

# MNOVA

THE OFFICIAL MAGAZINE  
FOR AUCKLAND DHB  
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TE WHĒTU MARARAMA



**Inside this issue:**

- Healthcare Excellence Award winners
- Diwali's Biggest Loser success
- Rally to support victims of Typhoon Haiyan

# CEO Column

## Staying connected



Ailsa Claire  
Chief Executive

It seems timely to be thanking you all for the support you have provided our patients and community throughout 2013. After a year that has flown by, I am looking forward to my second summer back home and a break. I know many of you will be too.

I've said it before, but it bears repeating: your obvious passion for improving patient outcomes and making the treatment journey less daunting is inspiring. I hope that after all that hard work and passion you can take a break over the Christmas period.

One thing above all that our patients and public need, is us in the best possible shape to do what we're paid to do. This is not dietary advice, by the way. Take the leave that is owed to you. It is an entitlement, but it is also key to our wellbeing. That means each and every one of us must be realistic and honest about what downtime we need.

If you are working through, I hope you get a break early in 2014. And accept our thanks and gratitude for working over the Christmas period. Maintaining our services for patients, their families and the community at large can be tricky over these months. Much of the hard work is done in prior planning, but also in the EDs in the small hours and by our partners in primary care and the social sector.

While alcohol and substance abuse drive higher attendances in our emergency department, there are also less obvious seasonal health and wellbeing issues to be aware of. In this context, I strongly support the Families Commission's White Ribbon anti-domestic violence campaign that ran through November.

Other partners are ramping up their efforts at this time of the year. You can check the intranet for details on how to contribute to one of those efforts - the Auckland City Mission's Christmas Appeal at both Auckland and Greenlane. There is also a story on page three in this edition as well. While we enjoy the celebratory season and perhaps spoil those near and dear, we also need to spare a thought, or perhaps something more tangible, for those people who are less fortunate than us.

I was really proud of the way staff at Auckland DHB responded to the Philippines typhoon appeal, where to date we have raised \$16,800. Long may that spirit continue.

Stay safe and well and enjoy this double edition of Nova.

**On the cover this edition:** Receptionist Colleen Gibbs (front) and Maureen Dernie, Orderly Services' customer service representative, put the finishing touches to the Christmas tree on Level 5, Auckland City Hospital.



# 2013

## The NOVA year that was...





# Staff rally support for Philippines

From left to right: Kate Ferraz, Alice Bungag, Rhea Echavez, Rossana Gacusan, Aaron Alejandro, Emma Meneam and Haydee Buking are grateful for the support of their colleagues in helping the people of the Philippines in the aftermath of the typhoon.

In an extraordinary example of giving, Auckland DHB staff have rallied together in support of our Filipino community, who have friends and family members affected by Typhoon Haiyan. Within days of the devastating act of nature, the Auckland DHB Philippines Typhoon Support page on Givealittle had raised more than \$10,000. At the time of print, the total was almost \$17,000. "Through the support of Auckland DHB and others, we have raised money which will aid the people affected. Because of these efforts, I am reminded that the spirit of humanity within us is still alive. Thank you everyone for giving my fellow Filipinos a new hope in life." – Kate Ferraz, Staff Nurse, Auckland Hospital.

Track our total support here: [www.givealittle.co.nz/cause/ADHBPhilippinesupport](http://www.givealittle.co.nz/cause/ADHBPhilippinesupport).

## 'Tis the season to give...

Staff and members of the public can donate to Auckland City Mission's Christmas Appeal by dropping off gifts to the main reception desks at Auckland City Hospital and Greenlane Clinical Centre.

Non-perishable food items and unwrapped gifts or toys can be left at reception on Level 5 at ACH or reception on the ground floor of Building 4 at GCC.

When a gift is donated, a wrapped box is placed under the tree to demonstrate how the appeal is progressing.

Donations will be accepted at both sites up until Monday 23 December. Please support the appeal to help those less fortunate this Christmas.

## Christmas treat coming soon

Each employee on the Auckland DHB payroll will get a couple of Christmas mince pies in the weeks before Christmas. Grafton Catering will be delivering them by the box load to the various managers who are responsible for those 10,228 employees from 16 December. Each packet within those boxes has the relevant staff member's name on it. Keep an eye out for the thank you card from Ailsa on the boxes. It's been designed by Keyana, a seven-year-old patient, who won a \$50 voucher for her efforts. For more detail on the delivery to managers, see "Christmas Treat" under C in the A-Z on the intranet. Managers are asked to please talk to their Senior Management Team member before distributing.

## Radiology achieves accreditation

Auckland DHB Radiology Department recently achieved IANZ accreditation.

Accreditation by IANZ is recognised in 65 countries and assesses professional and technical performance against international standards.

The accreditation certificate was presented to David Milne, Clinical Director for Radiology, by Jane Bushby from IANZ. On presenting the award Jane commented that it was most unusual for a department as large as this to be granted accreditation after only one audit visit.

Radiology had worked for 18 months prior to the audit visit to ensure that all documentation was in order. Raewyn Currin, Service Manager for Radiology, said, "All the team did a great job and I would also like to thank staff in the lab service for their advice."



## Did you know?

**4** the number of health targets achieved in the first quarter by Auckland DHB.

**10** the number of years the Friends of the Emergency Department (FEDs) have provided comfort and support to our patients in the Auckland DHB Emergency Department.

**14** the number of Test wins for the All Blacks in 2013 (out of 14).

**42** the number of applications for this year's Healthcare Excellence Awards.

**192** the number of kilograms lost by participants in the biggest loser competition (see page 9).

**1659** the number of staff who requested Taylor Swift tickets.

# Welcome to our recent starters

Nadeem Ahmad, Sheena Ali, Shankara Murali Amurthanlingam, Ji Min An, Nadka Atanasova, Estrella Corazo Araneta Bagaforo, Rachel Baikie, Simon Bainbridge, Tuneer Banerjee, Jennifer Baranda, Wailwa Baraza, Te Wai Barbarich, Gurvinder Kaur Benipal, Samantha Bennett, Regina Berghan, Nieva Blanchard, Jennifer Bobos, Kate Boesveld, Ariella Bond, Joanne Brown, Michael Burnell, Maxine Burrige, Jean-Marie Bush, Kevin Butler, Atatu Cassidy, Christine Challinor, Emily Chang, Kristin Chapman, Lindsay Clark, April Clugston, Hayley Collard, Robert Cook, Tracy Anne Coote, Genevieve Crawford, Jodie Daculan, Shantona Das, Rebecca Deed, Julianne Dickens, Margaret Duff, Sinead Ennis, Esita Finau-Fotu, Emeterio Macasaquit Flores Jr, Fe Lascuna Foss, Sarah Fountain, Amelia Frost, Nicole Gapes, Sally Geary, Emma Glebocki, Georgia Grant-Mackie, Marie Grieshofer, Michelle Guilbert, Mildred Guitguit, Sherryn Hamilton, Shona Handiside Alderwick, Miranda Harrison, Cherie Hartwell, Caroline Harvey, Samantha Hicks, Stephanie Hlohovsky, Amy Hughes, Deidre Ann Jones, Cherie Jourdain, Catherine Jull, Aisling Killen, Katherine Kirkaldy, Natasha Kumar, Holly Larkins, Robert Law, Malu Paulo Junior Leasi, Lindin Lely, Jill Lindo, Lusya Lio, Bridget Little, Rachael Lockwood, Katherine Loudon, Agnes Macdonald, Nicola Maloney, Renee Malyon, Jonathan Manson, Kulasekaran Marimuthu, Sophie Marks, Hilda Mazza, Annalisa Meyer, Kimberley Milicich, Maria Miller, Melehan Mevisimalili Misiniu, Bryan Mitchelson, Lucy Morris, Sarah Morton-Jones, Lavinia Motulalo-Tafa, Shelvin Munif-Imo, Sarah Murphy, Salma Narjis, Sarah Nevitt, Terri Newton, Liz Nicholson, Lourdes Noronha, Kelly Olliff, Kaye Ottaway, Janene Padden, Alice Paine, Christina Pankhurst, Nicola Patterson, Janet Payne, Anna Poulgrain, Janaina Recto, Mary Ann Tolentino Recto, Deepti Natasha Deo Reddy, Diane Ryan, Leela Saini, Amber Schofield, Andrea Schokman, Prerna Sehgal, Usha Lata Sharma, Aileen Develos Sienkiewicz, Prathna Singh, Tolly Sera Snelgar, May Soliva, Alexandra Sorhage, Scarlett Sprague, Alexander Stevens, Natasha Sumner, Raymond Tai, Joseph Tan, Laura Tattersall, Mere Takayawa Tawaketini, Jacqueline Tracey, Beatrice Treadwell, Wai Yee Charissa Tsoi, Garth Turbott, Andrew Van Der Poll, Katrina Vera Cruz, Mirta Vidakovic, Kelsey Wassenaar, Narissa Wharerau, Aimee White, Emma Williams, Kim Williams, Lucy Williams, Eliza Hui Min Wong, Gilbert Wong, Jessica Wong, Nicholas Woodall, Gavin Woolridge, Lucy Yu Quing Wu, Xiaming Yang, Natalie Young, Joe May Yuen, Yu Zhao, Yan Zheng

# Our local heroes

Our November Local Hero Award goes to Ward 48's Ward Clerk, Amanda Rookes.

"My son's surgery didn't go as easy as planned. There were major complications and it was not looking good. I was here by myself from Christchurch. Amanda saw how devastated I was and gave me much hope and comfort while trying desperately to contact my husband and son. Through the days that followed her smile and kindness was so good to see. In my time of need I'll never forget how kind she was to me."

Congratulations to Amanda.

Please keep your stories about our local heroes coming in. To nominate go to: [www.adhb.govt.nz/localheroes](http://www.adhb.govt.nz/localheroes)



## Congratulations to everyone nominated last month:

Alicia Grbic  
Andrew Meisner  
Benson Chen  
Chanella Bacon  
Dave Lilley  
Laith Al Rubai  
Emma Reynolds  
Kevin - Zhonghua Ding  
Laith Al Rubai  
Lesley Jones  
Lisa Hilihietule  
Louise De Candole  
Lynn Lualua  
Maria Harris  
Sally Taamo  
Steven Zhou  
Tim Cabamongan  
Toni Gorgonia  
Trevor Anderson  
Yuk Yan Choo

*local heroes is  
kindly supported  
by A+ Trust*

# CYCLING TO WORK

The benefits of cycling to work are plentiful. It keeps you fit without expensive gym fees, saves money in transport costs and frees-up car parks in our workplaces.

Some of the team at Auckland DHB who regularly cycle to work have shared their tips for staying safe when cycling on the busy roads of Auckland.



Marjet Pot, Manager Women's Health Intelligence

Marjet Pot has always cycled to work and finds cycling fun and relaxing without any parking hassles. Marjet suggests, "Choose your time to cycle to work. If you can, cycle outside of the peak traffic time and always choose your route carefully on routes which are wide enough for cyclists.

A good tactic I've learnt is to drop your shoulder and elbow when you are looking over your shoulder to change lanes or change direction. It means you don't have to turn your head quite so far and avoids the bike wobbling."



Caroline Bree, Midwife at Auckland City Hospital

Caroline Bree has been cycling for more than 55 years, and 'touch wood' has only had one accident in all that time.

Caroline's tip for other cyclists is to be assertive. "When you stop at traffic lights go in front of the traffic, make eye contact with the driver behind and signal to them so they know where you are going. Claim the lane when you're cycling; make a place for yourself on the road. It may not always make you popular with motorists but it will help keep you safe."



Sue Knox, IS Trainer

Sue Knox has been cycling to work for two years, since buying herself a new seven-speed bike with a basket and a very comfy seat!

Sue advises, "Start cycling in the summer when people are out of town and the roads are much quieter. That's what I did and it helped to build my confidence. Now I ride my bike to work most days. I wear a cheap orange high-viz vest because it really stands out and has wide reflective strips."



Patrick Kelly, Clinical Director, Puawaitahi Child Health

Patrick has been cycling to work since 1996. He finds it a really nice way to make the shift from work to home, as he cycles down to the ferry through the Domain.

Patrick's tip is to never assume you've been seen. "Buy a really bright head lamp, 1000 lumens or more, and mount it on your helmet. Turn around and face the driver with the bright light on your head, then you can be sure the driver has seen you."



Mark Roberts, Analyst Programmer, Business Intelligence and Informatics

Mark Roberts has been cycling to work at Greenlane for a year. He enjoys the extra fitness daily cycling gives him and recently completed an 83km off-road mountain biking event.

Mark rides a mountain bike. As he says, "It feels safer being able to sit upright and the fat tyres give me more confidence navigating uneven and wet surfaces. My advice for other cyclists is to try and make eye contact with motorists when approaching intersections and wear high visibility gear."



You can find information about cycling storage and shower facilities at Auckland DHB on the Travelize section on the intranet.

Grand Rounds, our volunteer thank you event, research posters and the launch of the Academic Health Alliance were just some of the events taking place during celebration week in November.

The week is an opportunity for us to reflect on some of the great achievements made by our people throughout the year. Take a look at some of the highlights.



Congratulations to the four Green Belt Graduates who were presented their certificates by Greg Balla at the Quality Improvement Grand Round: (left to right) Paul Birch, Lynn Sadler, Malini Subramoney, Ian d'Young, Greg Balla.



Dr Robyn Toomath presenting Dr Veronica Playle the Peter Black Prize for Excellence in Research or Audit in General Medicine 2013 Award.

Eighty-six nurses received Level 4 Progression Certificates and 38 nurses were awarded NETP Completion Certificates at the Nursing Grand Round. The Nursing Research poster prize went to Karen Schimanski.

### Allied Health Research Posters

**First:** Indira Basu, Genotype characterisation of multi-drug resistant Mycobacterium tuberculosis isolates in New Zealand 2002-2012.

**Second:** Amy Liu, DAFNE improves glycaemic control and reduces insulin needs in adults with type 1 diabetes within Auckland Diabetes Centre - New Zealand.

**Third:** Maria Whitcombe-Shingler, Adult experiences and perspectives of using multifunction power wheelchairs.

### Young Investigator Awards

**Winner:** Tom Wang, Comparison of risk scores for predicting mortality and morbidity after aortic valve replacement.

**Runner up:** Ben Albert, Research on children with congenital hypothyroidism.

### Medical Research Posters

**Winner:** Cindy Farquhar, A randomised controlled trial of fallopian sperm perfusion compared with standard intrauterine insemination for women with non-tubal infertility.

**Highly commended:** Alison Leversha, Cellulitis in children: How important is first aid and health literacy?

**Highly commended:** Caroline Chembo, Long-term outcomes for primary glomerulonephritis: New Zealand Glomerulonephritis study.



Three awards were presented at the Allied Health Grand Rounds: Dietitian Barbara Cormack won the research award; Social Worker Tamsin West was presented with the new practitioners award; Practice Supervisor Shona Lees (pictured with Sue Waters, Chief Professions Health Officer) won the award for outstanding, significant and consistent contribution.

# A week of celebrations

Auckland District Health Board

# healthcare excellence Awards 2013

A night of celebration and anticipation took place at the end of November when the winners of the annual Healthcare Excellence Awards were announced. The evening recognised many examples of innovation and achievement taking place throughout the DHB. Ailsa Claire, Chief Executive said, "I was blown away by the projects submitted and the benefits they have achieved for our hospital and our patients. These awards are a testament to the dedication of many of our teams in our hospitals and in primary care working to improve the health of our patients and community."

The winners of the awards were chosen by our expert panel of judges. Lead judge for the clinical and process and systems categories, Greg Balla said: "There was an extremely high-calibre of applications this year making it a tough decision for the judges to choose just one winner. Everyone who applied should be extremely proud of the projects they have worked on."

You can read all about the winners and finalists on the website <http://excellenceawards.adhb.govt.nz/>.

## The Winners 2013

### Clinical Excellence 2013



### Implementing Early Warning System (EWS) scoring

*Andrew Jull, Deborah Rowe*

### Process and Systems Excellence 2013



### General Medicine Service excellence

*Sandi Millner, Tim Denison, Robyn Toomath, Raewyn Osbaldiston, Marion McGregor, Nic Szecket, Lucille Wilkinson, Usha Daji, Andrea Mitchell, Moses Benjamin, Tracey Reeves, Anna Thorburn, Sarah Devaliant, Richard Benfell, Leanne Rhodes, David Spriggs, Art Nahill, Anthony Jordan, Kathryn Reeves, Alicia Sutton, Michelle Griffen, Charlotte Lay, Andrew Davies, Jane Lees, Barry Snow*

### Research Excellence 2013



### Predictors of severe H1N1 infection in children presenting to emergency

*Stuart Dalziel, John Thompson, Charles Macias, Ricardo Fernandes, David Johnson, Yehezkel Waisman, Nicholas Cheng, Jason Acworth, James Chamberlain, Martin Osmond, Amy Plint, Paolo Valeri, Karen Black, Eleanor Fitzpatrick, Amanda Newton, Nathan Kuppermann, Terry Klassen*

### Chief Executive's Award 2013



### Improving timely bleed reporting by adults with haemophilia

*Ian d'Young, Laura Young, Mary Brassler, Karen Slavin, Rachel Donegan, Sarah Preston, Leigh Manson, Paul Ockleford*

The Awards Ceremony was kindly sponsored by:



# Thank you and best wishes



Dr Lester Levy, Board Chair

It was a great pleasure to attend the Healthcare Excellence Awards last month where I was fortunate to hear of some wonderful examples of innovation – I was also very impressed with the degree of collaboration. Please find the time to take a look at the Healthcare Excellence booklet as I feel confident that you will be inspired by the work of our colleagues. My congratulations and admiration go to all of those who participated and, of course, those fortunate enough to be selected for the awards.

Some of the results achieved by the projects submitted for the awards are quite spectacular - as an example, the General Medicine Service Excellence project has saved more than 10,000 bed days. But what does that really mean for our patients? It means beds are available for those patients most in need and that patients are not having to spend unnecessary time in hospital and are able to recover in their more familiar environments at home or in the community.

The Healthcare Excellence Awards took place in the midst of Celebration Week - a fabulous opportunity to see some of the research carried out by members of the Auckland DHB team on display. The week also further cemented our relationship with the University of Auckland with the launch of the Academic Health Alliance. It was with great pride that we were able to do this in the presence of not only the Minister of Health but with so many people who have contributed to research and teaching at our DHB.

At the beginning of the year we introduced the Local Heroes to recognise the everyday heroes (my favourite people) who go above and beyond to provide the best possible care for our patients or outstanding service to colleagues. Since its introduction we have had more than 250 nominations submitted from patients, families and staff. I have been really touched and delighted to read some of the nominations, which have been for both clinical and non-clinical staff, reinforcing that each one of us has an important role to play in making our patients, their families and other staff members' experience here positive and safe. Going into the New Year, there are still plenty of opportunities for us to continue to make our services better for our patients and support our population to be healthy. With the high-calibre of people we have in this organisation, I have every confidence we can find those opportunities and make improvements that result in making a real difference to our patients and community.

Finally, I wish to thank each and every one of you for your efforts and commitment throughout the year. I also wish each and every one of you and your families the very best wishes for the festive season and look forward to an excellent year for Auckland DHB in 2014.

## Auckland Academic Health Alliance launched

The Auckland Academic Health Alliance formally launched on 29 November with an event at Auckland University's Faculty of Medical and Health Science (FMHS). Auckland DHB and FMHS jointly hosted, with Health Minister Hon Tony Ryall officiating and Chair Dr Lester Levy giving the keynote speech.

Chief Medical Officer Dr Margaret Wilsher, the University of Auckland Vice-Chancellor Professor Stuart McCutcheon and FMHS's Dean, Professor John Fraser, also spoke.

Each speaker highlighted their particular interest in the Alliance while returning to a common theme of the benefits for patients, staff, researchers and students. These benefits derive from the intertwining of education, research, and patient care - working in concert to improve health and well-being as the Alliance expands the boundaries of knowledge.

Speakers noted current examples showing the Alliance model at work. CAMRI, the Centre for Advanced Magnetic Resonance Imaging is one. It is the first Magnetic Resonance Imaging venture in New Zealand to focus on high-end research work as well as routine clinical imaging. The centre leads the world in the evaluation of heart disease and has a research collaboration with Siemens Medical Systems, one of the largest industry providers of MRI.

Chief Medical Officer Dr Margaret Wilsher, one of the Alliance architects along with Professor John Fraser, told the audience that the Alliance was designed to speed the benefits of research "from the bench to the bedside".

"Our vision is that the Alliance will be joined by other healthcare and research organisations to focus on the major illnesses that affect New Zealanders."

While the Auckland Academic Health Alliance is New Zealand's first, it joins the ranks of 36 other such centres around the world, ensuring Auckland will continue to retain its competitive appeal for global medical talent and research funding out into the future. For more information, see the Alliance website at <http://aaha.org.nz/>.

Academic Health Alliance Launch: (Left to right) Professor Stuart McCutcheon, Vice Chancellor, UoA; Ailsa Clare, Chief Executive, Auckland DHB; Dr Lester Levy, Chair, Auckland DHB; Hon Tony Ryall, Minister of Health; Professor Ian Reid, Deputy Dean, FMHS; Dr Margaret Wilsher, Chief Medical Officer, Auckland DHB; Professor John Fraser, Dean, FMHS.



# Diwali's weight loss an act of love



(Above) Biggest Loser champion: Diwali Mafileo with daughter Eva, four.  
(Right) The top five (L-R): Tafale Tuaato, Tui Foleva, Diwali Mafileo, JoJo Saitong and Chantel Calverly.

When orderly Diwali Mafileo entered the in-house 'Biggest Loser Challenge 2013', he wanted to get healthier for the sake of his young daughter, Eva. On 1 August when the competition started, Diwali weighed 118.2kg. Three months later, he had shed more than 20 per cent of his body weight and tipped the scales at 94.5kg.

His amazing weight loss of 23.7kg was more than the weight of Eva, four, who Diwali said was his main inspiration.

"I want to be here to see my little girl grow up," he said at the Biggest Loser prize-giving ceremony.

"Saving money on petrol and not having to stress about finding parking were also good but not the main thing I was doing it for."

Diwali lost weight by eating more healthily and cycling to and from work. He was one of 60 people who joined the most recent Auckland DHB Biggest Loser competition, designed to provide peer support for integrating diet and gentle exercise into everyday lifestyle.

Some of those who started out didn't go the distance but those who weighed-in at the end of the challenge had lost a combined 192kg.

The Biggest Loser is an ongoing health campaign by a group of orderlies, nurses, receptionists and members of the radiology team.

Orderly and co-organiser Joseph Lafaele weighed 172kg when he started the Biggest Loser almost five years ago and today is 84kg lighter.

"I made a promise, a vow to myself, to never be that big again," he said.

"I replaced fizzy drinks with water and now I always eat fruit. I can proudly say goodbye to those memories of jumping on the scales and being 172kg."

Biggest Loser will be back in February 2014 in a four-member team format – check the February edition of Nova for information on how you can join in.



## Our weight loss champs

- 5th Tui Foleva – lost 18.9kg or **14.33 per cent of body weight**
- 4th Tafale Tuaato – lost 14.3kg or **15.45 per cent**
- 3rd Chantel Calverly – lost 16.9kg or **17.88 per cent**
- 2nd JoJo Saitong – lost 19.8kg or **20.02 per cent**
- 1st Diwali Mafileo – lost 23.7kg or **20.05 per cent**

## Nurse Managers receive top service honours

Anne-Marie Pickering, Nurse Manager, Auckland City Hospital (ACH) Adult Emergency Department/Admission and Planning Unit, and Nicola Gini, Nurse Manager, Paediatric Intensive Care Unit, Starship Hospital, have been admitted to and promoted within the Order of St John, one of the oldest service recognitions in the world.

Anne-Marie was admitted as a Member for being instrumental in the formation of the Friends of the Emergency Department (FEDs) at ACH. The FEDs are a volunteer service providing comfort and support of a non-clinical nature to patients in the emergency department.

Nicola, who was admitted as a Commander, has been involved with St John since she was nine-years-old. She is a qualified Intermediate Life Support Paramedic and Volunteer Team Manager of the Epsom Operational Volunteer Group. Nicola is also member of the specialised St John motorsport team and Chief Judge for the 13 to 18-year-old first aid competitions held around the region.

(l to r) Anne-Marie Pickering and Nicola Gini.



## Anaesthetist receives national and international recognition

Professor Alan Merry, Anaesthetist, level four at ACH has recently received two prestigious awards – honorary membership of the American Society of Anaesthesiology, which honours his extensive work in patient safety and the University of Auckland's 2013 Gluckman Medal, which is the Faculty of Medical and Health Sciences' premier recognition of research excellence. Professor Merry is recognised internationally for his research in medical ethics, safe medical practice, and anaesthesia.



## Tracey's race to resuscitate

Resuscitation co-coordinator and nurse educator Tracey Race says look at Kiosk for the next resuscitation training dates. "It's an essential skill for healthcare professionals. You never know when you'll need it," she says with a wry smile.

As well she might, having recently used the skills in a roadside ditch, four kilometres out from Tairua. It was there that last month she and ACH anaesthetist Chris Smit used their skills to save Ngatea man Martyn Hamblyn. Martyn had collapsed with a heart attack while nearing the end of the Halcyon K1 cycle race on 2 November.

"My husband was doing one of the other events and I was driving with our kids to meet him."

She drove past and saw Martyn face down, people standing around him. Stopping and checking, she found the backs of Martyn's ears had turned blue.

Tracey organised the bystanders to do compression and breathing before Chris Smit arrived to take over mouth-to-mouth. As the ambulance arrived with defibrillators, Tracey was on compression. One shock and Martyn was back among the living and, before long, in the Westpac helicopter en route to ACH for a stent procedure.

Waikato Times journalist Michael Dobie caught up with Martyn shortly after discharge from hospital.

"Every day's a good day to be alive," Martyn said. "I want to get back on my bike and spend time with my family."

Tracey, the veteran of 19 years as a Cardiovascular ICU nurse, told the Times: "I've looked after so many patients, but he's probably my best save ...you're not just saving one man.

You're saving so many lives from grief."

And so could you, as long as you are prepared with up-to-date CPR skills.

Most clinical staff in adult areas will be required to attend CPR training once every two years. Those working in child health are encouraged to attend training yearly. There is also a training programme for non-clinical staff. See "Resuscitation" in the A-Z on the DHB intranet for more information.

You just never know when ...



# STAYING ON TARGET

This is the third in a series of articles on our Health Targets. This month we focus on the 'brief advice to quit' smoking target...

It is estimated that around 5,000 New Zealanders die every year from disease caused by smoking tobacco and exposure to second-hand smoke.

That appalling death toll is avoidable. So don't start. And if you do, quit. Easily said, for those who have never smoked. But that's where healthcare workers step in to help, with advice to quit. We've had the 'advice to quit' target in hospitals since 2009, and since 2011 we've been working with GPs to deliver the same message to their patients.

The targets are 95 per cent of patients in the provider arm and 90 per cent in the primary sector. The first quarter 2013/14 performance continued the success to date, achieving 95 per cent. Target champion Margaret Dotchin says the success in the provider arm has been down to a lot of hard work from the team.

"The challenge for next year is continuing to improve our performance in encouraging patients in our care to quit. In the primary sector, while the first quarter result was up 3 per cent from the previous quarter, the overall performance was disappointing at 51 per cent."

"We need to step-up our performance in working with our primary care partners in the area because helping people to kick the habit is one of the single biggest ways of empowering them to improve their long-term health outlook," Margaret says.

Our primary care partners are hard at it, with Procure, for example, implementing a 'Mission Smokefree' initiative. They have made achieving the 'better help for smokers to quit' their number one priority and are training a practice champion in every General Practice. The training and support needs of each

General Practice are being identified and addressed through their Practice Advisors.

We're 'on the bus too'. Literally. Early in 2014 there will be a Quit Bus spreading the message and parking up in different venues each day over the Auckland and Waitemata districts.

## Did you know?

- ADHB Smokefree has a Facebook page? 'Like' us at <https://www.facebook.com/SmokefreeBeginnings>
- The DHB runs community quit groups? One completed in Onehunga and one in action at Oranga, with 60 per cent success rate. Contact the team if you would like to join one of these groups.
- Our Smokefree pregnancy team has enabled 56 pregnant women and/or partners to quit for more than 12 weeks over the past year?
- In December 2012 we exceeded the 95 per cent target for giving brief advice for smokers to quit? We have done so every month since then.
- Over the last 11 full months 11,350 smokers were identified and 10,875 were given brief advice – just short of a 96 per cent success rate?
- Twice a month we run a Quit Now stall on level 5 ACH to provide education and/or support for visitors, patients, and staff to quit?

## Thank you to our volunteers

We celebrated the contribution that our 1000 volunteers make at Auckland DHB with a morning tea during Celebration Week. Entertainment was provided by the Holy Trinity Cathedral Choir and Blue Coat, Trevor Anderson on keyboards. Dr Andrew Old, Chief of Strategy, Participation and Innovation, thanked the volunteers for the big difference they make to patients, families and visitors.

Our in-house volunteers include Blue Coats, Starship Information desk teams, Hospital Grandparents, Family Support team and the Pet Programme. We also have many volunteers from partner organisations including the Clown Doctors, Radio Lollipop, Red Cross, the Cancer Society, the Amputee Society, and Friends of the Emergency Department (FEDs).

### Did you know?

Our hospital volunteers contribute more than 40,000 hours of unpaid work every year.



# STAFF CHRISTMAS CHEERIOS

We would like to wish all Auckland DHB staff a happy and safe Christmas and New Year season and would also like to express a special thank you to everyone who has contributed and shared their ideas and news in Nova magazine and our other communication channels. We encourage more of the same and look forward to introducing a few bright and cheerful changes in 2014.

Communications Team

Splashing on the beach  
Down on Mission Bay  
O'er the waves we go  
Laughing all the way  
Good wishes we will bring  
Keeping spirits bright  
What fun it is to volunteer  
At Auckland DHB tonight!

Now the sun is bright  
Enjoy it one and all  
Be thankful for your life  
Go out and have a ball  
Just think of those in need,  
People who are sick  
And on this Christmas day  
Get a visit from St Nick

Merry Christmas from all  
the Volunteers!

"Meri Kirihimete, Me Te Tau Hou Hoki!"  
"Ia manuia le Kerisimasi male Tausaga Fou!"  
"Merry Christmas and Happy New Year to All!"

Thank you for all your support to improve the health of Aucklanders by helping to decrease the smoking rate and supporting smokefree environments for our children. If your personal resolution for 2014 is to stop smoking, give us a call on ext 27867 and leave a message.

ADHB Smokefree Team: Alberto, Berdie, Karen, Lisa, Ngarima, and Shalom.

Dear Careers Centre staff,  
Wishing all Careers Centre  
staff a very merry Christmas  
and an exciting New Year.  
Thanks for being a great bunch.

Cheers, Mal Taylor

Another day, another month,  
another winter, another year, another  
Christmas! May the joy of Christmas  
give you hope, may the spirit of  
Christmas bring you love, and the  
warmth of Christmas award you  
peace. Gifts of time and love are the  
basic ingredients of a truly merry  
Christmas.

The Coronary Care unit wishes  
everyone at Auckland DHB a VERY  
MERRY CHRISTMAS!

We would like to wish you and your  
whanau/families a very merry  
Christmas and a safe and happy  
New Year!

From the SHIVERS Research Nurses  
Debbie, Kathryn, Bhamita, Pamela,  
Emma and Stephanie

To Tamaki Ward Staff - Maternity Ward  
An amazing bunch of people, so caring and  
compassionate, always working so hard to ensure  
that the mothers and new babies are cared for  
and nurtured so they can go home feeling strong  
and empowered. For staff to do this day-in and  
day-out and with compassion and enthusiasm  
is amazing. The sense of wonder of a newborn  
baby, always reminds us of our own uniqueness  
and the wonder of "life" at this special time at  
Christmas.

Thank you - from Betty Wilkings,  
Charge Midwife

Wishing you all a  
great kiwi Christmas.  
A special Christmas  
wish for the Allied  
Health Adult Team  
1 & 2 Occupational  
Therapists.

Anna Nicholson,  
Occupational Therapist,  
Adult Team 1,  
Orthopaedic Ward

Christmas greetings to the  
wonderful acute Allied Health  
Team, who have worked  
hard this year through great  
difficulties. Sincere Christmas  
wishes, lots of happy feasting  
and hope Father Christmas  
doesn't get stuck in the  
chimney as he delivers your  
gifts! Best wishes and thanks.

Sue Harvey

Merry Christmas  
my awesome OH&S  
colleagues you're the  
best - have a safe and  
happy Christmas &  
New Year.

Love Mal