

NOVA

THE OFFICIAL MAGAZINE
FOR AUCKLAND DHB
July 2013

TE WHETU MARAMA



Inside this issue:

- X-Factor photos
- Trophy of Tradition winner
- Tips for Dry July

CEO Column

Staying connected



Ailsa Claire
Chief Executive

By the time this column goes to print, the realities of winter will no doubt be starting to bite.

I refer, of course, to the traditional seasonal spike in presentations to our EDs and a full hospital working hard to cope.

It can be a tough time for healthcare workers and please be assured I understand the pressures many of you will be working under.

I also want you to know I value your contributions and the services you provide to our population, despite facing demands that can feel almost overwhelming at times.

We had a bit of an early taste of this in March when, for some reason that still isn't totally clear, we experienced an early peak in presentations likely due to seasonal ailments such as flu and respiratory complaints.

It was almost as if winter had come early. In fact, it was the busiest period for admissions in our history.

Our response to that unforeseen but very real challenge was nothing short of first rate.

To deal with that and still meet our targets for shorter stays in our EDs was amazing and was made possible through the dedication and commitment of the people working in ED and on the wards.

The many process improvements we have embedded clearly played a role in the way we were able to cope.

General Medicine has been at the forefront of many of these improvements. It's quite remarkable what has been achieved.

The average length-of-stay has reduced, so patients are staying in hospital just long enough for their care and more than 13,000 bed days have been saved in three years - great news for our patients.

It's these kinds of improvements that will allow us to manage the winter pressure and make sure our patients get the right care, at the right time in the right place.

Another thing that can put pressure on the health system is staff sickness. I'm really pleased that, this year, we had our highest immunisation take-up rate among staff - about 60 per cent.

Thanks again to all those working hard to keep things running this winter. You're doing a mighty job.



Patients' applause



Every year, we receive many compliments from the people whose lives we touch. We can't publish them all but here are just some of the things people say about our team here at Auckland DHB.

I am so happy with the way everything has gone with my recent cataract operation.

Eye Clinic patient at Greenlane

The first thing to impress me was the time of the appointments. These were perfect considering we had to travel about 90kms.

With the attention I have had, from my first appointment right up until after my operation, I could have been excused for thinking I was in a private hospital. All the people we have dealt with - reception, medical staff and the orderlies have had a smile and a positive attitude. Amy the cataract nurse was flawless in her explanations of the operation, the state of my eyes and post-operative care. Her professionalism was absolutely outstanding.

Parents of a Starship patient

Our seven-year-old daughter has just completed 31 cranial and spinal radiotherapy sessions. Your Child Radiotherapy Team is a credit to your hospital and themselves. From the first point of contact, with a princess tiara and a board game, all the staff made us feel at ease. They indulged our daughter's love of Justin Bieber. Wiped our tears and gave us hugs. Answered our questions and were patient and genuinely caring. A special thumbs-up to Kim and Geoff for going that extra mile.

I live in Nelson and was in Auckland on holiday. I was taken to A&E by my daughter with pain. I was seen by two different doctors and admitted to ward 76 within three hours. I had a colonoscopy which highlighted a tumour in my bowel.

It was a stressful time for me and my family. I would like to thank all the staff who assisted with my admission, diagnosis and treatment. I particularly wish to thank the doctor who rang my husband, with my permission, with the result of the colonoscopy. The support I received from your medical team who liaised with the surgical staff at Nelson was amazing.

Adult Emergency Department and Ward 76 patient

30 years of volunteering celebrated

Congratulations to Joy Clark, a volunteer with the Grandparent programme at Starship Children's Hospital, who was recognised in the 2013 Minister of Health Volunteer Awards. The awards recognise the extraordinary contributions health volunteers from all walks of life make and celebrate their inspirational commitment.

Joy, a grandmother of six and great grandmother of four herself, began volunteering as a hospital grandparent almost 30 years ago. "I'd just lost my daughter to leukaemia and needed something meaningful to do," Joy said. "After 30 years I still absolutely love it! Seeing the children get better and well enough to go home is lovely. Sometimes I see them much later when they are really well again."

The Grandparent volunteers have become an integral part of life for many at Starship, particularly families from outside of Auckland who have little local support and are undergoing a very stressful time in their lives. It allows parents to spend time with other siblings or their partners, shop or just walk in the park for some welcome exercise and fresh air.

"Joy deserves this award because of her long-standing and unwavering dedication, kindness and support to many children and their families," says team leader for the volunteers, Theresa Wood. "Joy has formed really deep and long-lasting bonds with many children and families. She has a real ability to genuinely empathise with others."

Joy received a certificate of appreciation from Health Minister, Tony Ryall at an awards ceremony in June.



Former Starship patient and aspiring doctor seeks mentor

The Yes Disability Resource Centre and Carabiner Mentoring programme is seeking a mentor for a promising student who aspires to study science and medicine.

This young mentoree was a prefect at King's College and a CanTeen youth leader who had cancer as a young boy. He was so moved by his personal journey with the disease that he would like to learn and understand about the world of health science. He aims to make a positive contribution to the lives of others dealing with what he went through.

The 12-month mentoring programme involves:

- Writing a development plan with the mentoree to give the year some meaning.
- Monthly meetings with the mentoree to support the actions as desired by the development plan.
- Knowledge of the health care industry.

To register your interest, please contact Cameron Calkoen at info@carabiner.org.nz



Healthcare Excellence Awards 2013

Have you been responsible for a change that has benefited our patients?

Then you should apply for an Auckland DHB Healthcare Excellence Award. It's a great way to have your work recognised and to inspire others.

The awards are open to clinical and non-clinical staff. So if your research, education or new and improved way of working has resulted in better care for our patients, or a more effective way of working, check the Healthcare Excellence Awards website to find out how to apply. <http://excellenceawards.adhb.govt.nz>

Applications close on 13 September 2013.

A new website for A+ Trust

A+ Trust is the official fundraising arm for adult services at Auckland DHB. Since 1995, money donated to the Trust has enhanced facilities for our patients and helped to create a better environment for healing. It has also funded education and research opportunities for many of the Auckland DHB team.

The A+ Trust has recently launched a new website. The site provides information about initiatives the Trust has supported, how you can donate and information about the Trustees.

To find out more about the A+ Trust take a look at their website www.aplustrust.org.nz

Did you know?

4 the number of categories in the Healthcare Excellence Awards. Apply now for this year's awards.

38 the number of years Maori Language Week has been held in New Zealand. Maori language week is 1- 7 July. To find out more go to www.korero.maori.nz

40 the number in thousands of potatoes used every year for patient meals.

240 million people world-wide chronically infected with Hepatitis B. World hepatitis day is on 28 July go to www.who.int to find out more.

141 breast cancer radiation therapy treatments provided in 2012 – our most common form of cancer treatment.

7179 the number of cancer patients at our regional service last year. You can help them by signing-up to Dry July at www.dryjuly.co.nz

THANKS FOR
JOINING US!

Welcome to our recent starters

Deborah Aley
Lewis Ball
Carolyn Beazer
Oliver Brett
Holly Britton
Ewa Chmurzynska
Clara Chong
Katherine Dainty
Jane Dalton
Lisa Dawes
Kaveh Djamali
Christine Durrant
Kylie-Ellen Edwards
Henry Emanuel
Mika Hancock
Denis Hansen
Jing He
Ayanthi Karunanayake
Nu'u Kelsall
Dianne King
Heena Lakhdhir
Bo-Ying Lam
Steven Le Roux
Nikola Lilic
Ang Liu
April Ly
Adrian McCormack
Abbey Meehan
Aravindra Muniandy
Udma Nayak
Gay Noyer
Opeyemi Ogunjobi
Vanisha Pancha
Maria Panlilio
Carol Parks
Jane Paul
Sarah Pennalligen
Olga Pos
Jason Robertson
Lucy Robinson
Yue Shen
Yae Won Shin
Priyamvada Sobarun
Emily Thompson
Jessica Thompson
Esra Venecourt-Jackson
Philippa Walker
Nia Williams
Helen Wood
Zongyi Xu

Every month, hundreds of people join the Auckland DHB team. While it isn't possible to profile everybody in Nova, we can introduce you to some friendly faces on these pages.

This month, we caught-up with Jane Dalton, a bubbly and passionate staff nurse and the newest member of the Cardiovascular ICU Ward.

Why did you choose to enter this line of work?

My mother is also a nurse and I loved hearing her work stories as a child. The opportunities with nursing are endless – and I love the travelling I've been able to do working as a nurse in Melbourne and London.

Tell us a little bit about your role at Auckland DHB

I'm a staff nurse in the Cardiovascular Intensive Care Unit (CVICU). We look after patients post heart, lung and vascular surgery. We also care for people post heart and lung transplants and are the national centre for ECMO (a technique to provide full respiratory or cardiac support to the failing heart or lungs). It's a busy and vibrant unit, with lots of interesting challenges, and a great bunch of bright and sociable people to work with.

What is the most common misconception about what you do?

That we spend all day flirting with doctors and trying to bag a husband!

What health advice do you give most often?

Stop smoking!

Favourite book?

The Bronze Horseman by Paullina Simons. A great mix of romance and history - I must have read it at least 20 times. It inspired me to travel to St. Petersburg, Russia, where I spent a very cold Christmas Day wandering around The Hermitage Museum.

If you were an animal you would be...? Why?

An elephant – a beautiful, majestic creature that is intelligent, has an amazing memory and great family values. I also wouldn't mind having their killer eyelashes!



The ventilator is one of the first machines Jane learned to use as an ICU nurse.

Why are you doing 'dry' this July?

This month we're asking you to support our Dry July cancer fundraising campaign.

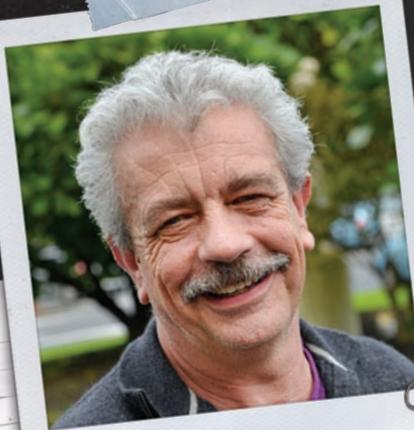
All you have to do is go alcohol-free for the month and ask your friends, colleagues and family to support you with sponsorship.

If you don't think you can do it, why not sponsor someone who is taking the challenge? It's easy to sign-up or donate on the website – www.dryjuly.co.nz

Funds raised will be spent on patient-focused projects at the Regional Cancer and Blood Service (Building 8 on the Grafton site)...

DRY JULY

[DRYJULY.co.nz](http://www.dryjuly.co.nz)



Dave Houlihan
Emergency Management Adviser

"A couple of work colleagues asked me: 'Do I fancy having an alcohol-free month to help adult cancer patients at the same time as improving my own health?' I thought, 'Why not?'"

Like many people, I enjoy a quiet drink – especially when the rugby is on. It will be good to have a whole month away from alcohol and just see if the world seems any different.

Obviously, this will help people living with cancer at the same time, so it's a win-win."



Amanda Brown
Ward Clerk, Starship Ward 2TB

"I'm doing it to just get healthy again. Also, I know people affected by cancer, including a couple of people at the moment - one that doesn't have too long and one they can't do anything for."

Of course, I've worked in adult haematology and I'm currently working in children's, so I have a connection to the cause.

I did it last year, too, and it was tough at first but I did get through the month ok.

My friends didn't have that much faith in me last year but I proved them wrong! It is a good cause."



Dan Arnold
External Supplier

"I guess I haven't gone longer than a month without a beer since I was 16. I was in the hospital – my son's just been born recently – and saw the Dry July posters and thought it would be all right to do it because I have tried before but fallen short."

But I think if I've got a good cause - and raising money for cancer is a great cause - then that may give me the extra motivation I need to have a month off.

I see a double health benefit, I guess – I think it's healthy to get people off the booze and then, obviously, cancer is a killer that affects all of us or somebody we know and it's great to raise a bit of money to help out."



Moira Tretheway-Murphy
Bed Manager, Auckland City Hospital

"My mother died of cancer, my great-nephew died of cancer and I've had several other friends die of cancer."

Anything we can do for cancer patients is great. I want to help where I can.

Once upon a time, I also did cooking for the Cancer Society for patients when they came home from chemotherapy.

I plan to donate the amount I would have spent on wine or whatever each week – and a bit more because that wouldn't come to much!

I'm not a big drinker – mainly with dinner and at social events."



Lucy Bartlett
Clinical Transcriptionist

"It will be a good way of drinking less regularly and improving my own health. I usually like to support medical causes and they don't come much better than this."

When I saw the ad for Dry July on the intranet, I knew I had to do it.

It was actually good timing because I'd been thinking about making a change anyway.

I think I'll donate to myself and if anyone else wants to join in, that's great."



Global spotlight on cancer research project

An Auckland DHB-led study proving that the use of special humidifiers can reduce the side-effects of radiotherapy for some cancer patients was recently presented at the European Society of Therapeutic Radiation Oncology meeting in Geneva.

The project, known as RadioHUM, was overseen by our own Radiation Oncology department and the Oncology Research Centre in collaboration with the Trans-Tasman Radiation Oncology Group. It involved 210 patients in New Zealand and Australia.

Dr Andrew Macann, who led the study, said the regular use of humidifiers offered clear benefits to head and neck cancer patients in reducing the severe internal inflammation and ulceration caused by radiotherapy.

It found that patients requiring radiotherapy to the mouth and throat areas were less likely to require hospital admission if they used a purpose-built humidifier as part of their treatment.

Those patients who used the humidifiers and who still had to be admitted spent almost half the time in hospital as those patients not on the trial.

The return of eating patterns to close to normal was also significantly higher three months after radiotherapy in the group using humidifiers.

Above: Head and neck nurse specialist Vicki Thomson (left) shows colleague Noelle Farrell (right) how to use the humidifier, with Dr Andrew Macann (centre).

“The humidifier enables us to moisturise the throat in a way we haven’t been able to achieve before,” said Dr Macann.

“The rationale for using a humidifier is quite simple: moisturising wounds generally assists them to heal faster.”

The discomfort caused by radiotherapy impacts on the patient’s quality of life – it is painful, affects sleeping patterns and poses challenges in maintaining nutrition.

Another important finding of the study was that many patients did not use the humidifier as much as was hoped. Only 43 per cent used the humidifiers as recommended by their doctors.

The trial measured several other end points suggesting a benefit for humidification – but the trend was only observed when patients were compliant in using the humidifier.

“These results are encouraging but our next step is to work at increasing the proportion of patients who use the humidifier effectively,” Dr Macann said.

“This should be easier now that we have this evidence to counsel patients on the benefit that humidifiers can provide.”

“We obtained feedback from patients on why some of them didn’t like using the humidifier and we’re confident we understand the issues involved.”

Funding for the study was provided by the NZ Ministry of Science and Innovation, Fisher & Paykel Healthcare, Baxter Healthcare, A+ Trust and the Psycho-Oncology Cooperative Research Group.

Songbirds brighten up Te Whetu Tawera

There will be bright flowers and birdlife all throughout winter in Te Whetu Tawera, thanks to a vibrant mural by the New Zealand graffiti artist Flox.

The work of art is just one of a number of improvements made in the outdoor area of the Intensive Care Unit, which now includes plant boxes, outdoor beanbags and a basketball hoop.

As Occupational Therapist Marian Nee explains, “The revamp was suggested by Ilaria Browne, an Occupational Therapy student. The vision was to enhance the courtyard in the Intensive Care Unit, to help produce feelings of calmness, uplift people’s moods and support recovery.”

A relative of a recent client said, “The mural is beautiful and I know that people in here enjoy shooting hoops on the court. I think it’s great that the Te Whetu team is making these changes because the surroundings have such an impact on how people feel.”

Thanks to the A+ Trust for funding this important project.



A colourful show indeed



X-Factor has been and gone for another year but the colourful costumes of the participants will be remembered for some time to come.

Around 250 staff turned up on two nights in early June for the Technicolour Quiz – a theme liberally embraced by many.

Teams came decked-out in a variety of matching outfits – including teams dressed as Smurfs, witches and even the Lord himself.

Jonathan Zavou from healthAlliance performed quiz master honours, with anaesthetic technician Andrew Westmacott's risqué humour keeping the crowd entertained at the alcohol-free event.

Resident musicians Joe McDermott from LabPLUS and Rosser Thornley from accounting added to the colour, playing guitar and piano respectively.

Staff will be invited to provide feedback on the show to help the organising committee's planning for next year.

The quiz saw Andrew, Joe and Rosser bring the curtain down on seven successful years as key members of the X-Factor organising committee.

They are handing over to John Scott from LabPLUS and trust staff will continue to support the committee to ensure X-Factor remains part of the social life of Auckland DHB.

Stay tuned to Nova for details of the 2014 X-Factor show.



Auckland DHB Queen's birthday honours

Our congratulations go to Dr Lee Mathias and Dr Simon Stables on their recognition in the Queen's Birthday Honours list.



Dr Lee Mathias

Auckland DHB's deputy chair Dr Lee Mathias was awarded Officer of the New Zealand Order of Merit (ONZM) for her services to health and business.

The honour recognises her work over 40 years in the health sector as a clinician, entrepreneur, consultant, educator and board director.

Executive director of her own healthcare governance consultancy, Lee Mathias Ltd, her skills are well utilised on the DHB's Audit and Finance committee.

She currently chairs the establishment board for the NZ Health Promotion Agency and leads the joint Auckland and Waitemata District Health Boards' Community and Public Health Advisory Committee.

A member of the Midwifery Council and director of the Midwifery and Maternity Provider Organisation, Lee was a founding director and shareholder of Birthcare maternity facilities.

An accredited fellow of the NZ Institute of Directors, she has been a past director of ACC, Labtests Auckland, IRIS, Wairarapa Health, Pacific Health, Western Bay Health and Eastbay Health.

She says, "It's an unusual feeling to be recognised by one's peers and country. I'm both honoured and humbled at the same time."



Dr Simon Stables

Auckland DHB forensic pathologist Dr Simon Stables was awarded Member of the New Zealand Order of Merit (MNZM) for his services to disaster victim identification.

The honour recognises his work identifying victims in often gruelling conditions following disasters such as the Boxing Day tsunami in 2004. He also coordinated the forensic pathology responses to the Fox Glacier plane crash in 2010, the Canterbury earthquake in 2011, and the Carterton balloon disaster in 2012.

The National Forensic Pathology Service clinical director is an integral member of the NZ Police Disaster Victim Identification (DVI) committee, formed after the Bali bombing in 2002, and an advisor to the Australasian Police DVI committee.

"Dr Stables has made an enormous contribution to the development of competence and resourcing for disaster victim identification," the citation says.

Simon says: "Mass disaster work is very much a team effort so to be recognised in this way is a little surprising but very much an honour. I'm thankful for the support given by Auckland DHB, my colleagues and family which allows me to be involved in this rewarding work of returning unfortunate victims to their grieving families."

corner

CONCORD

Did you know that we carry out nearly 130,000 clinician follow-up appointments for our patients every year?

Best practice guidelines and feedback from our patients and their families show that coming to clinic is a hassle and, for some, these follow-ups don't actually help. Despite this, we continue to fill our outpatient clinics with patients who could receive better management elsewhere.

We don't need to do that. We can change our approach to on-going patient management. Some teams and services are already changing the way they carry out follow-ups with patients. The results have been positive, with clinicians saying they now get to spend their time on more complex cases.

So, before you tick the follow-up box for your next patient, ask yourself:

Purpose Why am I bringing the patient back? Can the patient decide themselves if and when they need to see a doctor?

How Can the assessment be done on the telephone or virtually?

Who Can the follow-up be done by someone else in your team, or their GP, or in their home DHB?

Concord can help facilitate workshops and has developed some tools to help you and your teams work through these questions.

Please contact Marc ter Beek on 021 424 403 to find out more.

Or, if you have an idea about how we can do things better submit it on the Concord Intranet pages or email concord@adhb.co.nz



Our local heroes

Last month our panel had the difficult task of choosing our local hero out of almost 40 nominations. The decision proved so difficult that we have two local heroes for June.

The first is Sam Malekar, team support for the Nursing Development Unit. He received eight nominations. His colleagues spoke of the fabulous support he provides. In just one month he has helped 600 nurses to maintain their level of practice by checking their professional development portfolios have the correct information in them.

His colleagues describe him as a great team player who works tirelessly, is respectful and never complains!

Our second local hero is physiotherapist, Laura Rensford. Laura was nominated for establishing a student-led gym-based rehabilitation programme for patients. Thanks to Laura a team of physiotherapy students and staff are now able to provide timely and effective rehabilitation for large groups of patients.

Congratulations to our two local heroes for June.

Please keep your stories about our local heroes coming in. To nominate go to www.adhb.govt.nz/localheroes or look out for the nomination cards around our buildings.



Congratulations to all local heroes nominated in June:

Nick Booth
Dr Graeme Breckon
Liz Bridgman
Rochelle Boylan
Peter Cross
Pam Cunningham
Deidre Davey
Debbie Eade
Iris Fontenalla
Desmond Frost
Dr Han Jiang
Angela Keating
Dr Alfred Kwan
Rebekah Leach
Maria Leggio
Dr Nikki Mills
Hega Nukanuka
Anna Nyemetz
Monika Puleosi-Matapo
Ciana Recto
Ajay Sud
Karen Triggs
Louise Vemoa
Jason Ware
Una Wainivetau

local heroes is kindly supported by A+ Trust

Trophy of Tradition awarded to Briar McLeod

Briar McLeod, Parenteral Nutrition Nurse Specialist, was presented with the Auckland Rotary Club Trophy of Tradition by the Prime Minister in May.

On hearing about the award, Briar said, "When I was first told I was this year's winner of the trophy I asked if they were sure that they had the right person. I just feel like I'm doing my job. It is an honour to be recognised in this way though and being presented with the trophy by John Key at the Rotary Club luncheon was pretty special too."

The Trophy of Tradition was established in 1971 and is awarded annually to an adult health nurse who epitomises the spirit of nursing. Nominations for the award can be put forward by any nurse in Adult Health and the winner is chosen by a panel of senior nurses at Auckland District Health Board.

"Briar is a worthy recipient of the award this year. Her attitude towards her patients and their families is phenomenal and nothing is ever too much for her," says panel member, Jane Lees. "Briar excels in her clinical role and is an expert in her field. She also has a national presence which she uses to advocate for patients."

Congratulations Briar.



Compassion - what our patients and clients need more than anything else



Dr Lester Levy, Board Chair

Since my appointment as Chair my absolute expectation is that every Auckland District Health Board patient and client and their family/whanau are treated with the utmost empathy, respect, courtesy and professionalism. Compassion must be at the core of all of our interactions with our patients, clients and their family/whanau.

Each patient and client will judge us by their own experience with us. Healthcare is a tough and demanding environment. Sometimes, in a busy working day it is possible to forget that our patients and clients are someone's family member or friend.

No matter how tough a day we might have had, it is unacceptable

for any patient, client or their families/whanau to be treated with indifference. Many of you will be seeing people at a low point in their lives, when they are tired, frail and even afraid. Their experience may already be a difficult one and we must do everything that we can to make it easier and more bearable for them.

Their concerns – however minor they may seem to your practised judgement – are entirely real and valid and must be treated as such.

When it comes to the patient experience, the vast majority of our staff are providing wonderful service and I thank them from the bottom of my heart! However, I still receive feedback that staff have appeared flippant, disinterested and condescending. This is a small minority but our patients and clients judge us on their own experience and the risk is it taints the reputation of us all.

We must communicate in a thoughtful, clear and transparent way at every stage of our patients' and clients' treatment with us. We should treat everyone with courtesy and kindness – the same way you would want to be treated yourself.

Every individual in our organisation – be it in a clinical, technical, support or administrative role – plays a key part in ensuring that all patients and clients receive the best possible service and care, whether they provide that service directly or indirectly.

We must do our very best for each and every patient and client, all the time, every time. Most importantly, we need to get it right the first time – there is no second chance to make a good first impression.

Hot Hula gets around

For the Pacific community it was the first ever Polynesian fitness workout, originally launched in partnership with Auckland DHB in 2010. Three years later the creator, Los Angeles-based Anna-Rita Sloss has been back in her home town to conduct master-classes.

Pacific Health nurse educator Tina Reid says it's about community coming together for friendship and socialising and promoting health.

"Hot Hula has grown up out of the Healthy Village Action Zone and the original church setting into a community fitness choice in its own right.

"We let the community know that it's still going strong and the response has been exciting. Dancers can see that Hot Hula is not only for Pacific people, it's for everyone. I happen to be a Pacific nurse and a keen hula instructor myself, so it's very important for me professionally to build solid relationships with patients and families – not only with inpatients and also out there in the community. That happens when we come together in hula for bonding, friendship, socialising and promoting health and fitness in a fun way."

Tina Reid in action at a Hot Hula class.



Dignity at the forefront of a hospital re-set

In June we set about the big task of re-setting our ward rooms at Auckland City Hospital so that patients only share a room with patients of the same gender.

It is our current policy to only have same gender rooms. However, at times of high occupancy, when we just need to find our patients a bed, putting patients in mixed gender rooms sometimes can't be avoided.

"When we asked our patients, they told us that they do not want to share a room with the opposite sex. And I don't blame them. I don't think I would want to. It is important to me that we do everything we can to preserve the dignity of our patients and make their stay as comfortable as possible," says Margaret Dotchin, Chief Nursing Officer.

"The re-set was all about getting us back to where we should be," continues Margaret. "Going forward, when there is no other option but to put patients in a mixed gender room, we want our nursing team to have a plan to move them as soon as possible and tell our patients it is just a temporary measure."

Mr Gibbons was just one patient who benefitted



Mr Gibbons with Ward 31 nurses Arlene and Sheila.

from the re-set. "When I first came on the ward I was in a room with other men, but as they were discharged female patients moved into the room," said Mr Gibbons. "I've now been moved into an all male room and it's much better."

"Moving patients into same gender wards is doable. It just takes some thinking about and planning. The patients definitely appreciate it," says Ward 31 Charge Nurse, Katie Quinney.

To find out more go to 'winter pressures' on the intranet.



Rachael Parke awarded \$137,000 for patient recovery research

The Health Research Council (HRC) Feasibility Study grant is considered one of the most competitive grants a health practitioner in New Zealand can attain. And if you've been given three HRC grants during your professional and academic career, then you know you're going places.

That's why Auckland DHB should be extremely proud to have Rachael Parke, research nurse coordinator in our Cardiothoracic and Vascular ICU team, as part of our workforce. Rachael was recently awarded \$137,000 to trial a regime aimed at reducing fluid intake of cardiac patients after surgery. Cardiac patients tend to be given large amounts of fluids following an operation, which may interfere with wound healing, respiratory function and delay hospital discharge. If the trial proves successful, this simple and inexpensive nurse-led protocol could benefit patients and decrease the length of hospital stay. Rachael is another example of how Auckland DHB nurses are champions for our patients and leaders in improving patient care.

Rachael Parke, research nurse coordinator in ward 48, balances her time working with staff and patients and her PhD studies at Auckland University.



Planet espresso mainstay represents NZ in world cup-tasters challenge

Krisse takes a well-deserved break from serving dozens of customers at Auckland City Hospital.

Planet Espresso manager and barista Krisse McGregor knows her coffee. In fact, the 24 year old coffee connoisseur's palate is so unrivalled in New Zealand that she represented the country in the World Coffee Cup Tasters Championships in Nice, France, last month.

This is the second time Krisse was picked as the national contender. She is also the first person to win the New Zealand Cup Tasters title twice.

Coffee cup-tasting demands an acute palate and knowledge of the wide range of coffee beans available from around the world. In this competition cup-tasters are presented with eight sets of

three cups, with two cups being identical coffees and one cup being a different coffee. They have to identify the odd coffee out in the shortest possible time.

"Competing in the nationals again with a developed knowledge of coffee and different coffee origins definitely helped me to regain the title," said Krisse.

Krisse has been expanding her knowledge of world coffees by visiting international coffee bean farms in Central America and sometimes even helping with the bean harvesting. Her most recent visit was at Hacienda La Minita in Costa Rica where some of the coffee beans for Planet Espresso are sourced.

Orbit Welcome to the travel remedy



Monthly Competition

The winner of this month's competition will receive one night's accommodation in the **Quadrant Hotel, Auckland**.

The Quadrant is a superior Auckland CBD hotel with a Qualmark four-star rating. Conveniently located in the heart of Auckland City. The Quadrant radiates all of the style and sophistication that you would expect to find in Auckland City throughout each and every one of the 277 rooms within the hotel. Each room also provides the luxury of a full kitchen, laundry, balcony and air-conditioning.

Question:

What is the name of the creator of Hot Hula?

To enter, send your answer to novan@adhb.govt.nz with 'travel competition' in the subject line. Or mail to Communications Team, level 2, Bldg 16, Greenlane. Entries must be received by 31 July.

Only one entry per person, please.

★ Congratulations to May Orbit competition winner **Karen Montgomerie**, Greenlane Surgical Unit staff nurse. The answer to the May question "what does the word midwife literally mean?" was *with woman*.



Nova is the official magazine of Auckland DHB. It is published by the Communications team, located on Level 2, Building 16, Greenlane Clinical Centre. If your department has something to share, please contact the Communications team on ext 26556 or email adhbcommunications@adhb.govt.nz.

ISSN 1178-5373 (print) ISSN 1178-5381 (online)