

WAIKATO HEALTH NEWS

SPRING 2016



You are lying on the treatment table, about to start 20 minutes of radiation therapy. A high tech machine rotates above and around you. Because your treatment involves radiation, you are actually in a concrete bunker. But the room feels light and airy. On the wall in front of you is a huge photo of a New Zealand forest. And when you glance up at the ceiling, you are looking through overhanging branches of leafy green trees and into a beautiful blue sky.

Linear accelerators (linacs) are the machines that deliver high precision radiation therapy for cancer patients. As part of a planned upgrade and replacement cycle, one of the four linear accelerators (linacs) at Waikato Hospital was recently replaced by the latest Varian TrueBeam model.

This gave the hospital a “window of opportunity” to renovate the treatment room itself, including installing a USA-made photographic sky ceiling (photo above) and some large panels of a forest scene.

Each radiation therapy treatment room at the hospital is colour-coded with its own “look and feel” using paint and photographs – earthy forests, sunny beaches, blossoms, native flowers and animals – often taken by staff.

The whole idea is to provide a positive experience for patients during treatment which can take from 10 to 60 minutes. The images have a calming effect, giving patients something positive and interesting to focus on if they wish.

So although technically the rooms are concrete bunkers to secure the radiation, they have been transformed into warm and light spaces with a strong link to nature – and this environment is supported by the friendly, caring and professional attitude of the staff.



Some of the highly skilled and caring Waikato Hospital Radiation Oncology team who work with the linear accelerators and with patients (l to r) Jenna Davidson, Radiation Therapist; Michael Taylor, Team Leader Radiation Therapy; Mikayla Beetsma, Radiation Therapist; and Koki Mugabe Chief Medical Physicist.

The sky ceiling was made possible by a \$30,000 grant from the Dry July Charity, whose aim is to raise money to enhance the experience of cancer patients. A sky ceiling is an illuminated false skylight, using a backlit photo. Local Hamilton firm Vivid Images donated the large photo wall panels featuring a beautiful forest scene by Rob Suisted, award winning New Zealand photographer.

WELCOME

TO OUR SPRING ISSUE WHICH INCLUDES STORIES, HEALTH ADVICE AND INFORMATION FROM WAIKATO DISTRICT HEALTH BOARD FOR VISITORS, PATIENTS AND PUBLIC.

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THEN & NOW



Online services through the New Zealand version of HealthTap

- access to online doctors after hours
- video or text consultation with hospital specialist from home instead of travelling to the hospital, if appropriate
- access to doctor-approved health information about conditions, symptoms, procedures and treatments
- ask a question and view answers from a database of New Zealand and international doctors.

Free out of hours online doctor service

Waikato DHB has launched an online out of hours doctor service for people who can't get to see a doctor easily on the evenings and weekends.

The service is an extension of the Virtual DHB initiative, powered by HealthTap, which already connects patients with their hospital doctor for a text or video chat through a website on their home computer or an app on their smart phone or tablet.

Dr Damian Tomic, the DHB's clinical director of primary and integrated care, who set up the new service, said: "People who live in our remote rural communities tell us that they have real difficulty accessing health services, especially out of hours, so we are delighted to be able to offer them this free service.

Dr Tomic said anyone who is signed up to the Virtual DHB service will be able to access the online doctors for free Monday to Friday from 6pm to 11pm, and Saturday, Sunday and public holidays from 8am to 8pm. They will be able to message the doctor through their home computer, smart phone or tablet wherever they are and initiate a video chat.

"We want to remove the barriers to healthcare that many of our population face. This service will add to the out of hours services already offered by some GPs and Accident & Medical Centres, but will be ideal for people who find it difficult to travel."

Their phone provider's normal data charges will apply.

"For many people in rural areas getting to an after-hours service such as an Accident & Medical Centre is difficult. Even those who are able to get to the hospital can spend hours in the Emergency Department when their query could have been answered easily by a doctor online and this would free up ED

for more urgent cases," said Dr Tomic.

The online doctors, who will all be NZ registered GPs or Emergency Medicine specialists, will

be able to write prescriptions in certain situations that can be faxed to the person's local pharmacy to collect. The consultation notes will be sent to the person's usual GP and will be available to view by the patient in HealthTap.

People who want to sign up for the service should take their photo ID along to the enquiry desk at Waikato Hospital or at the DHB's other hospitals at Thames, Te Kuiti, Tokoroa or Taumarunui. Staff will then send an email to the person who can then register with the Virtual DHB and download the New Zealand version of the HealthTap app to their smart device.

Those who sign up will also be able to use HealthTap's other features: video or text consultation with their hospital specialist from home instead of travelling to the hospital, if it's appropriate in their case; access to doctor approved health information about conditions, symptoms, procedures and treatments; and the ability to ask a question and view answers from a database of responses from New Zealand and international doctors.

Dr Tomic said: "We want to remove the barriers to healthcare that many of our population face. They deserve access to free advice from a health professional where it's safe and appropriate to do so. This service will add to the out of hours services already offered by some GPs and Accident & Medical Centres, but will be ideal for people who find it difficult to travel."



Dr Damian Tomic, who set up the new service, in his GP clinic.

True Colours – building a “village”

The old African saying “It takes a village to raise a child” still rings true today and even more so when a child has a complex health condition.

True Colours Children’s Health Trust is part of the ‘village’ supporting children with serious illnesses and their families as they face challenging times. A community funded organisation, the Trust supports families through counselling, education and nursing, providing a holistic approach to wellness. It works closely with Waikato DHB to ensure families receive the support they need.

True Colours builds relationships within the local community to grow the ‘village’ that supports a child with serious illness. In 2014 True Colours became the official charity partner of the Northern Districts Cricket Association. This partnership has provided some wonderful opportunities for children and their families to meet and play cricket with the Northern District Cricket teams. For children who face daily health challenges, and are often in and out of hospital, getting the chance to meet their sporting heroes, and being made to feel special, is something that lifelong memories are made of.

Peter Roach, CEO of Northern District Cricket Association, says the players enjoy meeting the young children and hearing their stories, along with meeting the mums and dads who have the responsibility of the care and decision making of their children’s health.

www.truecolours.org.nz



Have you checked your blood pressure lately?

The Stroke Foundation of New Zealand’s FAST (Face, Arm, Speech, Time) campaign encourages New Zealanders to learn what to look for and act fast by calling 111 if they suspect someone is having a stroke.

In late 2014 Waikato was one of the regions to trial the FAST campaign, which is now used successfully nationwide.

Failure to detect and control high blood pressure is the single biggest cause of avoidable strokes. In early October this year the Stroke Foundation and other health agencies are urging people to get their blood pressure checked.

Big NZ Blood Pressure Check is on Saturday, 1 October – it’s a chance to get your blood pressure checked for FREE. There will be a number of sites, including some participating supermarkets and health providers.

On Friday 14 October free blood pressure checks will be available at Waikato Hospital in the Meade Clinical Centre Level 1 corridor, near Pharmacy On Meade.

Getting your blood pressure checked, and checked regularly, is an important safeguard everyone can take against stroke.

SIGNS OF STROKE

F

A

S

T

FACE

ARM

SPEECH

TIME

DROOPING

WEAKNESS

DIFFICULTY

TO CALL 111

If you see **ANY** of the signs, **call 111 immediately.**

strokewise.org.nz

STROKE FOUNDATION

hpo health promotion agency

MINISTRY OF HEALTH



Our Values

People at heart

Te iwi Ngakaunui

Give and earn respect – *Whakamana*

- Be courteous and considerate
- Own what you do
- Value everyone's contribution
- Accept differences and diversity
- Put yourself in the shoes of others

Listen to me; talk to me – *Whakarongo*

- Listen to and hear others
- Open and safe sharing
- Kept in the loop and informed
- Direction and expectations clear

Fair play – *Mauri Pai*

- Create opportunities for inclusive decision-making
- Share the work, do your share
- Equal recognition for all
- Clear and transparent processes

Growing the good – *Whakapakari*

- Acknowledge and appreciate me
- Create opportunities to learn and grow
- Give support, praise and feedback
- Provide experiences to maximise potential
- Share learning(s); create change

Stronger together – *Kotahitanga*

- Be kind and helpful to each other
- Foster a supportive safe work place
- Celebrate and share success
- Collaborate to achieve known outcomes

New vision, values and

Waikato DHB has launched its refreshed strategy with a new vision

Healthy People. Excellent Care

Healthy People. Excellent Care means we will support people to stay fit and healthy in their communities. However, if people do need health and care services we treat them quickly, expertly and in a caring and fair way.

The new strategy is a 44-page document and will be the roadmap for Waikato DHB for the next five years. It ensures the organisation is heading in the right direction, focusing resources in order to make a difference and making the most of new opportunities.

Our old strategy dated back to 2006 and a lot has changed since then. A draft

strategy was developed late last year and from March 2016 engagement with stakeholders, health providers and the public helped refine and improve it. The strategy was signed off by the Waikato DHB Board in July 2016.

- Read the full strategy and watch the video where our staff talk about what it means, on our website:
www.waikatodhb.health.nz/strategy
- To request a copy of the Waikato District Health Board Strategy contact:
news@waikatodhb.health.nz or ask for a copy at the main reception/enquiries desk in any of our hospitals.



priorities for Waikato DHB

***“Mehemea ka moemoeā ahau
Ko au anake
Mehemea ka moemoeā e tātou, Ka taea e tātou”***

***“If I am to dream
I dream alone
If we all dream together
Then we will achieve”***

- Te Puea Herangi

We have received permission from King Tuheitia's office to use the whakatauki which was created by the late Princess Te Puea Herangi.

Our Priorities



- Radical improvement in Māori health outcomes by eliminating health inequities for Māori
- Eliminate health inequities for people in rural communities
- Remove barriers for people experiencing disabilities
- Enable a workforce to deliver culturally appropriate services



- Deliver timely, high quality, safe care based on a culture of accountability, responsibility, continuous improvement, and innovation
- Prioritise fit-for-purpose care environments
- Early intervention for services in need
- Ensure appropriate services are delivered to meet the needs of our populations at all stages of their lives



- Utilise the expertise of communities, providers, agencies, and specialists in the design of health and care services
- Provide care and services that are respectful and responsive to individual and whānau needs and values
- Enable a culture of professional cooperation to deliver services
- Promote health services and information to our diverse population to increase health literacy



- Live within our means
- Achieve and maintain a sustainable workforce
- Redesign services to be effective and efficient without compromising the care delivered
- Enable a culture of innovation to achieve excellence in health and care services



- Build close and enduring relationships with local, national, and international education providers
- Attract doctors, nurses, and allied health staff to the Waikato through high quality training and research
- Cultivate a culture of innovation, research, learning, and training across the organisation
- Foster a research environment that is responsive to the needs of our population



- Incorporate te Tiriti o Waitangi in everything we do
- Authentic collaboration with partner agencies and communities
- Focus on effective community interventions using community development and prevention strategies
- Work towards integration between health and social care services

This strategy is about change. Not the tinkering around the edges kind of change nor the doing more of the same thing kind of change.

This strategy is about transformative innovation causing significant change.



Patients and staff in our Oncology and Haematology ward were delighted to meet members of Argentina's Pumas rugby team on the Friday prior to September's test match. Left to right: Gabriel Ascarate, Juan Manuel Leguizamon and Felipe Ezcurra, with Waikato Hospital patient Ryan Fuller.

Burns Trust donates 'wish list' items

Thanks to the Burn Support Charitable Trust (BSG), patients in our Burns and Plastics department can use some new radios, headphones and a much needed chair made to hospital specifications.

The Trust's telemarketing fundraising campaign last year made these gifts possible. Valeria Naidoo (charge nurse manager) and Jan Steele (vice president of BSG) developed a "wish list" of items and in August these were delivered in person.

The Trust's 2016 telemarketing campaign is underway now and funds will be provided again next year for the Waikato Region.

www.burns.org.nz



Jan and Val with the special chair.

Mooloo magic

Much excitement when Waikato Rugby mascot Mooloo and the Ranfurly Shield visited Waikids wards at Waikato Hospital in early September.



(Above) The smile on Amber Mauch's face says it all! Thanks Mooloo for taking the time and making their day much better.

(Left) Waikato rugby player James Tucker and Mooloo along with Luka Hendrikse holding the Ranfurly Shield.





Ron Wiberg

Home care treatment at its finest – Ron Wiberg's story

Confident, towering in stature and graceful when he speaks, it's hard to believe the recent health tribulations 78 year old Ron Wiberg has encountered, now sitting contentedly in his Forest Lake apartment.

"I'm a self-confessed fan of the DHB," says Ron, and here's the reason why.

Over recent years, Ron has had two heart attacks; the second recurrence in 2014 had him referred to the Waikato DHB because of two infections he had in both his little toes. One toe was untreatable which led to the amputation of his left leg in August 2015.

Come late spring, he felt confident enough in his recovery to arrange to spend Christmas at Waihi Beach with his daughter.

"We had a nice, restful family Christmas, a pleasant Boxing Day and I was doing really well; then suddenly the wheels fell off – like big time – the next day.

"I spent the whole day vomiting and lost all my balance, I couldn't stand up or sit straight. Thankfully my very practical and non-flappable daughter was with me and suggested if I was no better the next day we would call for an ambulance."

Ron didn't improve and on 28 December 2015 and was rushed to Tauranga Hospital.

He was diagnosed with an infection in

his blood that required Ron to have an extended course of antibiotic intravenous therapy (IV).

After two weeks in Tauranga Hospital Ron was transferred to Waikato Hospital and referred to the Infectious Diseases team. After another two weeks, the team agreed that Ron was well enough to go home, but was to continue on his IV antibiotic treatment to make sure the infection was completely gone. Thanks to the DHB's Outpatient Intravenous Antibiotic (OPIVA) service, Ron could receive his daily antibiotic treatment administered by the district nurses at home, instead of remaining in hospital.

Infection Diseases clinical nurse specialist Tracey Kunac, who oversees the OPIVA service says "We established OPIVA for the growing number of people like Mr Wiberg who need long term intravenous antibiotic treatment."

Ron received home care with a district nurse visiting on a daily basis to administer the IV antibiotic treatment and monitor Ron's progress.

"With the DHB's authority and my own determination I easily went along with the service and found myself lucky to have a range of people looking after my wellbeing that I had total confidence in," says Ron.

Although neither he nor the medical staff can pinpoint how he got the infection in the first place, Ron says "It's comforting to know, after going through this, that there are professionals on hand who have a good understanding of the best ongoing treatment for these unexpected illnesses.

"I'm one of the lucky ones and without this service I would've spent another six weeks in hospital, if there was a bed available.

"The home service has also made me savvier; not only in the way of taking the right medication but also with food as I'm a diabetic.

"I think it's got me back to being more self-sufficient faster, and in a healthier way."

IV at home

The OPIVA service is a multidisciplinary approach to patient management across primary and secondary care health sectors, for patients who require intravenous antibiotic therapy for an extended period of time, and is available to all patients who reside within the Waikato DHB health district.

SPRING SPEARS OF GREEN



Asparagus starts appearing in shops and more cheaply from roadside stalls from September through to December.

Asparagus is one of the highest vegetable sources of folate and is also a source of riboflavin, vitamins C and K, plus contains a dietary significant amount of potassium.

Choose straight, firm green stems.

Asparagus, courgette (zucchini) and sprout stir fry

Ingredients - Serves 3-4

2 tbsp oil (avocado or olive preferred)

2 bunches asparagus, sliced into bite-sized lengths (you can replace with fresh green beans)

4-5 small courgettes, sliced in chunky slices

1 cup adzuki or crunchy combo sprouts

Instructions

Heat oil in a heavy-based frying pan, or wok.

Stir fry asparagus for 1 minute.

Add courgettes and stir fry until just tender.

Add sprouts, toss and serve.

The sprouts in this wonderfully easy stir fry give a lovely nutty flavour and texture, but could be replaced with nuts or seeds of your choice.

Adapted from www.vegetables.co.nz – a great website for information about vegetables and how to cook them.

The website recipes use canola oil, but other oils can be used instead.

Spring in your step

Spring is a great time to start getting more active. The days are brighter and longer. The temperatures are warmer. Being healthy goes hand in hand with being happy, so having fun or sharing time with friends and family is a good way to keep motivated, but you can also do it just for yourself – you are worth it!

If you haven't done much exercise for a while, it's best to start slowly and make it enjoyable. Build good habits into your day, so it doesn't become a big deal.



Take stairs rather than a lift, go for a walk with a friend rather than catch up for coffee and cake (you can still chat, and it's a lot cheaper!), wash the car by hand, use the ad time on TV to stand up and do some stretches or squats.



Discover two or three new healthy meals or salads to make, using cheap in-season fruit and vegetables – there are lots of ideas online or in books you can get from your local library or on the Countdown recipe cards in the supermarket.



Join a community class – yoga, fitness, tai chi.... Even better, get a friend or family member to join up too. You can have a laugh, learn something new, and meet new people.



If the winter blues have really got you down, it could be more than just winter. Feeling sluggish, unmotivated and tired can also be a sign of depression or even some health conditions like iron deficiency or hypothyroidism. Talk to someone you feel close to. Get a GP check-up. Use some of the trust-worthy websites to understand what might be going on and how to get back on track.

www.depression.org.nz

www.sportwaikato.org.nz

www.healthnavigator.org.nz

1964 District Nurses



THEN
and
NOW



2016 District Nurses