

NOVA

THE
OFFICIAL
MAGAZINE FOR
AUCKLAND DHB
APRIL/MAY 2015

TE WHETU MARAMA



Inside this issue:

- Annual influenza vaccination available this month
- Patient Experience Week photos inside
- Focus on our cleaning team

CEO Column



Staying connected

Ailsa Claire
Chief Executive

I invite you to come to the Staying Connected sessions I am hosting in April and May. It's a chance for a good discussion about where Auckland DHB is headed. See page 10 for times and venues.

I will be talking about our strategy. Each of us has a part in making it happen. Whatever our role, we are all pitching in to build healthier communities and to deliver world-class healthcare. Our 2015 Health Needs Assessment (see page 12) outlines the big picture. Too many Aucklanders suffer from avoidable illness and death. We must acknowledge that for some sectors of our communities, access to healthcare is not equitable. As a result, Māori and Pacific people face worse health outcomes than others. This is an issue of equity that must be addressed if we are going to turn negative statistics into positive ones.

That's why it's great to see initiatives like the refurbishment of Mana Clinic, (see page 5) operated by public health nurse Sarah Williams at Wesley Primary in Mt Roskill. The clinic is a hive of activity with up to 40 children a week being checked for rheumatic fever. Located in the centre of its community, Mana Clinic is a friendly, welcoming place that makes accessing healthcare easy.

Keeping well is smarter than picking up an avoidable illness. There can be few better examples of this than our winter influenza vaccination campaign. Last year, 74 per cent of Auckland DHB staff had their vaccination (the second highest rate for any DHB), and this year we'd like to make it higher. I'll be lining up for a vaccination when it becomes available. Remember: Protect, Don't Infect.

Finally, I hope you can all spread the word about Conversations that Count Day on April 16. This is a national initiative led by the Auckland DHB Advance Care Planning team. Its goal is to get people thinking and talking about their future and end-of-life care with family, whānau and healthcare staff.

There will be a range of events to raise awareness of what I like to think is the most important conversation you are probably ever going to have. Check out www.conversationscount.org.nz/ for the latest news and events.

On the cover: Some of the team on ward 71 one of the teams that got the highest percentage of influenza vaccinations last year.



Patients' applause

Here are some of the things people are saying about our team here at Auckland DHB:



Our 97-year-old mother was admitted to the ED after suffering a fall at her residence. She moved into Ward 21 and then to Ward 68 where she passed away. During the six days Mum was under Auckland City Hospital care, we were able to witness the care afforded to her by the doctors and nursing staff. We would like to express our sincere thanks for the truly superb care provided. Without exception, each person who provided care to Mum was extremely professional and genuinely caring. This was of huge relief to us during this difficult time. We emphasise again that there was no exception to the extremely high service level provided by each person.

Family of patient

Since October 2014, my husband has three times been a 'guest' at Auckland City Hospital. We would like to acknowledge the wonderful care and attention he received. The staff on Wards 31, 41, 42, the Critical Care Unit and the High Dependency Unit were exceptional. The doctors and nurses were marvellous, and showed such care and professionalism. The extremely grateful to them all. I would also like to acknowledge the very caring and supportive women who help to run Te Whare Awhina. They provided continual and consistent support to me during some trying times. They deserve to be praised for the work and service they provide. It is a truly marvellous facility and I am very grateful. On behalf of my husband and myself, thank you so much.

Wife of a patient

As a usually fit and active physiotherapist, it was a shock to be admitted to Ward 74 over the Christmas period. Put succinctly, my care there was sensational. The kindness and compassion I experienced was matched only by the technical efficiency of the staff. Each shift, a new equally wonderful nurse cared for me. The ENT medical team were great, the radiographer was so gentle, the staff at the CT scanner, who were clearly rushed off their feet, never once made me feel rushed. The cleaner was cheerful and very efficient, and the people who brought the meals couldn't do enough to help. I had been convinced that care of this type belonged to a by-gone era; this is clearly not the case. I am singing Auckland City Hospital's praises to everyone who will listen! Thank you so much.

Ward 74 patient

TOP TWEETS

- @timmkeogh – @AkId_DHB - making patients and staff from all cultures feel welcome. #livingourvalues pic.twitter.com/6eHrqzbcRe
- @farrellburns – Lil cousin had a spinal surgery. Is recovering nicely and home 6 days later. The staff at starship are amazing!
- @jasonawolf – Awesome @JDLaidlaw! Gearing up for #ptexp week across Auckland. We all play a role! RT @AkId_DHB #hcsmanz #hcnz https://twitter.com/AkId_DHB/status/574706235666251776
- @meetninjunkie – Had a cyst from my wrist taken out earlier at @AkId_DHB & had a very pleasant experience! Thank you very much!

Follow @AkId_DHB for news, patient information and more.



Staff wellness

ROUND THE BAYS

A number of staff recently participated in Round the Bays in Auckland in support of local charities and personal wellness. Staff from all areas of the organisation took part this year including dietitians, social workers, anaesthetists, radiology administrators and more. Lia Warner, Senior Management Accountant for Perioperative, got her whole family out this year. Well done!

Find out about staff wellness opportunities through eNova every Monday or on the Intranet under W.

Lia Warner's [Senior Management Accountant for Perioperative] family taking part in Round the Bays. Clockwise from top: Dinah Pili, Tavita Pili, Liam Warner, Jordan Pili, Meilani Warner, and Kaiser Pili.

news in brief

Long Service Awards

In November last year, with support from the A+ Trust, we started to formally thank and celebrate the people who have been with our organisation for more than 30 years at two long-service awards.

In June we will expand this recognition to those who have achieved 20 years' service.

Currently, there are about 900 people who have worked in our organisation for more than 20 years, so we'll be holding a number of events throughout the year to make sure we include everyone.

We also want to recognise the people who have had a break in service. If you have been with us for 20, 30, 40 or even 50 years, but have had a break during the time, please tell us by emailing LongService@adhb.govt.nz

Nurses Awards

In May we will be holding the first A+ Trust Nursing and Midwifery Awards for Auckland DHB. Held to coincide with International Nurses Day and International Midwifery Day, the Awards will celebrate excellence in nursing and midwifery. A number of trophies will be presented at the event to recognise the various skills and attributes required by the modern nursing workforce.

These Awards replace the Grand Round previously held to mark International Nurses Day.

Check the intranet for details of the Awards and how to apply. Look under our organisation or under N on the A-Z index.

Community-referred laboratory services now co-located at Mt Wellington

Premises in Carbine Road have been refurbished so that the combined Anatomic Pathology and Gynaecological Cytology services can co-locate. Auckland DHB took responsibility for these in 2014 as part of the transition of services from DML to Labtests Auckland and the DHB. A programme to move the services with minimal disruption has been under way for more than two years and co-location is one of the final achievements in this transition project plan.

Did you know?

- 34** students have been funded by the A+Trust Scholarship programme.
- 52** languages we included on the welcome poster around our buildings.
- 69** new car parks being created in Car Park A, Auckland City Hospital.
- 89** per cent of midwives at Auckland DHB were vaccinated against influenza last year (see page 8).
- 100** giant Easter eggs hidden as part of the Whittaker's Big Egg Hunt in support of Starship this year. Visit www.thebigegg hunt.co.nz to find out more.
- 787** people currently on our patient panel visit. See www.healthvoice.org.nz to find out more.

Correction to article in Feb/March Nova

We incorrectly referred to Sands Auckland Central Inc. as SANDS in the last issue of Nova. Sands Auckland Central Inc. provides Pregnancy, Baby and Infant Loss Support to anyone affected by the death of a baby at any gestation or age into infancy. You can find out more about their work at: www.sandsauckland.org.nz

Welcome to our recent starters

THANKS FOR JOINING US!

Aaron Puckey, Aimee White, Aksiniya Kiseleva, Alexander Law, Alexander Van Heerden, Alison Jackson, Amandeep Katari, Andrew Burns, Anna Balfour, Anna Blaiklock, Anna Hagan, Annabelle Shilton, Annie Chen, Annie Cheng, Anthony Borrie, Antoinette Yelcich, Arvina Prakash, Ashleigh Barnes, Ashsish Taneja, Benjamin Murrin, Bing Li, Brylee Lyons, Casey Herbert, Catherine Tanumihardja, Cedric Sottas, Chantee Sharp, Charlotte Eyers-York, Charlotte Smith, Chi-Ying Chou, Christina Lampey, Christina Lobb, Christopher Duncan, Christopher Wong, Claire Attenborough, Claudia Payne, Clementine Connor, Colin Barnes, Daniel Hunt, David Harvey, Deborah Bocock, Draymon Dominguez, Eliza Kells-Stanton, Elizabeth Boucher, Emma Reynolds, Enya McPherson, Eugene Ng, Felagaibella Tupetoa, Fernando Arnt-Watkins, Fiona Honeyman, Fiona Patterson, Florabel Joves, Gemma Whitehead, George Cook, George Stephenson, Gillian Vernon, Grace Nicholson, Grace Taylor, Grainne O'Keefe, Guillaume Barbalat, Heather Chikwehwa, Helen Kim, Helen Podmore, Herber Fruean, Hollie Carter, Holly Finnigan, Ian Grant, In Jeong, Ingidzai Kasere, Jackie Borell, Jaimee Hunter, James Caldwell, James Le Fevre, James Sandison, Jane Galea-Singer, Jason Castle, Jeanette Chin, Jemy Jose, Jennifer Best, Jennifer Wright, Jennifer Wilkinson, Jens Lund, Jeremy Whiting, Joan Callis, Joanne Meldrum, John Dickson, John McCormick, Josella Komene, Josephine Alexander, Joy Farley, Judy McCullough, Kara-Ann Tukuitonga, Kate McGeachie, Kathryn Smith, Sarah Harrison, Katie Myers, Katya Karabencheva, Kelly Orr, Kendal Dearlove, Kiersten Boughen, Kim Standfield, Kirsten Woock, Kristin Good, Kylie Amai, Lisa March, Lying Duan, Lolohea Kama, Luke Sumich, Lydia Pua'avase, Lydia Wood, Maree Neill, Maria Amaya, Mary Haslam, Meaghan Liddle, Megan Lee, Mehejabeen Mohammed, Melissa Marshall, Meressapinni Pupualii, Merin James, Merlyn Lobo, Michael Frias, Michaela Wakelin, Michelle Bulpin, Michelle Ure, Michelle Watkins, Minh Ly, Muganthan Sithamparanathan, Myrna Prisila, Natsumi Petrie, Neelam Devi, Nicola Lawrence, Nicola Toothill, Nida Zuhena, Noorjah Shaikh, Olga Zavartseva, Parminder Chandhok, Patricia Humphreys-Grey, Peta Kelly, Pramuk Keerthi, Precious Hungwe, Priya Kumar, Rachel Eves, Rafaelita Garalde, Rahul Bhandar, Rene Macdonald, Renuka Palanicawandar, Renzhi Zhang, Revelyn Beding, Riley Koefoed, Robyn Wiki, Roshan Reddy, Roshni Prasad, Rowan Jones, Rowena Edgeworth, Sally Cain, Salud Isabelle Oracion, Samantha Hamilton, Sanja Mirkov, Sanjinesh Dutt, Santosh Mallappa, Sara Kake, Sarah Dawes, Sarah Piluden, Sash Rossaye, Satchi Kandasas, Shailendra Deo, Sharely Devi, Shirin Mahmoudi, Sonia Gerayli, Sonya Temata, Stephanie Huege De Serville, Stephanie Mitchell, Sumithra Navaratnam, Tamara Guretzki, Tara Crowden, Te Wai Barbarich, Telesia Mulitalo, Tennille Lynn, Teresa Cook, Teretia Toparea-Kato, Tjala Judd, Torrance Merkle, Tracey Campbell, Ulrich Binueza, Veena Telkar, Veronica Peat, Victoria Falconer, Victoria Oliver, Vikashni Chand, Wayne Birch, Wayne Morris, William Wolken, Yuan Fang.

Our local heroes

Congratulations to our February and March local heroes: Dr Chanel Prestidge, Paediatric Nephrologist and Catherine Dixon-McIver, Registered Obstetric Nurse.

Chanel was nominated by the parent of a patient who told us: "My daughter received a successful kidney transplant in 2014 at Starship. In January this year we were able to take a holiday for the first time in several years. While on holiday our daughter came down with some potentially transplant-related symptoms. The US doctors were easily able to contact Chanel, despite the late hour. Chanel called us personally late at night to reassure us that all was well and continued to provide follow-up help. It made us all feel good to know that we could so easily contact one of our New Zealand doctors while on holiday. Chanel's care and concern for Samantha and our family is deserving of special mention as a local hero."

Catherine was nominated by a patient who said: "I was a new mum suffering from a very bad mastitis infection. While in hospital, I also found out I had a large blood clot in my left leg. The support and after-care suggestions made by this awesome lady made my very difficult start to motherhood easier. Catherine restored my self-esteem about my ability to breastfeed. This is where Catherine is a hero to me and my family because she spent the time and had the patience to make sure I didn't feel pressured into doing anything that was uncomfortable for me or my baby girl. Anyone admitted to the Tamaki Ward with Catherine as their midwife is very lucky and in the best hands."



February's local hero Dr Chanel Prestidge receives her award from Ailsa Claire.

Congratulations to everyone nominated as February and March local heroes:

Alan Laming
Alison Boggs
Alphonsa Babu
Anjala Rattan
Helen Bae
Dr Helen Sayer
Josephine Michael
Ligi Thomas
Dr Lisa Chung
Marie Fraser
Mary Tavita
Robyn Telfer
Rosemary Mesritz
Sean Evans
Dr Ben Harley
Deborah Eade
Fredric Doss
Geraldine Donovan
Jennifer Laidlaw
Karen Dyson
Lyndsay Mickell
Denise Le Lievre
Dr Madeline Gee
Marita Gillespie
Patrick Mendes
Sally Floyd

local heroes is kindly
supported by A+ Trust

Mana Clinic's added value to community

It's been a year of smiles and celebrations with the establishment of a newly refurbished health clinic at Wesley Primary School in Mount Roskill.

In May 2000, after widespread research and community consultation, Mana Clinic - a free nurse led clinic was opened. The clinic was the first of its type in New Zealand and its aim, as it remains today - to provide children and their families with better and timelier access to healthcare. A health team which includes a nurse, social worker and community health worker work together to support families with any health or social needs.

In 2012, the school underwent a major refurbishment and after a bid to the Ministry of Education, a brand new, standalone clinic reopened in the school grounds in April 2014.

"Mana Clinic is a well-established community health hub," explains Public Health Nurse, Sarah Williams, who runs the clinic, "previous evaluations suggest that we are enhancing



1. The Mana Clinic team: (L-R) Sarah Williams - Public Health Nurse, Rae Parkin - Principal Wesley Primary School, Georgina Fuimaono - Community Health Worker and Sione F. Tupou - Health Promoting Schools Facilitator. Absent: Bernice Tyree - Social Worker in Schools.
2. Ear check - An ear check for Jon Fau'ese
3. Height - Anaseini longi stands tall
4. Kids reading - Anaseini longi, Sofaia Fualalo, Mafi Fualalo and Jon Fau'ese read up on Rheumatic Fever
5. Throat check - Sofaia Fualalo says 'Ahh'



health and reducing hospital presentations for children from this area. I believe the clinic's acceptability to families centres on it being a known safe environment in which to discuss health concerns"

Located in an area of high health and social needs, the clinic also supports the nearby intermediate school and kindergarten and sees more than 40 children a week through its Rheumatic Fever and skin clinics. Common reasons for a visit include skin infections, injuries, eczema management, asthma, ear conditions or just seeking general support.

Sarah describes it as one of the hardest but most rewarding positions she has held in her 30+ years of nursing. "No one day is the same but one thing you can rely on is lots of smiling children!"

Nurse Director of Starship Children's Health, Sarah Little commented: As part of the team at Mana Clinic, nursing's contribution highlights the positive differences that can be made for children and their families within the heart of a community.

Our nurse takes care of our throats and she takes care of my leg. She gives us stickers. We like having our nurse at school because when we want to see her, she is happy to see us and helps us."
Year 2 pupil

It's priceless and invaluable to have a public health nurse in school, especially in schools like ours where children with health issues can be dealt with straight away."
Teacher

I am so happy to have the health centre here at Wesley Primary. It's very important to have it and our kids enjoy communicating and interacting with the nurse."
Mother

The clean team

It takes a huge number of people to keep our hospitals running and ensure they are safe, clean and healing environments.

Among them are the 200-plus cleaning staff. Cleaning in the Hospital is audited regularly against the Victorian Standards (an Australasian standard). Compliance with the rigorous standards continues to improve, reaching a compliance rate of more than 90 per cent last month.

Not only does the team keep our hospitals clean, their smiles and friendliness also make a difference to patients.

Lydia Muller who cleans Ward 42 says she loves coming to work. "The team on the ward are like my family. I like to do little things that make the patients feel loved - saying hello, asking how they are."

Lina Lemaluu, who cleans on level 8, shares those sentiments. "I'm really happy at work," she says. "It's lovely to be part of such a good team, with supportive managers."

Besides doing a great job of the day-to-day work, they are also quick to respond and pitch in when needed. During the recent waste water leaks at Auckland City Hospital, many came in and did extra shifts to clean up some pretty horrible things.

Clare Thompson, GM Commercial & Non-Clinical Services, says the team do a good job every day but they showed a real 'can do' attitude during the waste water incident. "I am very proud of the positive and proactive response provided by the team," she says.

Next time you see one of our cleaners, be sure to say hello and thank them for doing a great job. You can also pass any comments on to the Cleaning Team Manager, Mark Siviter MSiviter@adhb.govt.nz

“Thank you to all the team involved in managing the waste-water floods this week. The team provided a positive and proactive response and showed a 'can do' attitude and approach.”

“So nice to come to work this morning and all our chairs are looking fresh and new. The cleaning team did a brilliant job on Friday.”

“I would like to acknowledge the cleaner on our ward for being thorough with her work but also for being so pleasant with staff and patients in our ward. It was an absolute pleasure having her in Ward 38.”

“Thanks to all your staff who helped recently with the big clean-up following our bout of illnesses. It was a massive effort and greatly appreciated.”





MORE THAN WORDS

On 16 April, we'll be holding our second Conversations that Count Day.

Led by the National ACP Cooperative here at Auckland DHB, the day aims to promote Advance Care Planning (ACP) – a national health priority that encourages the public to discuss and make plans for future and end-of-life care.

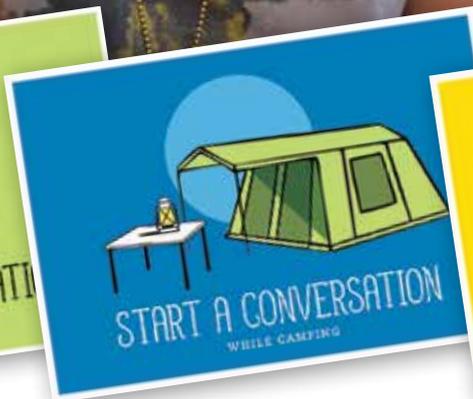
The theme for 2015 is around starting a conversation, with Morning Tea with ACP events at both Auckland City Hospital and Greenlane Clinical Centre.

We're encouraging everyone to get involved and do the same – why not hold a morning tea with your team and start the conversation with colleagues, patients, family, friends and wider social networks? It's never too late.

For more information, visit www.advancecareplanning.org.nz. Training for healthcare staff can be found on this website as well as information on Advance Care Planning.

For post cards and posters to support Conversations That Count Day, go to www.conversationscount.org.nz

Supporting us this year is Briscoes' Tammy Wells.



Stand Up to Falls

The 2015 falls-prevention effort is under way, with a 'Stand Up to Falls' campaign starting in April and running through to September.

Each month, there will be a fresh focus on how to reduce harm across the health system. We'll see it in Auckland City Hospital and Starship Children's hospital. Anna McRae, Allied Health Director, says there will also be a strong focus on primary and community care.

"Interventions first developed in the Marino Ward have proven successful in reducing harm," says Anna.

Rolled out across the hospitals and beyond, the latest interventions include a 'levels of assistance' poster, different-coloured patient wristbands showing the level of mobility assistance required, and striking innovations such as blue toilet seats.

The Health Quality and Safety Commission is coordinating the campaign nationally. Their call to action in April is: know your data, know your region – and this is the focus for the multi-disciplinary team driving this work.

Dr Marilyn Scott, internal medicine specialist, geriatrician, and the clinical lead for the community work group, says older people are particularly vulnerable to falls. Each year, a third of those aged over 65 and half of those over 80 suffer a fall.

"A significant number sustain injuries including fractures," says Marilyn. "Some never regain their previous independence. Auckland DHB is developing a clinical pathway to prevent community falls and fragility fractures to better prevent harm from falls.

"While hard evidence on which specific interventions work best is lacking, we do know that multi-component interventions work; so you'll see a mix of interventions, education and clinical problem-solving rolled-out to reduce in-patient falls and harm from falls."

Both Anne and Marilyn say the multi-disciplinary approach and communication between professional disciplines is another key to unlocking gains for patient safety.

PROTECT

DON'T INFECT

Fighting Influenza

Getting vaccinated against influenza only takes a few minutes, getting the flu can keep you out of action for at least five days.

All staff and contractors can get the influenza vaccination free of charge at one of the fixed-venue clinics (see details below) or by an in-team vaccinator.

Not only is the influenza vaccination an effective way of stopping you from getting influenza, it also protects others. You don't know you've been infected with the influenza virus until you come down with symptoms of the flu. And by that time you may have infected a whole lot of people.

Please take up the offer to protect yourself, your family and your patients by getting the influenza vaccination this year.

For more information go to 'Influenza' on the A-Z index on the Intranet.



INFLUENZA FACTS

- Influenza is serious— around 400 New Zealanders die, directly or indirectly, from influenza every year.
- Getting vaccinated against influenza when you are pregnant is safe and protects you and your unborn child.
- The more of us who are immunised, the fewer people will get influenza.
- You can carry the influenza virus without realising it and pass it on to others.
- Even previously healthy people can develop severe complications from influenza.
- The influenza vaccination reduces your personal risk of getting influenza by at least two thirds in a well-matched season.
- The influenza vaccine is safe and generally well tolerated. It contains inactivated virus so it is impossible to get influenza from the vaccine.

PROTECT DON'T INFECT

This Way
to get your free* influenza vaccination

Flu is serious and kills on average 400 New Zealanders a year

*staff only - take your ID badge with you

Auckland City Hospital Transition Lounge, Level 5	Auckland City Hospital Level 3 Atrium	Greenlane Clinical Centre Reception J, Level 1, Bldg 4	Starship Rm5.112 Ward 25b
Monday 20 April – Friday 24 April Tuesday 28 April – Friday 1 May 7.30am – 3pm	Monday 20 April – Friday 24 April 8am – 11am	Thursday 23 April and Thursday 30 April 7.30am – 3pm	Wednesdays 22 & 29 April Fridays 24 April & 1 May 7.30am – 3pm

OR Save time and get your vaccination on the ward! Check if you have an in-team vaccinator in your area. The seasonal influenza vaccine will be available on your ward from 13 April 2015.

*(take your ID badge with you)

Auckland DHBs celebrate Patient Experience Week

Patients' voices rang out loud and clear during the Patient Experience Week in late March. Auckland, Waitemata and Counties Manukau DHBs joined together to listen and learn from patients, staff and each other.

Auckland DHB launched the week with Our Patients' Voices sessions. Those attending were moved by the heartfelt and honest stories told. A common theme was understanding just how vulnerable, scared and confused people can be when they come into our hospitals.

Stephanie Brown talked about the importance of a forward-thinking and innovative clinician who challenged the system and made a huge difference to her experience.

Stunning photo-story boards displayed throughout both Auckland Central Hospital and Greenlane Clinical Centre also helped to highlight patients' personal experiences. Colours representing how they felt about their experiences were used to supplement their brave and insightful stories.

A number of initiatives with a strong patient focus were displayed at both sites. 'Share It' stations provided an opportunity for patients, visitors and staff to share their experiences and provide valuable information for the planning of future improvements.

Counties Manukau Health hosted two regional events. The first, a Grand Round with a focus on patient experience, was headed by Dr Peter Gow. The second focused on Youth Mental Health.

Air New Zealand's presentation on the airline's customer journey initiative was beamed to both Auckland and Counties via video link.

Dr Andrew Old, who has been the driving force for Patient Experience at Auckland DHB says the week provided some extremely valuable insights.

"Listening to patients and their families is something we as health care workers do every day. But the value and knowledge that's been gained from this week – where the whole of the Auckland region has been completely focused on listening and learning from patient stories – cannot be underestimated."



Our Patients' Stories

We spoke to patients from a range of services and asked them about their experiences with the Auckland District Health Board. These included cardiovascular, respiratory, haemodialysis, and critical care services.

Patients answered a series of questions about the treatment they currently receive, or received in the past, and were asked to select a colour that they felt best reflects their experience. Cooler colours came to represent ideas as diverse as memory loss, darkness, and a love for nature, while warmer colours were most often associated with hope, comfort, and the quality of care received. These colours helped supplement stories that were at times surprising but always brave, detailed and insightful.

The first-person narratives collected here offer messages of thanks to staff and hope to other patients with whom our respondents were more than willing to share their advice. We would sincerely like to thank all participants who took the time to talk with us.



For more information about Our Patients' Stories, please contact Hilary Boyd, hboyd@adhb.govt.nz

It is now even clearer where we need to step up



Dr Lester Levy, Board Chair

An in-depth health needs analysis investigating and assessing the health status of our resident Auckland DHB population has been recently completed. This will inform our future planning processes and funding decisions.

Our population has similar health outcomes to New Zealand as a whole, with a life expectancy of almost 83 years for the Auckland DHB population. Overall, there are very positive health outcomes including the mortality rate from cardiovascular disease and cancer (the two biggest causes of avoidable death) declining steadily over the last decade. Children in our area are experiencing a good start to life with a much lower infant mortality than is observed nationally, as well as our immunisation rates being at very high levels. In terms of lifestyle risk factors, smoking (the largest cause of preventable ill health) has declined substantially in our area and we now have the lowest rate of smoking of any DHB in the country.

Although this health needs assessment reveals that the majority of people in our district enjoy very good health, there are certain population groups in our district who experience inequalities in health outcomes.

Our Māori and Pacific population on average live six to seven years less and have hospitalisation and mortality rates for many chronic diseases two to three times higher than our other population. Whilst the overall life expectancy is rising for Māori and Pacific people, it is at a similar rate to other populations and as a result the equity gap remains. We need to have a strong focus on circulatory disease, cancer, diabetes and injuries if we are to reduce and ultimately eliminate this equity gap. We can do this by supporting healthier lifestyles through continuing to reduce smoking rates, start to take a much more serious approach in dealing with obesity as well as managing cardiovascular disease and diabetes more effectively. Interestingly, as much as 70 per cent of cardiovascular disease is deemed to be avoidable and there is also plenty of scope to improve support to people with diabetes to manage their risk factors more effectively. For both cardiovascular disease and diabetes, Māori and Pacific carry a heavier burden than other ethnicities.

There is more that can and must be done to address this equity gap and our future planning processes and funding decisions must increasingly be made with this in mind.

If we are to further improve the health status of all our residents, in addition to the above we need to *support healthier lifestyles, more effectively manage cardiovascular disease and diabetes, rapidly identify and treat cancer, improve access to mental health services, give children an even better start to life, effectively meet the increasing demand for health care of older people and better manage future acute hospital demand.*

All of the challenges are important and I actively encourage you to read (and think about) the Auckland DHB Health Needs Assessment 2015, which is available on the Auckland DHB website.

Boom or boomlet?

If you've noticed a bit of a baby 'boomlet' locally, you're not alone. A study of data to 2012 by Auckland and Waitemata DHBs found good evidence of increases in the western parts of the two DHBs. The Auckland Council ward areas of Kaipatiki and Henderson-Massey saw respectively 1,358 and 1,948 deliveries. That puts Henderson ahead of any other ward area in the Auckland-Waitemata region by 632 deliveries.

That doesn't mean there's a national baby boom. Statistics New Zealand has officially busted that myth. But at the sub-regional level, it's very noticeable in the west of our district and quite pronounced in Waitemata District. In 2012, 7,690 women birthed at National Women's and 6,873 at Waitemata DHB. This represents 22 per cent of New Zealand women giving birth in the facilities within the catchment of the two DHBs.

Further work looking at 2014 data has confirmed the trends. This is why Auckland and Waitemata DHBs are working together to plan the future of women's health services. Their aim is to develop a model for service provision over the next 10 years.

Planning is focused on designing consistent maternity services for women and their families across Auckland and Waitemata.

This will result in the best possible access to services – including place of birth – for all women and their families. Better use of collective resources, and expertise to improve care, strengthen clinical leadership and improve training opportunities, will enhance evidence-based care and reduce unwarranted clinical variation.

staying connected

CE BRIEFINGS



Hear from our CE, Ailsa Claire, about our new values and what they mean for all of us and future direction for our organisation.

These sessions are open to everyone in the Auckland DHB team, so put one of the dates in your diary and make sure you stay connected!

DATE	TIME	VENUE
Monday 20 April	12.30pm – 1.30pm	CEC Auditorium, Auckland City Hospital
Wednesday 29 April	12.00pm – 1.00pm	
Wednesday 6 May	8.00am – 9.00am	
Thursday 23 April	8.00am – 9.00am	Liggins Theatre, Bldg 16, Greenlane Clinical Centre
Friday 8 May	12.30pm – 1.30pm	
Friday 1 May	2.30pm – 3.30pm	Seminar Room, Rehab Plus, Pt Chevalier



Anika Hayden graduated through the scholarship programme.



Renee Rowlands, a graduate of the scholarship programme is now working on Ward 66.

Roshni Prajapati has fulfilled her passion through the Scholarship programme to work in paediatric nursing.



A+ kick start to nursing careers

The A+ Trust Health Workforce Scholarship programme sponsors school leavers with their first health qualification. Since it began in 2008, the programme has supported 34 students with health studies.

Well-deserving students, who are pursuing health careers are given financial assistance, mentoring and paid work experience with Auckland DHB.

The scholarship programme has certainly given Roshni Prajapati a head start in her career.

“The A+ Trust contribution has made my university study less stressful for me and my family,” explains Roshni. “One of the best parts of the scholarship was the work experience at Auckland DHB. I was given the opportunity to work with multiple healthcare professionals at all levels, build my confidence and more importantly recognise my passion for paediatric nursing.”

Anika Hayden is another student who thinks the programme is amazing. “The amount of experience I gained within the hospital before I even started my degree was invaluable,” she says. “The mentoring programme was definitely one of the highlights for me. Just knowing that there are people to support me throughout my degree made my training a lot easier.”

Eleven students have now graduated from the programme, some are continuing with their education and many are employed in nursing positions at Auckland DHB.

The programme was set up by A+ Trust to support school leavers who have a passion for working in health and who might otherwise have been unable to study, says Margaret Dotchin Chief Nursing Officer.

“It’s extremely satisfying to see the students blossom over time and become valued members of the nursing team at Auckland DHB.”

Thank you to our donors and the A+ Trust who make the scholarship possible. To find out more, visit the A+ Trust Website: www.aplustrust.org.nz

Perfect roll models

Therapists at Mobility Solutions recently took part in an interactive learning session at Rehab Plus, putting themselves into the seat of wheelchair users. The Roll Model training, adapted from a standardised training course developed in Canada, teaches wheelchair skills to therapists, who can then pass these on to clients.

As part of the practical training, experienced wheelchair users acted as mentors to the therapists.

The training was certainly a hit with those attending, says Anne Holmes from Mobility Solutions. "The Roll Models training day was fantastic. Initially I found using an ultra-lightweight wheelchair daunting and awkward," she says. "I had a huge fear of losing control and falling out. The training really helped raise my awareness of disability and the challenges wheelchair users face in different environments."

The therapists had to remain in their wheelchairs throughout the entire morning. During that time, they learnt many skills, including self-propelling techniques, car transfers and wheelies over curbs – all of which they can pass onto their clients.

Mobility Solutions is a wheelchair and seating assessment service based at Rehab Plus. The team holds clinics at Rehab Plus and also visits people in their own homes, schools and work places.

At top: Kate and Georgina (Mobility Solutions) with mentor Chris practising getting over the curb and rough terrain.

Right: Liz, Claire, Chelsea and Jo (Mobility Solutions) practising car transfers with mentor Leon.



THE **BIG** PICTURE

Auckland DHB has published a rich portrait of the state of health of the 478,000 people for whom we are responsible. The Auckland DHB Health Needs Assessment 2015 outlines the big picture for health in our region.

The good news is that most Aucklanders (91 per cent) say their health is excellent, very good or good. Aucklanders live a little longer than the national average and our children get a great start with a lower infant mortality rate than the national average. Mortality rates for the two biggest causes of avoidable death – cardiovascular disease and cancer – have steadily dropped over the last 10 years. Smoking has declined substantially.

The not-so-good news is that one-in-five adults are obese and more than half of us are overweight. Compared to the national average, Aucklanders are more likely to consume alcohol to excess. There remain serious inequities in health outcomes that

see Māori and Pacific people live on average six to seven years less than other populations.

We need to work now to change the direction of our health future. If the number of people with diabetes continues to grow at the present rate, in 20 years, 20 per cent of the population will be diagnosed with the illness. Cardiovascular disease remains our biggest killer, yet we know that in 70 per cent of cases, it is avoidable.

There are clear ways forward. According to the latest available data (2011), there are about 620 avoidable deaths a year. Half of these could have been prevented by adopting healthier lifestyles; a quarter could have been prevented by identifying and managing problems like hypertension before they resulted in illness; and a quarter could have been avoided by prompt identification and treatment.



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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