan owns his very first book, thanks to a kind donation from the Taranaki Literacy Association. To celebrate National Literacy Month, the Association has donated a copy of 'Goodnight, Sleep Tight' by Mem Fox, for every baby born at Taranaki Base Hospital this month.

Taranaki Literacy Association spokeswoman Jackie Cameron said "Reading aloud to your baby right from the start, especially books with rhyme and rhythm, help build the ability to hear sounds in word, which helps children learn to read. Each year we pick a new book, with attractive, high quality repetitive and/or rhyming stories that will capture the imagination of parents and babies alike."



Care Capacity Demand Management (CCDM)

CCDM Mix & Match for the Medical Floor

During the two week period of 19 October - 2 November 2015 the 'Mix and Match' data collection process is going to be carried out on the Medical Floor. The required training for all the staff will be held during the week prior, starting 12 October.

Over this period the staff will do a data collection for each shift where

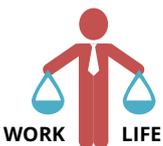
they record all the activities they perform in 15 minute slots. This is a thorough process but is vital in ensuring all work is captured. Ward 2A and the Surgical Floor (Wards 3A and 3B) have both completed this process and are working on the outcomes of the data.

Thank you to all staff involved in the process and helping with these

ongoing subsequent improvements, which are vital in improving services for the staff, patients and the DHB.

Jean Richardson (Acting CNM) says "despite the challenge of the Mix & Match data collection, we believe undertaking the CCDM process will benefit the nurses and patients on the Medical Floor".

CCDM Workforce Survey Results



The survey was designed and administered by the Safe Staffing/Healthy Workplaces Unit (SSHW) using Survey Monkey and is a modified version of a survey that has been administered to the DHBs involved with the Care Capacity Demand Management (CCDM) Programme.



This report compares Taranaki DHB data from the original CCDM survey in 2012 and the 2015 survey. Between these dates, the acute wards moved to the new Acute Services Block resulting in a significant change in the environment of care delivery. This survey enables an assessment of the impact of this change in



terms of staff perceptions about their work conditions and environment; their perceptions about their job; patient care; and staffing structures and processes. Data from the DHB has also been compared to data from five other DHBs who have previously completed the survey.

To see the results of the survey go to the intranet - Staff Stuff - Projects - Care Capacity Demand Management