

NOVA

THE
OFFICIAL
MAGAZINE FOR
AUCKLAND DHB
JUNE/JULY 2015

TE WHETU MARAMA

The A+ Trust Nursing and Midwifery *Awards*



Inside this issue:

- Steamplicity meals get the thumbs-up
- Our shared values
- Clinician leadership

CEO Column



Staying connected

Ailsa Claire
Chief Executive

The A+ Trust Nursing and Midwifery Awards, held at the Langham Hotel in May to coincide with International Nurses Day, was a marvellous event. Our nurses and midwives are the largest part of the professional health workforce at Auckland DHB and they deliver a comprehensive range of health care services every day. Much of the responsibility to improve health outcomes falls on their shoulders and every day we see great examples of the care they provide.

Everyone involved in organising the Awards deserves applause and I want to thank the A+ Trust again for coming forward as the main sponsor.

The Awards were a chance to acknowledge and celebrate the work we do. The health organisations that perform the best are those where the clinicians are engaged. Research by McKinsey and the London School of Economics, among others, has found that hospitals with the greatest clinician participation in leadership score 50 per cent higher on a range of important drivers of performance than hospitals where clinician leadership is low.

We have committed to the concept of clinician leadership as both a framework for operating (structure) and a philosophy (culture and environment). Our aim is to place decision-making as close to the patient as possible and ensure teams are clustered around common patient groups, as much as possible. All clinical professions can be clinical leaders. We know what our focus should be: for patients, it is safety, better quality and experience of care, and improving health status; for Auckland DHB, it's a healthy and engaged workforce delivering health services that are economically sustainable.

Each Directorate is progressing clinician leadership structures to allow us to grow the quality of our services. When we started on this journey we knew it would evolve and change. The clearest piece of feedback is that we started with the wrong name. We shouldn't have called this Single Point of Accountability. It is about devolving responsibility to the people best placed to make decisions, so we should call it what it is: Clinician leadership and empowerment. In this edition of Nova, we profile some of our new clinician leaders.

On the cover: Ella Baker, winner of the Women's Health Award, celebrating with colleague Becky Smith at the A+ Trust Nursing and Midwifery Awards.



Patients' applause

Here are some of the things our patients told us during Patient Experience Week.





Site for sore eyes

Auckland DHB will soon get a new website. The existing website has needed upgrading for some time. The Communications team will be launching the new Auckland DHB website that seeks to be patient and family focused.

Consumer testing has been positive with members of our Reo Ora Health Voice. The new website aims to be welcoming, with bright cheerful colour and offers straight-forward navigation. There will be new features, including 'ask a question' that will search the site for the best responses. Stay posted for details of the launch.



news in brief



Health Excellence Awards

Do you know about some great work going on across Auckland DHB that deserves recognition? Have you or your colleagues developed innovative ways of improving health care services or enhancing the health and wellbeing of our population that you want to share?

We'd like to celebrate this work as part of the Health Excellence Awards 2015. Applications open in July.

The categories this year include: Excellence in the Workplace, Excellence in Community Health and Wellbeing, Research, Clinical Care and Process, and Systems Improvement.

Keep checking eNova and visit the Health Excellence Awards website excellenceawards.adhb.govt.nz/ for more details.

Health and Wellbeing Expo

We are excited to announce that Auckland DHB's Wellbeing Committee is beginning to plan our first Wellbeing Expo to take place the week of 21 September 2015. The team are looking for wellbeing enthusiasts to put up their hands and participate in the planning of this event. People who can volunteer a few hours a month to assist with things like event brainstorming and planning, booking speakers and rooms, sponsorship and spot prizes, as well as helping during the event week are needed.

Are you interested in wellbeing? Want to make a difference in your workplace? Please register your interest via email: communications@adhb.govt.nz.

Medal for Auckland DHB Nurse Specialist

Rhondda Paice, Auckland DHB Nurse Specialist Trauma Co-ordinator, has been awarded the Gordon Trinca Medal from the Royal Australasian College of Surgeons. This award recognises education and teaching in trauma care, with particular emphasis on the early management of severe trauma programme.

Rhondda was presented with the medal at the Annual Scientific Congress. She is one of only three nurses to receive this award.

Did you know?

- 19** awards were presented at the A+ Trust Nursing and Midwifery Awards (see page 7).
- 25.6** degrees centigrade, the lowest temperature recorded in New Zealand in 1903 [source National Climate Database].
- 50** the percentage of all smokers who will die from a smoking related disease – get in touch with Auckland DHB Smokefree Services or Quitline 0800 778 778 for help with stopping smoking.
- 80** people attended the Design for Health and Wellbeing lab launch in May (see page 9).
- 120** nurses and healthcare assistants have attended Steamplicity meal demonstrations (see page 6).
- 140** volunteers give up their time to help out at Auckland District Health Board.

Welcome to our recent starters

THANKS FOR JOINING US!

Nadeem Ahmad, Youmna Ahmed, Leinani Aiono-Le Tagalao, Rebecca Akerstrom, Elizabeth Alex, Kerryn Anderson-Hemara, Betty Anneff, Jessica Atonio, John Azariah, Sonia Azizi, Azita Babaie, Priscilla Ballecer, Wasilwa Baraza, Ashleigh Bardsley, Fiona Barrington, Michael Barry, Claire Beldua, Natasha Bell, Sarah Benson-Cooper, Justine Bergman, Christina Biene, Lisa Bisset, Elle Black, Robyn Blakely, Tessa Bollard, Susan Bonifant, Fiona Braddock, Joni Bradshaw-Picken, Ora Brenner, Chaz Brown, Catherine Bryant, Jane Bucholz, James Burgess, Lemuel Burgos, Cameron Burton, Julie Butler, Christopher Butler, Irina Calcan, Gemma Cartwright, John Caviedes Fonseca, Shirley Chang, Robyn Charlton, Aparna Chauhan, Nicole Chien, Amelia Clarke, Amanda Cleland, Joanne Clements, Sarah Clerk, Justine Cliffe, Paul Clifford, Tania Close, Clare Corbett, Claire Corbishley, Chloe Cruickshank, Ronald Cuevas, Louise Dallow, Sarah Danko, Ella Davy, Chinthaka De Silva, Emma Deadman, Zahira Dean, Adam Dennison, Jefferson Deray, Narmadai Deva, Sanjeev Deva, Sonya Donald, Simone Dos Santos, Silivelio Drinnan-Lemana, Natasha Du Plooy, Alastair Eason, Cerian Eddy, Rebekah Edmonds, Kimberley Elbanbuena, Tamsyn Elder, Cherry Elisaia, Lena Emani, Jemarie Enriquez, Susie Escondo, Timothy Faull, Barbara Ferguson, Kirby Ferrick, Marco Fitzpatrick, Jennifer-Kaye Fletcher, Verlaine Flores, Angelita Fugaban, Vaibhav Gandhi, Cathy Gasparini, Marcus Ghuman, Sarah Gibby, Wendy Gibson, Abi Gilding, Kulwinder Girn, Vasilisa Gladkova, Mylee Gordon, Ashita Goundar, Nicola Grant, Stacey Greig, Delphine Grundy, Emma Hall, Jerome Hamoline, Lydia Handsfield, Holly-Ann Hare, Kerri Harper, Thomas Hills, Reena Ho, Ruth Hockings, Lynette Holden, Jennifer Holmes, Burkhard Holzke, Lucie Hrdina, Lih Hwan Huang, Liana Iancu-Bratosin, Carolyn Ivanier, Kirsty Jackson, Carla Jacobson, Palak Jain, Jyothi Jalapati, Chelsea Johannsen, Tatum Johnson, Fenja Jones, Rajiv Kancherla, Bhanu Kanthala, Ingidzai Kasere, Vinod Khanijow, Felicity Kirby, Rick Knight, Jane Koo, Suresh Kumar, Tamay Kumbas, Man Chi (Gigi) Kwok, Boomi Kwon, So Hee Kwon, Veronica Lanham, Amber Leathart, Alicia Lim, Rhonda Litchfield, Les Lohrentz, Sharon Lowe, Karen Lunar, Emma MacDonald-Laurs, Angela Maciejewski, Cristina Magsambol, Shyamal Maharaj, Joselito Maniyan, Noel Marikanti, Kristy Martin, Margaret Martin, Lucinda Martin, John Mathieson, Kay McCabe, Andrea McDermott, Allan McLachlan, Kathryn McLeod, Riley McLeod, Briar McLeod, Shannon McNulty, Jessica Mee, Jerelyn Menchu Timog, Rhian Miranda, Deborah Mitchell, Arman Mohaghegh, Melanie Moore, Fiona Morris, Louise Moslen-Sargent, Niraju Marasinghe Mudalige, Hannah Murphy, Ramanathan Nagarajan, Meredith Nahkies, Neha Namdas, Babita Narayan, Rachael Narbey, Philippa Neal, Juliana Ng, Lin Nie, Kate Nixon, Georgia Norton, Samantha Nother, Maryanne Offner, Aimie O'Hara, Fiona O'Sullivan, Katrina Oswald, Cindy Ou, Vida Paat, Sakshi Parab, Zoe Parker, Vrajesh Patel, Teresa Pau, Mary Perfinan, Trong Phung, Noella Pinto, Christine Pipe, Nicola Plant, Terina Pollock, Shalini Poonam Kumar, Dipti Prasad, Alisha Preest, Prashna Primulapathi, Baby Pudi, Madeleine Radam, Nina Rahimi, Arun Raju, Joseph Rendon, Angela Robertson, Amy Robinson, Tess Rose, Ana Saafi, Emma Samuels, Stephanie Sanden, Nicolas Sangiovanni, Chithra Sankar, John Schmidt, Emma Schoombie, Sunica Schreiner, Sandra Searle, Ravnita Shah, Anne Shaw, Kylie Sheehan, Feng Shih, Fabiana Sierra, Nithila Simon, Anita Singh, Praneeta Singh, Angela Singh, Ravi Singh, Wendy Smethurst, Emma Smith, Alivea Smith, Marina Sobol, Kevin Southward, Amy Spark, Marie Spencer, Andrew Spencer, Rosie Stewart, Robyn Stirling, Ansa Strydom, Corinne Sugden, Athena Sun, Catherine Sun, Akvinder Sund, Rosanna Tahana, Caryn Tasker, Katokakala Taukolo, Anne Taumata, Emma Taylor, Anna Taylor, Amanda Taylor, Srinivas Thatipelly, Mubasshira Thodika, Pereana Tipene, Alice Tither, Lisa Trebilcock, Hilary Tregenza, Victoria Trippett, Helen Tsui, Simone Tune, Tegan Tunnicliffe, Catherine Tupou, Loraine Tura, Kristina Turner, Ailex Valdez, Emma Van Der Maas, Vinoy Varghese, Bestine Varghese, Priya Veerasingam, Feona Velez, Raniel Ver Yumul, Marianne Villanueva, Ana Villapana, Helen Vykopal, Anita Wade, Stephanie Walsh, Naomi Watts, Rachelle Weber, Vivien Welch, Charlotte West, Jaclyn White, Paige Wihare, Carissa Wilkes, Katie Wilkinson, Nina Williams, Holly Willing, Emma Wilson, Janette Woodward, Kim Wrathall, Donna Wynd, Yae-Eun Yang, Yi Chen Yang, Juhee Yeo, Daniel Yip, Katherine Young, Elton Zheng.

Our local heroes

Congratulations to our April and May local heroes – Leigh Elton, Staff Nurse in the Children's Emergency Department, and Reuben Gordon, Optometrist at Greenlane Eye Clinic.

The nurse who nominated Leigh says: "Leigh is the family violence intervention champion for CED. On Orange Friday (13 March) she had just worked a night shift and had had only three hours sleep. She set up a stall in the level 3 coffee area, sold raffle tickets and ran a silent auction. She had previously obtained all the prizes herself. Leigh raised over \$1000 to donate to SHINE, which provides support and care for any of our patients who are victims of family violence. Leigh's efforts went well above and beyond what her role requires and she is a true example of a nurse with commitment and caring."

Reuben was nominated by a patient, who said: "Every time I come for an appointment, he is always informative without lecturing. I have always enjoyed my appointments at the Eye Clinic but have only just seen the page for local heroes. Reuben is an asset to the Clinic and I love that I'm going to be able to drive soon, after being off the road for over 15 years."



April's local hero Leigh Elton receives her award from Ailsa Claire.

Congratulations to everyone nominated as April and May local heroes:

Caroline Radich	Lindsay Cleaver
Fetua Fretton	Megan Goudie
Geraldine Donovan	Nadia Miahi
Helen Pilmore	Nileshni Deo
Dr Fiona Miles	Prasad Karavadi
Dr Kirsten Finucane	Rosemary Mesritz
Leigh Elton	Saira Kika
Ros Eccleshall	Vanessa May-Henley
Sonja McCrae	
Theresa Wallwork	
Courtney Leith	
Derek Hallmond	
Elizabeth Grantham	
Hannah Bagnall	
Jocelyn Watson	
Leilani Jackson	

local heroes is kindly
supported by A+ Trust

Share a ride

Kiwi Carpool Week: 8-14 June 2015

The Sustainable Transport Project team is working with staff, patients and visitors and the local community to develop long term solutions to our transport and parking challenges.

It's a big challenge, but there are a number of things we've identified that we can do now. One of the simplest and most enjoyable ways for us to help to reduce traffic congestion and parking problems is to make better use of carpooling.

Carpooling has many benefits: it provides good company during your daily commute, saves on the cost of petrol and parking, and is an easy way to do your bit for the environment. So why not fill those empty seats with great people who are going your way?

You will also be helping to reduce traffic congestion and parking problems.

If there are two or more people travelling in your vehicle, you can also access priority transit lanes (T2 and T3), which fast-track you onto the motorway. The Remuera and Tamaki Drive transit lanes are 30 per cent faster than regular lanes.

Great prizes if you join up in June

During Kiwi Carpool Week, 8-14 June, Auckland Transport is offering coffee vouchers to the first 20 Auckland DHB staff members that register at www.lets carpool.govt.nz. Everyone who signs up in June will also go into the nationwide draw to win a VIP experience to the Ed Sheeran concert.

Look out for more initiatives to make travelling to work easier in June. The Sustainable Transport Project is holding a series of co-design workshops for more details, or to register your interest, email sustainabletransport@adhb.govt.nz



Saras Raj and Vai Westholm (l to r).

Vai says it took her a few attempts to get the perfect carpool buddy, but they have been travelling together for more than 10 years now. Saras says Vai keeps her on her toes. "We have some funny moments on the motorway and she reminds me to turn my lights off!"

Dan Guthrie - on a mission to make our docks safer



In January, Dan Guthrie joined Auckland DHB as the Dock Manager. His role is to make our dock areas safer for patients and staff, and to comply with current health and safety standards.

Dan's focus is on managing and improving the general safety around all loading docks and vigilance around parking. "This means making changes to the physical environment and also changing the way we do things in order to make our hospitals safer for everyone," he says.

Dan has brought significant experience to the DHB. He spent 20 years working in logistics in the NZ Army and a further 18 in the primary industry both here and overseas.

Outside of work Dan enjoys researching his family's history, involving both world wars. He has four children and three grandchildren.

Starship Child Health Nurses: Actions Shaping Futures

Child Health Nurses Celebrating International Nurses Day



Starship Child Health Nurses marked International Nurses Day with a celebration and display in the hospital Atrium.

Child Health Nurses have risen to the many challenges of the complexity that is healthcare today and have many achievements to celebrate, says Sarah Little, Nurse Director.

"This is echoed in the growth of positive feedback received from children, young people and families over the last two years. So a big

thank you to all nurses for what you do every day."

The display featured the key achievements of the Nursing Clinical Governance groups and individual staff undertaking nursing research and improvement work.

Recipients of the Judith Philipson Scholarship and Heather Forss Nurse Education Scholarship, as well as the 26 child health nominees for the A+ Trust Nursing and Midwifery Awards, were also recognised.

Steamplicity meals gets 'thumbs up' from nurses

There's no such thing as a free lunch, but for the 120 nurses and healthcare assistants (HCAs) who attended Steamplicity™ meal demonstrations during April and May, it was a delicious change from their usual lunchtime fare.

During six ward-based tasting and Q and A sessions, they sampled a range of dishes, including butter chicken, herb omelette, vegetarian bean casserole and chocolate pudding, all from the Steamplicity patient meal service. Feedback on the meals' taste, visual appeal and selection was overwhelmingly positive, with one nurse joking that with meals this good, patients would not want to leave.

Steamplicity is a steam-based meal service, cooked from raw ingredients, that provides excellent flavour and retains high vitamin content. The meals are steamed on the ward for four minutes then served and plated hot.

The new service will give our patients greater meal choice, flexibility and a personalised service. Meal orders will be taken by a catering assistant using an electronic tablet and spoken menu. This allows patients to ask questions about their meals before they order.

The new service will be rolled out in spring, initially to around half of Auckland City Hospital. Other wards and services, including Starship Hospital, will also have newly designed menus and continue with a Cook-Chill meals service, prepared in the hospital kitchens.

Visit the Food and Nutrition Service Transition project page on the Auckland DHB intranet to learn more.



Ward staff sampling Steamplicity Meals

What our people had to say:

"It's not typical hospital food."

"This is a big improvement."

"The omelette actually tastes like egg."

"Mashed potatoes are fluffy, like real mash."

"Looks like Masterchef."

"The veggies are done to perfection."

"The broccoli is amazing."



"Wow! That chocolate pudding is delicious."

The A+ Trust Nursing and Midwifery Awards

An evening of glitz and glamour was held in May to celebrate the amazing dedication and professionalism of our nurses and midwives.

Held to coincide with the month of International Nurses Day and International Day of the Midwife, it was the first of what is to become an annual event.

Nurses who shine in clinical practice, leadership and education, and who demonstrate the spirit of nursing were formally recognised at the Awards.

Margaret Dotchin, Chief Nursing Officer, says more than 120 nominations were received and deciding on the winners was a tough decision.

"The quality of professional practice and care we have seen through the nominations makes me extremely proud of the service we are providing to our patients and their families, and the professionalism and standards we demonstrate daily in the care we deliver," she says.

The nominations for the 2016 Awards will open at the end of this year. You can see all the winners and finalists from the Awards on the intranet, along with a selection of photos from the evening.

1. Ann Marie Robinson, winner of the Cancer and Blood Nursing Award, with Richard Sullivan and Brenda Clune.
2. Denise Thatcher, winner of the Adult Community and Long Term Conditions Nursing Award, with Judith Catherwood and Jane Lees.
3. Lorelle Bobsien and Heather Cave celebrating with Sarah Williams (centre), winner of the Chief Nursing Office Award.
4. Roger Jarrold, from Award sponsors A+Trust.
5. Julie Marlow, winner of the Mental Health Nursing Award, with Clive Bensemann and Anna Schofield.
6. Terrina Ihaia, winner of the Adult Medical Nursing Award, with Barry Snow and Brenda Clune.
7. Tracey Vincent, winner of the Child Health Nursing Award, with John Beca and Sarah Little.

Nursing and Midwifery Awards winners

Chief Nursing Officer Award: Sarah Williams, Public Health Nurse, Mana Clinic

Adult Community and Long Term Conditions Nursing Award: Denise Thatcher, Gerontology Nurse Specialist

Adult Medical Nursing Award: Terrina Ihaia, Staff Nurse Emergency Department

Cancer and Blood Nursing Award: Anne Marie Robinson, Staff Nurse

Cardiac Services Nursing Award: Amelia Condell, Nurse Educator, CVICU

Children's Health Directorate and Starship Foundation Excellence in Clinical Practice: Tracey Vincent, Nurse Specialist, Ward 27b

Clinical Support Nursing Award: Joyce Forsyth

Mental Health and Addictions Nursing Award: Julie Marlow, Community Mental Health Nurse

Perioperative Nurses Choice Award (operating room): Jackie Oliver, Charge Nurse, Paediatric Cardiac OR

Perioperative Nurses Choice Award (PACU): Ella McLean, Staff Nurse, Greenlane Surgical Unit

Surgical Nursing Leadership Award: Mognambal Ram, Registered Nurse, Ward 73

Women's Health Nursing and Midwifery Award: Ella Baker, Midwife

Cecile Thompson Award: Cheryl Calvert, Gerontology Nurse Specialist

Kim Williams General Medicine Scholarship: Sally Jeong, Staff Nurse, Ward 68

Judith Philipson Excellence in Bedside Care Delivery Award: Michelle Stewart, Staff Nurse, Ward 26b

T W Bollard Child Health Excellence in Clinical Practice: Helen Waldron, Clinical Charge Nurse, PICU

D C Hounsell Prize: Lyndsay Mickell, Registered Nurse, Ward 83

W A Fairclough Award: Kristine Newton, Registered Nurse, Totara Ward

Trophy of Tradition: Adele McMahon, Neuro-Oncology Nurse Specialist



"A big thank you to the A+ Trust whose support made these Awards possible, to find out more about A+Trust go to www.aplustrust.org.nz"

Meet our new clinician leaders

As clinician leadership begins to take shape across the organisation, meet some of our newly appointed Service Clinical Directors who are beginning to lead the way.

This edition: **Starship Child Health - Medical and Community**

Greg Williams

Service Clinical Director,
General Paediatrics



About me

After a previous career in actuarial management and IT consulting, I studied medicine at Otago. I was drawn to general paediatrics by the challenges and satisfaction that comes with assisting children and their families across a broad range of clinical conditions, often with psychological and social complexity. It is also highly rewarding to work with very dedicated colleagues. My family keep me grounded, and my bike keeps me sane.

What does clinician leadership mean to me?

Clinician centred leadership means taking greater responsibility for our service, and provides the necessary autonomy that encourages our team to step up and contribute. Just as importantly the responsibility goes both ways – the DHB now has a strong incentive to provide clinician leaders with the support required to do the job.

What will it mean for our patients?

Individual patients and families benefit directly from interacting with committed staff who are personally invested in doing a good job. This is a fantastic opportunity to look beyond the confines of our own service, and look at how the different parts of our health system can work better together – to the benefit of all.

How are people working differently?

We are improving collaboration across sectors within the DHB (such as community services, mental health, and primary care) to improve patient outcomes. We have a strong mandate to overcome obstacles that have historically prevented us providing the best care for patients, examples being: improving information sharing within the DHB; measuring our performance better; and collaboratively redesigning our inpatient facilities. We are optimistic, realistic, and looking forward to doing the best job we can.

Helen Evans

Service Clinical Director,
Paediatric Medical
Specialties



About me

Born and brought up in a small Welsh mining village, I wanted to be a doctor from a young age and would regularly “operate” on my baby brother in the garden shed. After completing my medical and postgraduate training, I came to New Zealand in 2005 as a locum while awaiting a consultant post in the UK. I instantly loved the country and my work at Starship so when an opportunity became available to stay, I jumped at it. I also serve on various committees and society councils in my field, have an honorary University appointment for teaching purposes and an active research interest. Outside work I love travel, photography and supporting Welsh rugby.

What does clinician leadership mean to me?

For me, clinical leadership is about being able to utilise our finite resources in the most effective way to achieve the best outcomes for patients. I believe that returning clinicians to the frontline of leadership has been a really positive step for Starship. Clinicians are absolutely vital to our understanding and improving clinical developments relating to clinical safety and quality.

What will it mean for our patients?

Our patients will still benefit from the excellent service that Starship has always offered and the ethos and feel of the hospital has not changed. That being said, we need to look honestly at clinical service provision and modernise our approach. Patient feedback is clear that they want to be more involved in decision-making about their health and how it is managed.

How are people working differently?

It is early days and many of us are still getting to grips with the new structure. Personally, it has been hard work and I have had to be very organised, especially with my diary! Balancing clinical and management commitments can at times be challenging but I am fortunate to be surrounded by resourceful and generous colleagues. I have also found it very enjoyable so far. I have been really encouraged by some of the innovative ideas lead clinicians have suggested to improve clinical practice.

Other Starship medical service clinical directors include Melinda Nolan, Jo Peterson, Patrick Kelly, Lochie Teague, Louise Webster and Sarah Jamison. See the intranet for further information about Clinician Leadership.

Next Nova edition... Women's Health

Celebrating our volunteers

National Volunteer Week is 21 to 27 June and we're taking the opportunity to celebrate and thank all our volunteers for their amazing support.

More than 140 people give their time voluntarily across a range of programmes to help out at Auckland DHB.

From assisting on reception and information desks to supporting patients and families in Starship hospital, our volunteers contribute more than 22,000 hours to make that extra special difference to the services we provide.

"Our volunteers are very passionate about their work and we really can't thank them enough for their generosity," says volunteer co-ordinator Lindy Lely. "There is great value in non-clinical interaction between our volunteers, patients and their families."

See our website for more information about volunteering at Auckland DHB.



New Zealand's first in-hospital design lab

Child-friendly medical equipment and navigation guides are among the patient-friendly innovations being created at a first-of-its-kind hospital design centre at Auckland City Hospital. We have joined forces with AUT University to establish the Design for Health and Wellbeing (DHW) Lab. The new lab brings together AUT students, graduates and staff; design industry collaborators, patients and DHB staff to work on shared projects designed to improve the experience of staff, patients, families and visitors.

Dr Stephen Reay, Senior Lecturer of Industrial Design and Innovation at AUT University, and Justin Kennedy-Good, a Performance Improvement Programme Director at Auckland DHB are the driving force behind the lab, which is providing a unique learning environment and already delivering designed solutions to the DHB.

"The opportunity to work in New Zealand's largest public hospital provides an authentic experience for our students that isn't easily achieved in an academic setting," explains Dr Reay. "I am incredibly proud of their work as it will improve the experiences of all healthcare users."

Justin Kennedy-Good says the DHW Lab will have a lasting impact on the way we operate at Auckland DHB.

"The lab complements our existing teaching and innovation ethos but brings an entirely new capability into the organisation. This will be vital as we work closer with patients, families, staff and all those who interact with the hospital to improve the health of our community," he says.

For more information on the DHW Lab, visit www.dhwlab.com.



Top: The DHW Lab team.

Lower: Visitors gather for the lab launch.

Inset: Dr Stephen Reay and Justin Kennedy-Good (l to r), the driving forces behind the lab.

Celebrating Nursing and Midwifery at Auckland DHB



Dr Lester Levy, Board Chair

I had the great pleasure of attending the A+ Trust Nursing and Midwifery Awards last month. It was a night to celebrate the dedication and professionalism of our Auckland DHB nurses and midwives.

Nineteen awards were presented on the evening for clinical practice, bedside delivery leadership and education across all nursing and midwifery disciplines. These awards reflect the core of what matters so much to patient quality, patient experience and patient outcomes.

I was entirely taken by what are exemplars of what I expect is repeated practice across our District Health Board – in our hospitals and in our community-based services. These awards reflect the highest levels of professionalism and practice that create the 'light on the hill' for all nurses to follow, particularly as many of these nurses and midwives were recognised for the way in which they worked with colleagues, patients and families.

What set this event apart for me was the genuine delight to be there shown by the people attending - whether they were winners on the night or not - it was a night of fun, anticipation, emotion and great excitement.

I would like to take this opportunity to thank all nurses and midwives at Auckland DHB for all they do for our patients and population. The Board and myself are greatly appreciative of their skill, experience, commitment and dedication.

It is always worth reflecting at 'high point' moments like these, the very heavy responsibility and accountability that all of us involved in patient care carry. I am reminded of the words of the great Florence Nightingale, 'The very first requirement in a hospital is that it should do the sick no harm.' Even in celebration we should be very mindful of our elemental responsibilities and the absolutely critical nature of diligence, attention to detail, careful communication and documentation and never assuming anything – always check and verify. This approach will keep our patients safe.

Although I have singled nurses and midwives out in this column because of International Nurses Week and our Nursing and Midwifery Awards, it is clear that to do our absolute best for our patients and our community we have to work together in an interdisciplinary way as a high performing team. Each one of us has a part to play, whether we provide direct patient care or provide a supporting role in the background.

Congratulations again to all the finalists and winners at the Nursing and Midwifery Awards and a very sincere thank you to the A+ Trust who helped make the awards possible. The A+ Trust plays a vital role in so much that we do at Auckland DHB and I would like acknowledge that and thank the Chairman, Dr Richard Frith and his team for all they do in support of the Auckland DHB. I would also like to the the team who put this awards event together - they provided a very welcoming and exciting atmosphere, which greatly assisted in making the evening the success it was.

Work it in work hours

With winter blowing in, it's time to rethink physical activity as something you can do inside. Why not use the hospital and carpark stairs as your gym?

When done in regular bursts, just five or 10 minutes of stair climbing can have long-lasting benefits. It raises your heart rate, burns off more calories than jogging, strengthens muscles and can prevent weight gain, if you climb every day.

The trick is to bypass the lift all the time, so stepping up is automatic. By taking the stairs for a month, you can easily create a healthier habit.

It is often quicker to walk up the stairs than wait for the lift, especially if you are going up less than five flights of stairs.

To help staff find the stairs, we have put feet stickers with motivational messages to show you the way.

So step up to the challenge and start using the stairs. Spot prizes are on offer!





Roof Shout for Older People's Health

Our older people's health wards at Auckland City Hospital had cause for celebration recently after having completed all the modules in the Releasing Time to Care programme.

This has led to some great benefits for patients. For example, the Awatea Ward has increased the time nurses spend with patients by a whopping 40 per cent, to 75 per cent.

Thanks to a range of initiatives developed on the Marino Ward to reduce the number of falls, the wards are now also safer. The team has created a new falls module. It has proved so successful that it was quickly rolled out across the other three older people's health wards and is now being implemented across the hospital.

The team celebrated their success with a 'roof shout' and shared lunch during which Director Judith Catherwood acknowledged everyone's contribution to this achievement.

"You should be proud of what you have all done," she said. "You are the leaders across the hospital for falls. I hope you can continue to adapt the strategies, tools and techniques you have learnt through this programme."

Releasing Time to Care was introduced at Auckland DHB in 2010. The programme is modular based and focuses on reducing waste. The overall aim is to increase direct care time nurses spend with patients.

“Thank you from the bottom of my heart for getting through the modules and the innovation you have shown to get the roof on.” Jane Lees, Nurse Director, Adult Community and Long Term Conditions.



Ward Clerks Sandra D'Mello and Melanie Whitmore (l to r), who played their part in Releasing Time to Care and are now finding the wards much tidier and more organised.

Top: The team on the Older People's Health Wards celebrating with a roof shout.

READY FOR A CHALLENGE?
DRY JULY
 GO BOOZE-FREE THIS JULY AND FUNDRAISE TO SUPPORT ADULTS LIVING WITH CANCER.
 Sign up FUNDRAISE TODAY! online
DRYJULY.CO.NZ

Our Shared Values



Welcome | Haere Mai

We see you, we welcome you as a person

Respect | Manaaki

We respect, nurture and care for each other

Together | Tūhono

We are a high performing team
patients, family and colleagues

Aim High | Angamua

We aspire to excellence and the safest care

at our best - tihei mauri ora
living our shared values

Our new shared values reflect what our staff and patients told us were important to them when we held the 'In our Shoes' sessions last June.

These values will guide us in the way we do things and the decisions we make. Over the next 12 months, we will be looking at ways to incorporate these values into our recruitment processes, our performance frameworks, and in leadership and other training.

Talk about the values in your team

But for now, talk about these values with your team and think about what they mean for you.

There are some discussion documents on the intranet to help you do this. Just go to 'Values' under the 'Our Organisation' tab.

There's also a competition where you can win a morning tea for your team!



If you have a story to share with the Auckland DHB Team please contact the Communication Team on ext 26556, email communications@adhb.govt.nz or write to us: Level 2, Building 16, Greenlane Clinical Centre.

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