

TE WHETU MARAMA

NOVA

THE OFFICIAL STAFF NEWSLETTER FOR THE AUCKLAND DISTRICT HEALTH BOARD

Inside this issue

- Why you should get your free flu jab
- Rapid Rounds giving better care
- Our Rachael earns research fellowship



As we go to press...

Our hearts go out to the people of Christchurch – and to our own staff with family and friends there.

You have our full support in your time of need.

Thank you to all ADHB staff who have volunteered their services in Auckland and Christchurch.

Together, we will continue doing all we can to help.

*Lester Levy, Chair
Garry Smith, CEO*

Comment from the chief executive

I was reminded about how often I see our values in action in our organisation when I visited the Contact Centre some weeks ago. And I see it again in this month's Nova, where we celebrate innovation and achievement as colleagues receive service achievement awards (see pg 3), research fellowships (see pg 7) and Australasian leadership roles (see pg 3).



In our Contact Centre I saw integrity, respect, innovation and effectiveness all wrapped up on two giant displays on the walls. One is the '777' wall; the other the 'ETITO' wall.

If you've ever had to call 777 in an emergency scenario within the organisation, you'll appreciate the calm professionalism of the team who handle these calls.

The '777 Wall' is essentially a process map for how to handle what can sometimes be a life-or-death call. The process map is a powerful visual tool that highlights this important function – and it provides a tangible focus for a team.

The ETITO Wall celebrates the achievements of those staff members who have passed the National Certificate in Contact Centre Operations, run by the Electronic Technology Industry Training Organisation (or ETITO).

Like our colleagues in the Contact Centre, we will all need to think innovatively to address some of the challenges that lie ahead in 2011. One matter of very real concern is our performance in meeting two of the National Health Targets - improved access to elective surgery and the six-hour Emergency Department waiting time target. It is my expectation that we will place a renewed focus on our elective services, so that we can successfully meet the needs of our population and the promise we have made regarding waiting times.

A number of innovative projects – including the Auckland Emergency Department Service Excellence and Productive Operating Theatre programmes - will assist us in achieving our elective targets. Like the Contact Centre, these projects use innovative thinking and tools which help departments and teams to question what they do, and then do it better. I encourage you to learn more about this approach by visiting the recently refreshed Healthcare Excellence site <http://excellence.adhb.govt.nz/default.aspx>. You can even view videos of your colleagues, as they talk about how they addressed a specific challenge and developed a specific and successful solution.

Enjoy the new site, along with this month's Nova.

Garry

Garry Smith
CEO

RETIREMENTS

Penelope Williams

Penny completed 23 years' continuous service as an Enrolled Nurse with ADHB in December, having commenced work in late 1987.

Upon her retirement, Penny was working in Ward 25B and was highly-respected by her colleagues for her knowledge and experience within the General Paediatric setting.

Known as a keen Latin dancer in her spare time, Penny was known as a friendly and reliable team player as well as an active NZNO representative.

Ann (Elizabeth) Christie

Ann retired late last year after 29 years' continuous service as an Occupational Therapist with ADHB, primarily in child and mental health services.

Ann was working in the Kari Centre on her retirement and is regarded by her colleagues as a pioneer in her field who worked diligently to provide support and advocacy for children, young people and their families with mental health issues.

She has published and presented nationally and internationally and was the recipient of the Frances Rutherford Lecture Award, occupational therapy's highest honour, in 1998.

Janet Black

Jan, a Diabetes Nurse Specialist, retired at the end of last year after 37 years of service with Auckland District Health Board.

Before starting with the Auckland Diabetes Centre, Jan worked in a range of areas at Auckland Hospital, including a role as charge nurse on Ward 9C, general medicine and infectious diseases, in 1988.

In 1992 Jan took the position of Diabetes Nurse Educator, covering Auckland Hospital inpatients and diabetes education for staff. While only planning to work in diabetes for 2 years, Jan remained in the service until her retirement – covering almost every nursing role possible. Staff and patients will remember Jan for her huge contribution to diabetes and nursing, as well as her humour, enthusiasm and positive attitude.

Elizabeth Ryan

December marked the end of 23 years with ADHB for Customer Services Officer, Elizabeth Ryan.

Elizabeth worked within the supplies unit, a role that involved getting the right goods at the right time, in the right quantities.

She will be remembered for her hands-on approach, her knowledge of the various systems and processes, and her willingness to go the extra mile for her customers.

DEATHS

Philip Senthil

Philip's death was very saddening for his colleagues in Auckland's mental health services.

Philip, a rehabilitation worker, started at Buchanan Rehabilitation Centre (BRC) on October 31, 2005. BRC is a 40-bed intensive rehabilitation service in Pt Chevalier for people with severe mental illness.

He was a dynamic, clever and caring young man who was very well-liked by BRC clients and staff.

Philip's talent extended outside of BRC and into the wider mental health service where he was a respected trainer for other mental health staff in managing challenging situations.

Erin Keegan

Erin Keegan, a long time ADHB staff member, passed away in December from complications of renal failure. Erin had been working in the LabPlus Phlebotomy department since 2002 after she transferred from being a staff nurse in the Haemodialysis unit.

Erin will be remembered by friends, colleagues, patients and those that cared for her, as a kind-hearted individual who personified cheerful determination. She was always sociable and willing to lend a hand, and she will be dearly missed by the staff at LabPlus, Haemodialysis and Ward 71.

Ready, steady, grow!

Social interaction, self-confidence and community integration are some of the benefits mental health clients experience as a result of ADHB's Community Support Work (CSW) Service Work: Readiness Initiative.

The unique concept of utilising conservation activities to develop work readiness requires mental health clients to cultivate and plant thousands of native trees in Auckland's regional parks.

CSW Team Leader, Simone Michel, says the initiative is proving to be a valuable tool in assisting mental health clients to re-enter the workforce. "The structured program operates with the support of WINZ funding to provide paid employment and through the creation of a Conservation Trust, we are also able to provide micro-enterprise loans for those clients ready to establish their own local businesses upon graduation".

In 2009, approximately 7000 trees were grown as part of the initiative. Trees which were not planted in regional parks were auctioned on Trade Me to subsidise wages and the construction of a nursery enclosure.

Programme Co-ordinator, Martin Fraser explains "The group environment promotes connection and productivity, with participants contributing to the wildlife and natural heritage of the Auckland region. We remind them: "Your life and contribution is valued and vital".

In 2010, the service received a Service Achievement Award at the Australasian Mental Health Conference in Sydney.



Getting stuck in at the Work Readiness Programme at Point

News in Brief

ADHB's brainy bunch take on Australasia

Three of ADHB's top brain specialists have been promoted to positions of leadership in Australasia. The Australian and New Zealand Association of Neurologists (ANZAN) have appointed Dr Richard Frith as their President and Dr Alan Barber as Secretary, and both men will enjoy a 3-year term.

Also on the 'cutting edge' of his field is Neurosurgeon Dr Andrew Law, who has been appointed Vice President of the Neurosurgical Society of Australasia. Congratulations to this brainy bunch!

Traffic-light observation chart makes monitoring easy

A new patient observation chart at Auckland Hospital makes use of a traffic-light colour coding system to visually track a patient's vital signs over time. In this way, the 'Early Warning System' form makes it easy for ward staff to identify if a patient's condition is deteriorating - and then respond quickly and appropriately. Clinical judgement is still important - but the new form makes patient assessment much simpler.

This kind of monitoring is essential as the population ages, hospital stays get shorter and people present with more complex conditions. For more information about the Early Warning System, take a look at 'Early Warning System' on the intranet's A-Z of services.

Stroke study takes off on 1 March

One of the largest and most important epidemiological studies of stroke will be initiated at Auckland Hospital on March 1st. The fourth Auckland Regional Stroke Study (ARCOS IV) aims to capture information on all new stroke and transient ischaemic attack patients in the Auckland region, over a 12 month period. The results of earlier ARCOS studies have been pivotal to the understanding of stroke and to health care planning.

To refer a patient into the ARCOS IV study, please contact Sue Hawkins or Patricia Bennett (patriciab@adhb.govt.nz or locater 934 128).

Get immunised **Don't let the flu get you!**

It's almost time for all Auckland District Health Board staff to roll up their sleeves and get this year's seasonal flu vaccine. The vaccination is FREE to all staff and students and heavily subsidised for contractors at a cost of \$12. This year's vaccine includes protection against the pandemic strain of H1N1

"Healthcare workers are at a higher risk of catching influenza, and can also unknowingly pass it on to their patients and their families. So it's vitally important that all our staff protect themselves, their families, and our patients by getting immunised this year." Says Margaret Wilsher, Chief Medical Officer, Auckland District Health Board.

The vaccine will be available to staff between Monday 4th – Friday 8th April and Monday 11th – Friday 15th April. Following their success last year In-team vaccinations will be used again. This means clinical staff can receive the vaccine quickly and easily in the ward. For more information speak to your Charge Nurse.

Sally Roberts, Clinical Microbiologist says, "Over 50% of our staff had the flu vaccine last year. If we can increase the number this year then our staff and our patients are better protected and that is better for all of us." For anyone who is scared of needles we can deliver the vaccine using a different delivery system (a micro-injection device), this provides the same flu protection. So if a fear of needles has prevented you from getting the flu vaccination in the past, this year you can protect yourself from the flu without fear."



Flu Facts

- ✓ You need to get the seasonal flu vaccination every year to make sure you are fully protected
- ✓ The flu vaccine doesn't contain any live virus so it can't give you the flu
- ✓ Flu isn't just a bad cold - it can be serious and can kill
- ✓ Flu immunisation is FREE to all ADHB staff and students, contractors can get the vaccine at a subsidised cost of \$12
- ✓ The flu vaccination is safe and strongly recommended for women who are pregnant or planning to get pregnant
- ✓ The more staff are vaccinated the fewer people will get sick meaning less pressure on the ADHB team as a whole
- ✓ Being fit and healthy will not protect you from the flu –immunisation is your best protection

Where and when you can get the seasonal flu vaccination

Monday April 4th – Friday April 8th & Monday April 11th – Friday April 15th

Auckland City Hospital, Transition Lounge
Level 5, Support Building

Hours: 0730 - 1500

Monday April 4th – Friday April 8th

Auckland City Hospital, Atrium Gazebo
Level 3, Building 32 at ACH

Hours: 0800 - 1100

Thursday April 7th & Thursday April 14th

Green Lane Clinical Centre
Reception J, Level 1, Building 4

Hours: 0730 - 1500

More dates and locations will be added so keep checking the Intranet and Nova Noticeboard for updates

So roll up your sleeves in April and get your free seasonal flu vaccination. To find out more click on the flu vaccine link on the front page of the intranet.

Get vaccinated - protect yourself, your patients and your colleagues



Nova survey – thanks for your feedback!

More than 1000 staff members completed last month's NOVA survey, and the NOVA team would like to thank all of you who took the time to give us your feedback.

We are now analysing the survey results to find out exactly what it is that our readers want to see. Watch this space for the changes that you have inspired!

You may also remember that all survey respondents went into the draw for a \$100 Westfield voucher. We are pleased to tell you that the lucky 'one in a thousand' winner was ADHB pharmacist, Malini Subramoney.

Rapid Rounds helping us to Value our Patients' time

Valuing our patients time is an ADHB campaign to help us make sure our patients' time in the hospital is right for their care, whether that is the Emergency Department, on a ward or in outpatient clinics.

A number of initiatives have been introduced to help us do this, one of these is Daily Rapid Rounds on the Wards.

Rapid Rounds are concise daily ward discussions with nurses, doctors, and Allied Health team members. The purpose is to coordinate each patients' plan for hospital stay. The plan is made visible on a patient-status-at-a-glance board so everyone is working to the same goal.

Rapid Rounds which were first piloted on Ward 68 in General Medicine and soon introduced to the orthopaedic wards following it's success. The wards are already showing some great benefits including better team communication, quick referrals, and quick problem solving, which means our patients wait less and are ready to go home earlier.

"1 in 3 General Medicine inpatients are discharged a full day earlier."

This is what our teams are saying about Rapid Rounds



"By just spending five minutes at Rapid Rounds all the team know what the plan is for each patient's stay. Rapid Rounds are really good for the team and most importantly good for our patients."

Berinder Shapuri,
House Officer



"I can't imagine not having Rapid Rounds now, it has improved communications between professionals and built a great team spirit. It means we get the timing right for everyone to lead to a more timely patient discharge."

Charlotte Porter, General
Medicine Charge Nurse
Ward 68



"By having Rapid Rounds it means the whole team are on the same page. It provides a quick update on the patients care and everyone knows what they need to do to plan a timely discharge."

Dr Justin Kao,
Registrar



Rapid Rounds in action on the wards.

Rapid Rounds are quickly being introduced to other wards in the ADHB with more wards keen to introduce them following their early success. And we have also seen an interest from other DHBs around New Zealand who want to learn more about this approach. If you want to find out more about Rapid Rounds contact Charlotte Porter at CharlotteP@adhb.govt.nz

From the professional partners

Throughout the first world one of the challenges facing surgical departments has been the delivery of acute services. This challenge relates to both not compromising the delivery of elective services, and having surgeons with the generalist skills to be able to provide those services. The first of these challenges is organisational and the second relates to training and continuing professional development.

Addressing the balance of acute and elective services in Australasian hospitals, it has been appreciated that a separation of these two types of surgical service, administratively at least, if not geographically, allows the needs of each to be assessed and clear decisions made about the amount of resource allocated. The larger specialties of general surgery and orthopaedics are those with the greatest need to address this challenge and at Auckland City Hospital both specialties now take this approach.

For some time orthopaedic surgery has used a system which effectively separates acute and elective surgery and consultant surgeons have clear responsibilities to one or other aspect of



General surgery team at handover meeting.

surgery. Effective daily handover meetings have allowed planning of surgery and reallocation of patients to subspecialists where their skills are needed.

More recently, as reported in NOVA, general surgery has adopted a different system but one which utilises the same principles and attempts to separate out and meet the needs of acute patients without impacting on planned elective surgery. Again, effective handover has been crucial in the functioning of this system.

Handover is in fact one of the issues which has come to the fore as a necessary competency for this new paradigm of surgical care. The other aspect which fortunately Auckland City Hospital is presently able to meet, is the requirement for adequate generalist skills. In previous times, longer training hours and broader scopes of practice meant that every surgeon was a generalist within their own discipline, even if they had special interests in a particular area of their speciality. Generational changes, training times, and reimbursement have more recently conspired to make generalism relatively unpopular and in many parts of the world employing surgeons with the necessary competencies to participate in an acute roster is difficult. While training bodies have a responsibility to ensure qualified surgeons enter the workforce with generalist skills, it is the employer primarily who has the responsibility to ensure that the employment options are sufficiently attractive to encourage surgeons to maintain those skills. At present Auckland City Hospital is one of the leading Australasian hospitals in development and utilisation of new acute care systems. Our interest in this aspect of surgical care will see it remain a particular point of difference for trainees, surgeons and hospital managers in the near future.



Ian Civil

Comment from the Board Chair

Formulating Direction and Priorities for 2011/12

In late January the newly elected and appointed Auckland District Health Board members met to consider the direction and priorities for Auckland for 2011/12. That work is ongoing and will be revealed in my next Nova column in March 2011.

Another important aspect in formulating direction and priorities for the Auckland District Health Board is the Minister of Health's Letter of Expectation for the 2011/12 year (for clarification our year is July through to June).

The core content of the Letter of Expectation is focused around the following headline issues:

- **Improving service and reducing waiting times** – this includes a renewed and specific focus on the six health targets.
- **Clinical leadership** – strengthen clinical engagement from the bedside to the boardroom coupled with collaboration with other District Health Boards and Primary Care.
- **Services closer to home** – District Health Boards to refocus more resources towards delivering services in local community settings closer to patients.
- **Health of older people** – respond proactively to the changing demographics by developing improved services for the rapidly growing number of older people.
- **Regional collaboration** – greater collaboration between neighbouring District Health Boards is now an essential part of the future direction in order to maximise clinical and financial resources.

- **Operating within our financial budgets** (no deficits) – sustainable action to improve financial performance.

The good news is that the Government continues to reveal its determination to protect and grow the public health service.

Some of the key ways in which we will play our part in doing "more and better" for our population is to focus our attention on coherent mechanisms for:

- Further reducing emergency care centre waiting times.
- Continuing to increase elective surgery productivity.
- Reducing acute demand for hospital services by focusing more attention on the frail elderly, chronic disease management and effective after-hours services.
- Improving older peoples underlying health and wellbeing particularly in areas of mental health, disease and injury prevention.
- Supporting the Whanau Ora initiatives.
- Increasingly collaborating with other District Health Boards in the region and in particular the Waitemata District Health Board.

We are at a time where leadership, innovation, collaboration and discipline are going to be the essential ingredients in order to meet our increasingly complex challenges. As we move forward our expectation for those in management and clinical leadership positions is to model and foster these ingredients.



Dr Lester Levy, Board Chair

Our Rachael earns research fellowship

With Rachael Parke's sheer determination and research skills, respiratory complications for cardiac patients following surgery could be on the decline.

Rachael, a staff nurse and research co-ordinator at Auckland Hospital's Cardiothoracic and Vascular Intensive Care Unit, has won a Health Research Council Clinical Training Research Fellowship which will enable her to conduct a PhD. The Green Lane Research and Education fund are also supporting Rachael's research.

With the funding and approval processes complete, Rachael is gearing up to lead her 340-patient, year-long study, which will look into the use of prophylactic nasal high-flow oxygen therapy to reduce the rate of respiratory complications following cardiac surgery.

"I'm looking forward to seeing how patients are managed after cardiac surgery and hopefully seeing them up and about, and home earlier," she said.



Associate Professor Andrew Jull is also looking forward to the impending study. One of Rachael's PhD supervisors, he explains that "Rachael is well versed in managing research trials, but now as the principal investigator she will have overall responsibility

for high-level decisions, and the opportunity to turn her ideas into action. She was a very promising Master's student and is well ahead of the game for someone in the first year of their PhD. We have great ambitions for Rachael!"

After Hours Emergency Care project part of Better Sooner More Convenient

At its February Board meeting the Auckland District Health Board heard a progress report on a number of District Annual Plan projects in the primary care sector. One of these is the Regional After Hours project, which is designed to enable a more affordable, equitable and accessible after hours service for patients across the region.

This project is one of eight that the ADHB is involved in to deliver on the national strategy of Better Sooner More Convenient (BSMC) healthcare. This is aimed at achieving a more sustainable New Zealand health system by:

- developing a more personalised primary care system
- providing services closer to home
- making Kiwis healthier
- reducing pressure on hospitals

Better, Sooner, More Convenient provides opportunities for clinicians working in primary care to establish a joined-up system that truly puts patients first by:

- shifting spending from overheads to front-line services through PHO consolidation;

- establishing Integrated Family Health Centres and Whanau Ora Centres that consolidate primary health care services;
- shifting services from hospital to primary health care;
- developing, together with primary health care, a new environment for more flexible funding that supports joint leadership in decision-making.

The February Board meeting was also updated on the other 8 projects in a report provided to it by the Community and Public Health Committee. Among the programme are projects which aim to:

- improve skin cancer outcomes with minor surgery for skin lesions in primary care practices
- improve medicines safety for patients and prescribing quality for providers
- improve health outcomes by increasing the range of diagnostic radiology procedures that GPs can order

More information on these projects is available from Planning and Funding's Primary Care Manager Andrew Coe.

Further New Year's Honours for ADHB staff

Professor Lesley McCowan - Officer of the New Zealand Order of Merit for services to health.

Lesley has worked as an academic obstetrician with the ADHB since 1986 and has also chaired the perinatal mortality review process at National Women's for more than 15 years. Her clinical practice is in the high risk pregnancy service, ensuring that vulnerable women and babies receive optimal care. She is also the Head of Department of Obstetrics and Gynaecology at the University of Auckland and is on the Ministry of Health's National Perinatal and Maternal Mortality review



committee and "Tackling smoking in pregnancy advisory group".

A highly respected role model for young women trainees and a vital link between the midwifery and medical professions, Lesley received the honours for her contributions to pregnancy research and for her teaching of midwives and obstetricians around New Zealand over many years.

"It has been a great thrill to be recognised by such an esteemed award," says Lesley. "The letters of congratulations from both colleagues and friends have been overwhelming!"

NOVA HEALTHY LIFESTYLE DIRECTORY

Healthy Lifestyle Hints

So you've indulged over the holidays, slipped up on exercise, gained a bit of weight along the way and your New Year resolutions have somehow slipped by the wayside? Not surprising at all and you won't be the only one, so don't be hard on yourself and add stress to the mix. While a certain amount of stress can be motivating, self-guilt is anything but. Here are some hints to have you feeling more upbeat and less likely to let your wellbeing lapse in 2011.

Get a good night's sleep. If you find that difficult, take a warm bath, read a book, try yoga or meditation, herbal teas or a relaxation tape. Get into a regular routine and make your bedroom a pleasant, calm place. Get rid of electronics and use colours and scents that induce sleep – such as lavender.

Get 30 minutes exercise daily. Heavy weights and sweaty workouts aren't necessary; a pleasant walk or simple stretching exercises will keep you supple and elevate your mood. Try stretches in the morning and at night, and add a lunchtime

stroll or after work swim or exercise class as you feel inclined. It's more fun and motivating with a friend, or get the whole family involved. You don't have to introduce it as exercise, just invite someone along to the park or beach and let it happen.

Drink enough during the day, especially clear water, to keep your body well hydrated. It will make you feel and look better, and keep your body systems operating efficiently. If you can't bear plain water, add a cup of cooled herbal fruit-flavoured tea to improve taste without adding calories, additives, preservatives or caffeine.

Eat well and don't deprive yourself of any food groups - including ice cream if that's your weakness! Limit the amount of food you eat to what you can reasonably burn-off and start your day with a healthy, appealing breakfast. Food can affect your mood, so check out which foods elevate serotonin and release endorphins in the brain. Like any lifestyle change, it won't happen overnight, so be patient and don't become a slave to the bathroom scales.

ORBIT WELCOME TO THE TRAVEL REMEDY

The Coromandel

The Coromandel is within an hour and a half drive from Auckland and yet the region is a world away from the hustle and bustle of the city.

Explore over 400 km of spectacular coastline, beautiful beaches and rugged volcanic hills cloaked in native rainforest.

A must-do is the famous Cathedral Cove Marine Reserve which is accessible only on foot or by boat and covers 9 square kilometres. Reefs of hard rock, soft sediments, intricate caves and underwater arches provide homes for complex



communities of plants, crustaceans, molluscs and fish.

Or visit an artist's studio and art gallery; wander the white sandy beaches and bays, take a short coastal walk or a multi-day trek, dig your own hot spa pool in the sand at Hot Water Beach, explore the Coromandel Forest Park or taste locally made produce.

Framed by native Pohutukawa trees on the western side, beautiful white sandy beaches on the east, the Coromandel's 400kms of coastline offers a truly distinctive blend of experiences.

Monthly Competition

This month's prize is one night's accommodation at the Amora Hotel Auckland in a deluxe king spa room, a bottle of bubbly on arrival and full cooked breakfast for two.

Amora Hotel Auckland:

The Duxton Hotel Auckland officially joined the Amora Group on February 1, 2011. Ideally positioned amongst magnificent parkland in Auckland's CBD, Amora Hotel Auckland is an oasis of calm in central Auckland. The hotel offers 149 rooms, restaurant, bar, heated swimming pool and spa.

The hotel has 3 purpose-built function rooms which can cater for up to 100 people. All the conference rooms have natural light and the latest in audio-visual technology with wireless internet access. All the rooms are located on the mezzanine level of the hotel.

Question:

What percentage of ADHB staff received the flu vaccine last year?

To enter, simply answer this month's question and send your entry to novan@adhb.govt.nz, subject line 'monthly competition', or mail to the Communications Department, Level 1, Building 10, Greenlane Clinical Centre. Entries must be received by 31 March 2011. *One entry per person.*

Grand Prize Air New Zealand will provide two economy class tickets to the Pacific Islands – Samoa, Tonga, Fiji or Rarotonga for the Grand Prize for *Nova* for 2011. There may be peak periods when seats are not available i.e. Christmas. To be in the draw, each month simply collect the letters (supplied at the bottom of this column) and at the end of the year correctly solve the simple anagram. Then send your answer to the address supplied in the November edition.

March Grand Prize letter: **A**

Conditions of entry: Tickets are not exchangeable for cash; tickets will not attract air points; tickets are not upgradeable; winner must be an employee of ADHB (show employee number) at the time of the prize draw. Tickets are valid for 12 months from the date of issue; seats may not be available during peak periods i.e. Christmas.



Orbit
Holidays

Orbit
Corporate Travel

Contacting
NOVA

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If your department has something to share please contact the editor either by phone, extension 3952 or by email Mfenwick@adhb.govt.nz. Copy needs to be received a month prior to publication. Please send text in MSWord and photos as high-quality jpeg.

