

# WAIKATO HEALTH NEWS

## SUMMER 2015/16



Waikato District Health Board clinical nurse director Nicky Hagan sitting with Morrinsville Lions Club treasurer Bryan Barker and member Hugh Makgill.

## Free to roam

**W**hen you are a haemodialysis patient you often become a prisoner of your own home.

You are bound by the confines of four walls and chained to a machine.

It is with these realities in mind that a patient of Midlands Regional Renal Centre came up with the idea to try and get the more than 100 haemodialysis patients in the area an opportunity for reprieve.

Scott Smith had the dream for a camper-van that would allow patients the freedom to take dialysis with them.

Now two years to the day, and after an enormous community effort, the first freedom dialysis van for upper north island is open for hire.

Waikato District Health Board clinical director Dr Peter Sizeland said despite doctors and

patients agreeing that when dialysis can be delivered at home it should, everyone recognises that can be limiting.

"We have lost that flexibility for patients to take that break and get away from the house where they are doing treatment sometimes five times a week," he said.

Dr Sizeland went on to thank the number of community groups and individuals who contributed to raising almost \$150,000, including the Morrinsville Lions who donated \$118,000 themselves.

"We are in a privileged position where we get to treat patients that enrich our lives but I hope this is one step to do that for them," he said.

"It is going to be life transforming for our patients."

The van will be available for hire through the Waikato District Health Board. Keep an eye on our website for more details.

**"It is going to be life transforming for our patients."**

### WELCOME

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

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From left: Farmers staff Tania, Emily, Todd, store manager Babak Paymani with Waikato DHB staff Kate, Lydia, Renee, Melinda and Kerry.

## A generous gift kicks off Christmas at Waikato Hospital

**A** generous act has injected the Christmas spirit into Waikato Hospital as staff and patients welcome the campus's first Christmas tree.

Thanks to the generosity of Farmers Centre Place in Hamilton all who visit and work at Waikato Hospital will be able to place wishing cards on the three metre tree.

Waikato District Health Board director of business support Melinda Ch'ng said the project is about acknowledging many of our families and staff that won't get to spend Christmas at home.

"We are trying to find ways to make the hospital more welcoming and give the community a sense of belonging here," she said.

"When we approached Farmers'

manager, he did not hesitate and quickly found a way to help us create the Christmas magic for Waikato Hospital."

Farmers Centre Place not only donated the tree, but staff also gave up four hours of their personal time on Sunday to install and decorate it.

"I want to thank Farmers and your staff for this generous gift, it truly reflects the Christmas story," said Melinda Ch'ng.

Farmers store manager Babak Paymani said the gift was just one of many ways the store was trying to give back to the community.

"We hope this will bring a smile to some people's faces in their time of need."

The tree will be on level 1 of the Meade Clinical Centre from now until 1 January.

Waikato DHB invites all visitors to the hospital to write a wishing card and hang it on the tree.



Rudduck family place their wishing card on the tree.

## Pharmacy on Meade opens at Waikato Hospital



Pharmacy on Meade, a first for Waikato Hospital.

**Y**ou might notice some changes in the corridor of Meade Clinical Centre.

Waikato Hospital is opening its first community pharmacy on 18 January.

We want to make sure the patients have the easiest transition from their stay with us back into the community.

The pharmacy will be able to fill prescription, provide support and advice and offer emergency contraception.

In addition you will also be able to purchase standard over the counter medicines like cold and flu therapies, toiletries, vitamins and natural health products.





John Bonning, Waikato DHB  
Emergency Physician.

# The staggering cost of alcohol

**T**he sound of heart rate monitors hum rhythmically oblivious to the sick and injured patients they observe.

It is a Friday night in Waikato Hospital's Emergency Department and staff are systematically moving from one patient to the next.

It is an orchestra of hollow steps on a suspended platform, alarms and quiet murmurs.

But in an instant the rhythm is interrupted – security guards race outside through double doors onto Pembroke Street.

A young man visiting his mate takes off down the hill for a joy-ride in a hospital wheelchair.

He was in ED with a friend whose knee had been smashed in a drink driving accident.

Between the pair they had drunk between up to 40 ready-to-drink (RTD) alcoholic beverages.

Their story would be just one of many to come through the department's doors as a result of alcohol related injury or illness.

Some will suffer from extreme psychosis; some will be nursing injuries received from drunken partners and others from drunken pranks gone wrong.

But for a variety of reasons the primary prognosis is not recorded as alcohol but rather the injury treated by the ED

The result of the largest study into the effects of alcohol on EDs in Australia and New Zealand was presented at a conference hosted by the Australasian College for Emergency Medicine (ACEM).

The staggering results showed that nearly half-a-million people across the two

countries are treated in emergency departments for alcohol related injuries or illness each year.

The study monitored eight emergency departments across Australia and New Zealand were monitored over one week in December 2014.

It found that, one in eight people using an emergency departments were there because of alcohol related injury or illness.

It concluded that 8.3 per cent of all presentations in any one 24 hour period would be alcohol related, and this increased to 12 per cent from 6pm to 6am Friday, Saturday and Sunday. Seventeen per cent of the presentations suffered unintentional injury (whilst intoxicated) and 14 per cent had been injured due to someone else's intoxication (such as assaults and motor vehicle accidents).

Associate Professor Diana Egerton-Warburton, Chair of ACEM's Public Health Committee and lead researcher said the cost is in the multi-millions and the burden on our staff is phenomenal.

"More than 90 per cent of staff report being physically or verbally assaulted by drunk patients," she said.

"One drunk person can disrupt an entire ED," said Associate Professor Egerton-Warburton. "They are often violent and aggressive, make staff feel unsafe and impact negatively on the care of other patients."

"The sheer volume of alcohol-affected patients means they disrupt EDs more than patients affected by methamphetamines (aka Ice)."



## SLIP SLOP SLAP &amp; WRAP

80% OF UV RADIATION STILL GETS THROUGH ON A CLOUDY DAY

APPLY SUNSCREEN AT LEAST  
**20 MINUTES**  
BEFORE GOING OUTSIDEDID YOU KNOW  
YOU NEED TO APPLY  
**7 TEASPOONS**  
OF SUNSCREEN EVERY 2 HOURSIT IS ESTIMATED  
**69,000**  
SKIN CANCERS ARE  
TREATED IN NEW  
ZEALAND EACH YEARIN 2012 THERE WERE  
**486**  
DEATHS FROM  
SKIN CANCER

Slip into a long-sleeved shirt and into the shade

Slop on plenty of broad-spectrum SPF 30+ sunscreen

Slap on a hat with a wide-brim or a cap with flaps.

Wrap on a pair of close-fitting sunglasses.

## Safer Summer's on the Coromandel

**A** killer problem has brought agencies closer together as they find solutions to keeping holiday makers and residents safe over summer on the Coromandel.

Senior Sergeant Graham Shields realised the extent of the problem after working his first summer in charge of the Coromandel Police.

On New Year's Eve in December 2010, 240 people were treated by St John for alcohol and drug related issues. Five of those were flown to hospital by rescue helicopter, 40 people were arrested, and by 5am Senior Sergeant Shields was in the back of an ambulance holding a towel against a hole in the neck of a 23-year-old man who had been stabbed after trying to stop a domestic assault on the beach in Whitianga.

By the end of January 2011, 13 people had been killed on the Coromandel in the peak period.

"Towns like Whangamata and Whitianga attract more summer holiday-makers than anywhere else in New Zealand," he said.

"For example, the Coromandel Peninsula sold a million nights of accommodation in the summer of 2013. But people let their guard down when they're on holiday. The problem was unique. Nowhere else had that kind of holiday death toll."

Now almost five years later the inter-agency Safe Summer Coromandel Project brings together more than 15 organisations.

After the 2014/15 summer the project group released a report which showed a significant decline in drink driving offences, sexual assaults and public order offences.

The same report showed a significant spike in emergency department presentations on both Christmas day and New Year's day which was correlated to both a busier summer and the impact of alcohol.

"The increase in 2014/2015 could possibly be attributed to the increased number of visitors. An analysis of

**"By the end of January 2011, 13 people had been killed on the Coromandel..."**

statistics provided by the Waikato District Health Board, and anecdotal evidence from those working in the emergency department over this period, confirm there was a spike in alcohol related injuries over the New Year period," the report says.

As result of the evaluation this year the campaign will strongly focus on the influence of alcohol after the project group found that to be the common factor in most injuries and death.

The project was recognised this year at the New Zealand Police Problem Solving Awards for Best Partnership category and took out the overall Best Problem Solving Project.

## MAKE A SPLASH

## WHO'S YOUR BUDDY

Never let children swim alone; always designate swimming buddies before visiting the beach or pool



## I'M ON A BOAT

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.

## DON'T DRINK AND DIVE

You are 18 times more likely to drown if you have been drinking alcohol prior to jumping in the water.

## DON'T BE PUSHY

Never run, push or jump on others in and around the pool.

## SWIM FOR THE WIN

Teach children to be comfortable in water and swim at an early age.



# Shut the gate - keep our children safe

**W**ith days lingering long into the night and the thermometer continuing to rise, the lure of summer begins to play on everyone's minds.

However amongst the lazy days by the beach and pool, there are some important messages to remember when taking care of your family.

This year more than 65 people have already drowned in New Zealand waterways and pools.

Waikato District Health Board medical officer of health and chair of the national Child and Youth Mortality Review Committee, Dr Felicity Dumble, said pool drownings are preventable and now is the time to prepare.

"Each year we ask that anyone with a swimming pool does a routine fence check to make sure children can't get into the pool area while unsupervised. If anything is broken or deteriorated, please repair it," she said.

Dr Dumble explained that children often work as a team and so what may not seem possible for one child to do alone can still become a hazard.

"These sorts of things include dragging a chair over and then using it to climb over a fence."

But pool access is just one part of ensuring children stay safe over summer.

"We all like to relax at Christmas and during the holidays, but we need to remain vigilant about the children around us – and in some cases be even more so," she said.

"Babies and young children need sober caregivers and appropriate supervision at all times,

including during events like summer barbecues and gatherings at the beach."

Dr Dumble also asked drivers and carers to remain vigilant when people are using driveways and vehicles.

"Remember to always thoroughly check for children before reversing," she said.

"It's all about remaining alert. That way we can keep our youngest New Zealanders out of harm's way while we enjoy the holiday break."

Local councils throughout New Zealand can offer guidance on ensuring your pool meets all the safety regulations.

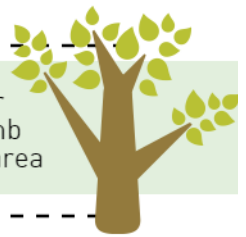
**"It's all about remaining alert. That way we can keep our youngest New Zealanders out of harm's way while we enjoy the holiday break."**

## SHUT THE GATE

CLICK  
CLACK

Your pool gate should still spring shut and lock. Hold the gate open at varying distances from the lock and check it springs shut and fully latches.

Remove any tree branches or objects that children can climb on to child to enter the pool area



Rust can make your metal fence weak, give joints a firm to tug to check they are still strong.

Check timber fences for loose screws and nails or rotting wood.



GET  
LOW

Can a child crawl under your fence? Maximum permissible gap between ground and fence/gate is 100mm.



Further information is also available at Water Safety New Zealand: [www.watersafety.org.nz](http://www.watersafety.org.nz)

## SUMMER FOOD SAFETY

### BASIC TIPS

Wash all produce under running water before eating, cutting or cooking them



Clean surfaces, utensils and hands with soap and water.



Use separate plates and utensils for raw and cooked meat, poultry and vegetables.

Don't leave food at room temperature for longer than one hour.



When planning a picnic, keep perishable food in an insulated cooler packed with ice or packs.



## A message with a smile

**T**here is healing in giving, and that is what Waikato District Health Board has tried to embody in a new service that will help family and friends stay in touch with their loved ones.

Through the organisation's website loved ones will be able to send an e-card to patients while they are admitted to any ward at the Waiaora Waikato Hospital.

The card will then be hand delivered to the patient, giving them not only a sentimental message but a visitor too.

The model follows similar initiatives rolled out in the United Kingdom, United States and Australia and is a simple way of delivering a message when someone may not be able to physically visit a patient.

The online system will allow people to choose from several designs which include get well cards for adults and children and congratulations for new arrivals.

Waikato DHB director of business support Melinda Ch'ng said the free cards have great potential to improve the patient's experience.

"People are able to write the message in the patient's own language... and the ability for patients to keep and re-read the card provides a long lasting reminder of the sentiment shared by their loved ones."

In early 2016 e-cards will be available for patients at Taumarunui, Tokoroa, Thames and Te Kuiti hospitals.

Please encourage friends and family of patients in your area to use this new service available on Waikato DHB website under 'For patients and visitors'.

The launching of this service is part of the DHB's strategy to enhance its services to patients and whānau.



**SEND A FREE E-CARD**  
[waikatodhb.health.nz](http://waikatodhb.health.nz)

- Go to 'For patients and visitors' or click on the image
- Fill out the online form
- Click 'Send e-card'

## Hilda's final goodbye

**T**he building which has been a haven for travelling patients and their family has said goodbye to its last guest.

Located in the heart of the Waikato Hospital campus, Hilda Ross House has heard the laughs and cries of more than 200,000 people as they came through the doors over the past 50 years.

Waikato District Health Board director of business support Melinda Ch'ng said it was sad to see staff and patients leave the building for the final time.

"If only the walls could talk, the stories this place could tell," she said with jest.

Originally the house was opened in 1963 to house student nurses during their practicum; however in 1993 it became onsite accommodation for many families, patients and training doctors at Waikato Hospital.

"It is very sad to see this building go, it has the soul of the hospital inside it," said Ch'ng.

Hilda Ross House manager Donna Craig-Brown has run the accommodation house for the last 15 years and said it has been a place of support to many over the years.

"It has given back what it's been given. We have had over 200,000 people walk through those doors and given them a moment of solace when they needed it," she said.

"It was a place for all types of people from mum's with babies in the Newborn Intensive Care Unit, to out-of-town renal patients, to the doctors and nursing staff who have done their training here."

Earlier this year the health board deemed the building an earthquake risk, despite it only registering 15 per cent on the scale, this was largely because of its proximity to other parts of the hospital including the new acute services building which houses emergency department and acute wards.

Deconstruction will begin in December and will take up to a year to complete.

Limited low-cost accommodation will be available onsite for people who are supporting seriously ill patients at the hospital. Waikato DHB has made arrangements with local lodges and motels to ensure eligible patients and their support person have access to accommodation.

The future of what may appear in Hilda Ross House's place is still unknown but Waikato DHB director of nursing and midwifery Sue Hayward, said she believes whatever comes after this will be built on the future of what stood here before.

"The spirit of the hospital has always come oozing out of the conversations housed inside Hilda Ross House."



Hilda Ross House manager Donna Craig-Brown.

# ANNUAL QUALITY ACCOUNT 2014-2015

We have seen more than 200,000 patients in the last year, and are continuing to improve the way services are delivered to our community, to read about what we have achieved and what we plan to achieve check out our 2014-15 Annual Quality Account.



Our quality report is now available at [waikatodhb.health.nz/about-us/key-publications](http://waikatodhb.health.nz/about-us/key-publications)



## Housing Hamilton's homeless

**T**he complexity of homelessness makes it a difficult issue to understand and solve.

In Hamilton a team of inter-agency professionals have established The People's Project which aims to help the estimated 700 plus people living either on the streets or in temporary housing.

Established in August 2014 the project already has 388 clients registered and of those 127 families have been supported into permanent housing.

Waikato District Health Board mental health and addictions director Vicki Aitken said the team began with a focus on engagement and building trust. Once needs were identified the team spent a lot of time finding housing and putting long term plans and services around them.

"It was about creating a framework that can address the multiplicity of needs these people have," she said.

"In many cases these are people who are excluded from services, in fact what we found is most of them were accessing services through emergency departments, crisis mental health teams or from police cells; and that has a cost on us all."

The project adopted the housing first homelessness response model. This model recognises that it is easier for people to address the issues that led to their homelessness once they are housed.

Wise Group joint chief executive Julie Nelson said the impact of some policies implemented in Hamilton have had immense impact on our homeless people.

"We saw a huge impact as a direct result of the psychoactive substances act and we are still seeing it, the ban didn't stop people, it just forced them to use an alternative which is causing us to see very unwell people on the street," she said.

"Homeless people drinking in public places are often arrested or end up at ED, which has a huge cost on society. Imagine if we could house them first and then wrap around services to deal with their addictions?"

The housing first framework has had great success in Canada, USA and Europe. To date the model has proved highly successful for Hamilton with 91 per cent of people remaining in their permanent housing.

Aitken said the project's success is a real and tangible example of people in action.

"We realise that everyone's stories are very individual but what is the same are the factors that led to their homelessness...that is what we are trying to address and change."

Key organisations involved include Hamilton City Council, Wise Group, New Zealand Police, Ministry of Social Development, Housing New Zealand, Department of Corrections, Waikato District Health Board, Midlands Health, Hamilton Central Business Association and Te Puni Kōkiri.

**"It was about creating a framework that can address the multiplicity of needs these people have."**



# TUTTI-FRUTTI

## Toasted muesli

MAKES  
2.5KG

### Ingredients

- 5 cups rolled oats
- 2 ½ cups oat bran
- 2 ½ cups wheat-germ
- 1 ½ cups honey
- 2 ½ cups water
- 2 ½ cups sunflower seeds
- 2 ½ cups coconut flakes or thread
- 2 ½ cups dates
- 1 ½ cups dried apricots
- 1 ½ cups sultanas

### Instructions

1. Preheat the oven to 150°C
2. Place the rolled oats, oat-bran and wheat-germ onto a roasting tray
3. Place the honey and water together in the microwave and heat gently until the honey has melted, pour this over the grains and mix until well distributed
4. Place the coated grain mix into the preheated oven and back for 30-40 minutes until golden brown and toasted. Stir the mixture every 10 minutes or so making sure that you get right into corners to avoid burning in these areas
5. In the meantime place the almonds, sunflower seeds and coconut onto another tray and place in the oven for 5 minutes or until the coconut is golden brown
6. Remove the toasted grains and nuts/seeds from the oven and allow to cool
7. Roughly chop the dried fruit and mix with the toasted grains and nuts/seeds
8. Store in an airtight container for up to one month

# APRICOT

## Energy balls

MAKES  
70

### Ingredients

- 500g dates, pitted, soaked in boiling water for an hour
- 5 cups nibbed almonds
- 5 cups shredded coconut
- 2 cups dried apricots (sliced)
- ¼ cup honey or organic rice syrup
- Zest and juice of 2 lemons
- Zest and juice of 2 oranges

To roll – 3 cups coconut

### Instructions

1. Puree the dates in a food processor until smooth, add the coconut and almonds and pulse until they are broken up a bit, place into large bowl and mix with the remaining ingredients
2. Roll tablespoons of the mixture into balls then roll in the second lot coconut, coating the balls well. Freeze overnight before bagging in ziplock bags for up to three months

These healthy recipes were kindly provided by Waikato DHB food and environmental services manager Sarah Turpitt.



1960

