Celebrate International Nurses Day with the ADHB

Today’s nurses proudly keep up the good work done over the ages

Inside this issue!

- Support staff during World Smokefree Day
- Children benefit from oral health initiative
### Pacific health general manager farewells the great ADHB team

After nine years of heading up the ADHB’s Pacific Health team, Aseta Redican stepped down from her role as general manager last month.

During her time at the ADHB, Aseta says she learnt that “great leadership, being valued, good communication, good relationships and strong faith” can overcome many seemingly unsurmountable objects and barriers.

These qualities have helped her accomplish a number of notable achievements for the organisation including the establishment of two Pacific lead Primary Health Organisations and the Pacific Health Advisory Committee.

Aseta’s vision also saw the formation of the ADHB’s award winning Healthy Village Action Zone strategy, which has grown to be a flagship health promotion initiative for the organisation.

“It was a privilege to be part of these projects and processes and to see many of the goals we set being achieved,” she says. “I was very fortunate to have such a loyal, passionate and effective Pacific team to work with.

Knowing that Pacific Health will be left in good and capable hands with the continued support and leadership of our CEO, Garry [Smith], is very comforting.”

Over the nine years, Aseta has noticed positive changes in the way that health services are delivered to the Pacific community.

“Mainstream services are increasingly seeking Pacific input in to some of their plans and activities which is great to see.”

Speaking about Aseta’s time at the ADHB, Garry says “Aseta’s dedication and outstanding commitment to health has seen tangible health gain initiatives being implemented, particularly for our Pacific communities.

“Her contribution to the senior leadership team will be missed, as will her leadership of the small, but very effective, Pacific Health Team.”

### Celebrating the spirit of professional nursing

I recently reviewed this year’s nominations for the Rotary Trophy of Tradition. The trophy is awarded annually on International Nurses Day (IND) to the nurse who typifies the spirit of professional nursing in their practice.

Nurses are nominated by their peers who describe the compassion and caring attributes of their colleague that make them great role models for the profession. I found these attestations humbling and inspiring.

The role of nursing is changing. Nurses are taking on different responsibilities in response to workforce changes and developments in technology. New nursing roles are being discussed along with other new healthcare worker roles and regulatory change. We are also going to see profound change in our communities as economic recession, unemployment and access to healthcare impacts on our most vulnerable populations.

What shouldn’t alter are the values and attributes of the profession which have been part of the social contract between nurse and patient for over 100 years. The Five Pointed Star which all New Zealand Registered Nurses can wear, may have military origins, but it still embodies the caring and compassion which will be in greater demand in uncertain times.

The ADHB’s nurses have a long tradition of courage, generosity and innovation. These stories don’t always get the recognition they deserve.

Please join us in celebrating these achievements and our Trophy of Tradition recipient on the 12 May, International Nurses Day.

By Executive Director of Nursing, Taima Campbell

▶ Turn to page 4 to read about our ADHB nurses, who have committed to lifelong learning and patient care.
Children to benefit from oral health education programme

In a drive to encourage young children to develop good oral health habits for life, Starship Children’s Hospital is working with Auckland University of Technology (AUT) students to educate the children, their parents and Starship staff about the importance of dental health.

Over the next six months, AUT’s students will be at Starship Hospital visiting children and their families on the wards twice each month. They will demonstrate how to practice good oral hygiene and get involved in oral health promotion activities with the children and their families.

“Poor oral health in children has been linked to poor child development and general health, both in childhood and in later adulthood,” says service manager of the Child Community and Disability Service at Starship Children’s Health, Kathy Peacock.

“Because we know adult oral health inequalities can have their origins in childhood inequalities and that tooth decay is an almost entirely preventable disease, it is important for us to reach children at an early age to educate them about good oral health habits.

“Due to the nature of the medical conditions of some of the patients, their ability to maneuver different preventative materials in their mouths, such as toothbrushes and dental floss, may be limited. Our staff need to know and be comfortable with how to properly provide for their patients’ oral health needs.”

During ADHB’s oral health promotion fortnight, which runs from 04 – 15 May, Auckland Regional Dental Health Service will run educational sessions and focus on ‘lift the lip’ and oral health risk assessment.

Incident management team to face new challenge

Staff encouraged to find out more about emergency management

A new exercise to test the ability of the ADHB’s Incident Management Team (IMT) when responding to a mass casualty event will take place later this month.

While the details of the exercise cannot be disclosed until the day of the event so the exercise is kept as realistic as possible, Emergency Management co-ordinator, Justin Rawiri, says the IMT’s primary role is to respond to incidents that could significantly impact on the organisation’s functions.

“While the IMT response is the focus of this exercise, it is important to remember we all have a part to play in emergency management. Managers and team leaders in particular need to think about the ability of their teams to effectively respond to an emergency,” says Justin.

The IMT, which is made up of senior managers from across the organisation, meets regularly to research and develop activities to increase the capacity of the organisation to successfully prepare and respond to major incidents.

“Mass casualty events have the potential to overwhelm hospital services as they may result in a sudden influx of patients,” says Justin. “Ensuring the ADHB has the means to respond to emergencies and to maintain critical services is fundamental to the organisation.”

A key aspect of this involves testing the plans that the IMT has developed for the ADHB. This is achieved by conducting exercises to test the procedures for responding to a range of potential emergencies. Over the years this has included Exercise Cruickshank for pandemic planning and, most recently, Exercise Ruaumoko which tested New Zealand’s arrangements for responding to a major disaster resulting from a volcanic eruption in the Auckland region.

Managing Business Risk workshops are available for level three and four managers to assist them in their emergency response roles. Course details can be found on the ADHB intranet on the learning and development pages.

Acknowledgement: Mahina Mohetuki

The ADHB would like to acknowledge Mahina Mohetuki for her long commitment and service. Mahina passed away in service in March 2009.

Mahina started her career at the ADHB as a sterile supply technician in the Central Sterile Supplies Department (CSSD) in August 1974. After a few years out of service to return to Nuie, Mahina rejoined the CSSD team in the late-80s and continued in her role as a sterile supply technician until she passed away. She was responsible for ensuring operating theatre instruments were decontaminated, sterilised and re-packed. In 2007, Mahina became responsible for looking after all the products that are processed for Health Support Services Limited which she did without question.

Mahina will be remembered by all who knew her as “a very happy lady” who always had a smile for everyone. She was a woman of immense integrity and was always willing to offer help and advice where she could. Her cheerful, happy personality will be missed by all who knew her.
International Nurses Day

International Nurses Day is celebrated throughout the world on 12 May - the anniversary of Florence Nightingale’s birth. This day recognises the critical role nurses play in delivering quality healthcare to patients across the globe, including the ADHB’s own nurses who are an immense asset to the organisation and its communities.

Nova has spoken with four nurses to find out what drew them to this profession and what keeps them in the roles they have.

**Denise Thatcher: Gerontology Nurse Specialist, A+ Links Home and Older People’s Health.**

Denise always had an interest in older people and their health so a career in nursing was perfect for her.

She is now a gerontology nurse specialist with the ADHB’s Older Peoples Health Service and is using her community based experience to introduce the community transition service and gerontology nurse role to the Adult Emergency Department and Assessment and Planning Unit.

“I carry out assessments to gauge whether people are well enough to go home and have appropriate support networks in place. If not, I arrange for this to happen."

In this role Denise works with GPs and families to ensure the older person will receive the care they need, as well as visiting her patients at home to ensure they are improving and coping. She also gives support and help to elderly carers.

“It is a real privilege to work with older people and to hear their stories and history. Ultimately the most rewarding part is helping support older people to have the best quality of life that they can.”

**Paula Whitfield: Breast care nurse specialist, ADHB Breast Cancer Services.**

Paula has wanted to be a nurse from a young age. Today she is now the ADHB’s breast care nurse specialist, providing information and support to women with breast cancer, while coordinating all aspects of their care.

“I am involved in a woman’s pre- and post-operative care, including arranging surgery appointment times with women, talking to them about their surgery and ensuring they are connected with appropriate support services.”

Paula visits women at home to assess their needs and she sometimes refers women back to the service for additional investigation and follow up, as well as being involved in arranging palliative care for women.

“It is a privilege to be able to build such close relationships with the women I care for,” she says.

Paula believes anyone coming into a role as a breast care nurse specialist should have some life experience under their belt first and an oncology and / or district nursing background.

**Pauline McKay: Charge Nurse, Child and Family Unit, Starship Children’s Hospital**

Although nursing had always interested Pauline, with both her siblings being teachers she was all set to go down the education path. However, while studying teaching, Pauline went to a nursing open day and realised mental health nursing was meant for her. She has never looked back.

Today, Pauline is charge nurse on the ADHB’s Child and Family Unit (CFU), which is one of three acute mental health inpatient units for children and adolescents in the country.

“I assess children and adolescents for admission and discharge. We get referrals for young people who have severe anxiety disorders, first episodes of psychosis, bi-polar disorder, major depression and many other conditions,” she says.

The most rewarding part of her role is developing close relationships with young people and their families at a time when they can make a difference to a young person’s wellbeing and future.

“I am also passionate about being able to support my staff (of over 60) to help them to do the best they can by ensuring they have the right tools and skills,” she says.

For those considering a career in child and adolescent mental health, Pauline believes some resilience is needed as there are many sad stories to be heard. “Another must-have is a love of learning. Things are constantly evolving, which means keeping up with research development in your specialty, as well as changes in medication and new therapies to encourage best practice.”

**Matt Fribbens: Clinical Co-ordinator, Primary Care Liaison Service**

Matt comes from a family of nurses, so moving in to nursing felt right. His parents had mental health nursing experience and Matt too has worked in community mental health roles.

He is now the clinical co-ordinator for the Primary Care Liaison Service. “I look at the integration of care between primary and secondary care services and identify any gaps between the two services,” says Matt.

“This helps us to work towards a recovery model that encourages secondary care service users to independent living, while being effectively supported by primary care services. It also means we will look at the services primary care can provide to those experiencing moderate to severe mental illness, so they have reduced risk of experiencing severe / enduring illness, which leads to secondary service intervention.”

Matt advises: “Working in a non-clinical role for a while can give a good feel for the wider work and a good grounding for your future nursing practice.”
The ADHB Smokefree Services is pleased to announce the arrival of a new smoking cessation service for pregnant women, their partners and whanau.

Three Smokefree Pregnancy facilitators, with a combined experience of 10 years working in pregnancy and smoking cessation, make up the team.

“Our team is committed and passionate about providing intensive support for our expectant mums and their families,” says facilitator Jeannie Transom.

“Helping a pregnant woman to stop smoking is one of the most important interventions that can be made to improve the health of the mother and her baby, in both the short and long-term.”

From small beginnings, receiving referrals from National Women’s Health (NWH) and some independent midwives, the team is now at full strength and welcomes referrals from all services working with pregnant women in the ADHB area.

“We are looking to reach women early in their pregnancy, so we encourage all LMCS, GPs and community services to refer to the service. To date, we have had an excellent response from midwives and doctors at NWH community and inpatient services. We’ve set up a hot desk on Ward 98 and we are available for support Monday, Wednesday and Friday from 9.30am to 12.30pm.”

Charge Midwife Ward 96/98 Barbara Ferguson says: “Now that the Smokefree Pregnancy Service is based on the ward, it is far more accessible. Midwives can ask for advice on prescribing NRT, which encourages and supports them to integrate brief intervention into their practice.”

To make a referral to the Smokefree Pregnancy Service
Phone: 307 4949 ext. 27867
Internal Fax: ext. 26554
Email: smokefree@adhb.govt.nz

“Making a referral is easy and quick, enabling our team to provide support as early as possible in the pregnancy.”

Charge Midwife Ward 96/98 Barbara Ferguson

Service helps pregnant women become smokefree

The Auckland Regional District Health Boards (ARDHBs) released the community laboratory testing services report to the public last month.

This is the first consultation within the region to cover such a broad range of community laboratory matters and its findings are based on feedback from patients and the medical community. The high level of response, with many comments and suggestions offered, will help shape the future development and ongoing improvement of this important service.

“The findings within the report will be very valuable to all three of the boards, as we continuously work towards improving this critical service for our communities,” says the ARDHBs’ spokesperson, Geraint Martin.

“It also demonstrates how the three DHBs and our staff – Auckland, Waitemata and Counties Manukau – work together to ensure consistency of service levels, access to services and facilities and parity of care across the three regions. We want to thank everyone within our organisations who gave of their time to respond to the survey.

“We’re pleased to say some of the key findings have been taken into account and will be acted upon, such as longer opening hours for the new collection centres.

“A major finding was the level of dissatisfaction in the community about delays in the mornings for getting specimens taken. Labtests has committed to address this by opening earlier and having larger centres,” says Geraint, adding that one in five Aucklanders, especially those in full-time employment, are put off having their samples taken because too few collection centres are open early and those that are have long queues and waiting times.

The report also noted a high level of support for ‘e-referrals’; doctors who want to take up the option of electronic pathology test referrals, under Labtests’ new Auckland eRequests system, will be alerted through an integrated online request system.

The benefits of the system to patients include:

- Better patient identification and record matching
- Increased data entry accuracy and efficiency
- Improved testing turnaround times.

“These kinds of developments and benefits will make a tremendous difference to both patients and their GPs and we look forward to further improvements,” adds Geraint.

The full Community Laboratory Testing Services consultation report is available on www.adhb.govt.nz for review.

ARDHBs release laboratory services consultation report findings to public

Hei Oranga Tika, mo te Iti me te Rahi

Page 5 | NOVA
**Free family fun**
- **Heron Park Volunteer Tree Planting Day**
  10 May, Heron Park, Waterview
- **Auckland Museum**
  Open Monday from 10am – 5pm, this is a great day out for the family. While donations are accepted there is no formal entrance fee. There is something for the whole family at the wonderful museum. Top off your visit with a picnic on the Domain.

**Healthy Tips**

**Warm and wholesome**

- **Chunky pumpkin soup**
  Dice one onion, potato and two cloves of garlic and mix up with one chunky, chopped crown pumpkin. Heat 2 tablespoons of oil in a large pot and add vegetables and 4 cups of vegetable stock. Bring to the boil then reduce heat and simmer for 30 minutes until the pumpkin is soft. Remove soup from heat and blend until smooth. Best served with a dash of pepper and a sprig of parsley.

- **Hearty fish pie**
  Place a large can of tuna (or smoked fish) in a casserole dish and cover with a layer of canned tomatoes. Add sliced cooked vegetables, such as carrot, onion, beans and broccoli. Drizzle with about 1/2 cup of light cream. Top vegetables with mashed potato and bake at 180 degrees for 20 minutes or until the potato is lightly browned. Add a bit of basil for fuller flavour to the tomato.

- **Vegetable hot pot**
  Finely chop pumpkin, mushrooms, potato and celery and simmer in a large pot with a clove of garlic, 1/4 cup of tomato paste and a can of kidney beans. Stir occasionally for 15 minutes or until pumpkin is soft. Serve over cooked rice.

- **Very berry crumble**
  Place oats, shredded or desiccated coconut, 2 tablespoons of light butter and 1/4 cup of brown sugar in a mixing bowl and combine with fingertips. Place one packet of mixed berries in an ovenproof dish and cover with dry mixture. Bake at 180 degrees for 15 minutes or until topping is golden brown. Serve with a dollop of natural low fat yoghurt.

- **Baked potato**
  Bake one large potato in the oven at 180 degrees for one hour or until tender. Remove from oven, cut the top off the potato and scoop the flesh into a bowl. Mix with grated low fat cheese (or light cottage cheese) and sliced ham or tuna and finely chopped parsley. Place potato top back on and bake for 10 minutes or until hot and golden.

**Workout wonders**

If you’re tired of your everyday workout, then shake up your routine by incorporating one of these indoor and outdoor activities into your weekly exercise regime.

- Head down to your local pool to swim laps before or after work. Mix it up by trying different styles for each lap or using a kick board.
- Organise a group of friends to train together once or twice a week for an upcoming community fun run. Try a new route, or aim to go a bit further every time you train to keep yourselves challenged.
- Get your groove on by taking a beginners class at your local dance school. Hip hop, salsa and jazz are great fun and bound to work up a sweat!
- Find a public tennis court near you and rally the whole family for an action packed game of tennis. Try playing doubles with different members of the family competing against each other.
- Sign up to become a volunteer tree planter for a conservation group. Planting and restoring local forests and bush is a very rewarding way to workout!
Kiwi physiotherapist reviews Nepalese training

Outpatient physiotherapist Lois Martin visited Kathmandu to review the progress of physiotherapy training in Nepal.

Lois is well aware of how important this vital area of healthcare is for the region, having started the inaugural formal physiotherapy training nearly 23 years ago when working for an aid programme.The course has grown into a three-year diploma programme with an intake of 10 students for each year.

“The staff are now mainly Nepalese and training is based on problem solving, as well as the World Health Organisation model of community-based rehabilitation that is being introduced nationally,” says Lois.

Lois visited the new spinal injury unit that has received a donation of 13 long-based wheelchairs for paraplegics, which are specifically designed for use in hilly terrain. This initiative was organised by limbs4all, the New Zealand mountaineer and double amputee Mark Inglis’s trust.

According to Lois, disability in Nepal is a major issue. “There is inadequate service provision to ensure disabled people, particularly children, are able to develop and participate in life to their full potential. However, donations such as these help considerably.”

Nova would like to hear from any staff members who have travelled overseas in a professional and/or vocational capacity and who would like to share their story with peers and colleagues. Email ADHBcommunications@adhb.govt.nz with your experiences and ideas.

Did you know ...
The New Zealand Society of Physiotherapists is twinned with the Nepalese physiotherapy association NEPTA.

Orbit Welcome to the Travel Remedy

Matakana - Close enough to visit, far enough to stay

People flock to Matakana in the summer, drawn by the nearby beaches and alfresco dining. But this picturesque settlement, 50 minutes out of Auckland city also makes a perfect winter escape. There is an array of boutique accommodation options throughout the region; the farmers market held every Saturday is a mecca for lovers of fresh and artisan produce; the kids can still blow off steam along the beach and uncover the wildlife found in and around rockpools; and food in the cafes tastes as good eaten indoors as out. You can make the rounds of local wineries, or walk the Brick Bay Sculpture Trail, a 2km ever-changing trail of art works by emerging and established New Zealand artists. These are great ways to spend a wintry weekend.

Monthly Competition

The prize for this month will be one night’s accommodation at the Heritage Hotel which is is just a short stroll from the excitement of the Viaduct Harbour, Queen Street and the Sky City Casino. This luxurious hotel is unique among Auckland’s CBD hotels in that it provides guest facilities normally restricted to resorts. There are two swimming pools, one on the roof top and an indoor, heated lap pool, a floodlit tennis court, two well equipped health clubs, two restaurants and secure carparking available to guests.

Question:
Who is the ADHB’s Emergency Management co-ordinator?

To enter, simply answer this month’s question and send your entry to novan@adhb.govt.nz, subject line ‘monthly competition’, or mail to the Communications department, Level 1, Building 10, Greenlane Clinical Centre. Entries must be received by 29 May 2009. One entry per person.

Grand Prize
Air New Zealand will provide two economy class tickets to the Pacific Islands – Samoa, Tonga, Fiji or Rarotonga for the Grand Prize for Nova for 2009. There may be peak periods when seats are not available i.e. Christmas. To be in the draw, each month simply collect the letters (supplied at the bottom of this column) and at the end of the year correctly solve the simple anagram. Then send your answer to the address supplied in the November edition.

May Grand Prize letters: T, E

Conditions of entry: Tickets are not exchangeable for cash; tickets will not attract air points; tickets are not upgradeable; winner must be an employee of ADHB (give employee number) at the time of the prize draw. Valid until 30 June 2010. Travel is not permitted 20 Dec 2009 – 15 January 2010.
The memory tree that was set up in the ADHB chapel to commemorate loved ones who have died, has brought tremendous comfort to friends and family.

“Last year, one of our Maori chaplains the Rev Haane George Porter suggested we set up a memory tree in the chapel,” says the ADHB Chaplains manager, Sue Harvey. “We were aware that the hospices had used a similar idea, with great success, for people using their services.”

Paper doves, which were created to hang upon a tree, had special messages written on them.

“Chaplains let patients know in their rounds about the tree. Some patients had doves brought to them to fill out a message to a loved one who has passed on, and the chaplain has hung it on the tree for them,” says Sue, adding that the messages are written in a number of different languages.

“The tree was overflowing with messages and a family in the chapel said it was a wonderful way for them to let go of their mum, who they had held on to for so long.”

Sue adds that patients commented on visitors who had been to see them and who had also visited the tree, came away from the tree feeling blessed and at peace about those who had passed away. “The purpose of the Memory Tree is for patients, staff, families and friends to be able to gain closure by letting go of past memories,” says Rev Porter.

A thank you service was held on 15 April to end the time for the Memory Tree.

On Wednesday, 13 May 2009 Rossina Tonga will have been smoke free for a year.

In the lead up to World Smokefree Day 2008, Paediatric Outpatients’ healthcare assistant Rossina Tonga contacted Smokefree Services seeking support to stop smoking – for good.

While her journey certainly hasn’t all been plain sailing, Rossina persevered. She used NRT patches, changed some of her habits associated with smoking and checked in regularly with Smokefree Services.

“I chose to stop meeting with my friends after church for a while because many of them smoked and I didn’t want to be tempted. Now it’s okay – I can be around them now and I don’t want to smoke,” says Rossina.

She says there have been many benefits to giving up. “My breathing is better and I can walk further and faster than when I smoked. I even get to sleep in longer because I don’t need to get up for that first smoke of the day. “I used to put aside about $100 a week for cigarettes for myself and others. The money I’ve saved by not smoking has made it possible for us to renovate our home!”

You can do it – Rossina has!

Name: Joan Dodd
Working at the ADHB: 1963 - 2009
(43 years, with three years spent overseas and in further education)

After over 40 years of service at ADHB, Joan Dodd, a valued member of the Research Office, has retired. Besides a brief break overseas, Joan dedicated her entire working life to the ADHB, where she began her career by training to be a nurse in 1963. Since then, Joan has held a variety of nursing roles at the Princess Mary Children’s Hospital, as well as in the neurosurgery department and as nurse supervisor in ophthalmology and nursing research. In 1985, Joan moved into research and full-time product evaluation, and then became the associate director of Clinical Practice at Auckland City Hospital. Eight years later, Joan became the research coordinator and played an integral part in the early research activities that led to a more formalised and centralised research office. She was a member of Auckland Hospital Ethics Committee in the 1980s and has been a human protection officer for the ADHB. With her great knowledge about ethics and research, Joan has been a supportive ethics resource for colleagues and researchers alike over many years. As a dedicated and loyal member of the team Joan always went the extra mile to support researchers and her colleagues. She will be very much missed.