

NOVA

THE OFFICIAL STAFF NEWSLETTER FOR THE AUCKLAND DISTRICT HEALTH BOARD



Inside this issue

- Counting down to Rugby World Cup action
- Top international awards for three ADHB staff
- Pet visits lift spirits of Starship children

Comment from the chief executive



There are few workplaces where striving for excellence can have a greater impact than in our own.

Healthcare excellence not only saves lives; it can vastly improve quality of life for our patients and those close to them.

It is critical that we continually foster a culture of innovation and excellence to better serve those who depend on us – and to ensure we maintain our reputation as an excellent place to work.

That means recognising and celebrating the truly outstanding contributions from within our team.

I encourage all ADHB staff to consider applying for our Healthcare Excellence Awards.

The awards are open to everyone in the ADHB in any position – clinical and non-clinical.

These awards are ADHB's way of celebrating the dedication of our people and of inspiring others to go the 'extra mile' for our patients and our community.

They are aimed at supporting and encouraging innovation in clinical excellence, process improvement, research and education across the whole ADHB.

Our team has a lot to be proud of.

We have the largest clinical research facility in New Zealand.

We are also a significant trainer of doctors, nurses, allied health and technical staff.

Many of our staff are involved in developing and implementing improvements that ultimately benefit the patient.

These achievements are not only clinical in nature.

There are daily examples of excellence right across the healthcare system – not just in our hospitals but also in the community setting.

The last edition of Nova celebrated the contributions of the many staff who saw us deliver on our 2010-11 national Health Targets.

This edition features three more staff members – Dr Paul Baker, Debbie Perry and Esther Menzi – who have each been internationally-recognised by their peers for their expertise in their specialist fields of endeavour.

There are plenty more stories like these within ADHB and the Healthcare Excellence Awards will help bring them to life.

It is a rare privilege we share in working to help the people of Auckland in a very personal way.

Our patients put their faith in us to exercise our best judgement and skill.

Let's demonstrate that their confidence is well-placed by sharing our stories of healthcare excellence.

Applications close on September 16 and winners will be announced during Celebration Week from November 21-25.

Please consider why your work is worth celebrating and lodge an application.

And finally...

The eyes of the world will be on New Zealand in the coming weeks as we host the Rugby World Cup.

With the business end of the tournament concentrated in Auckland, we will be providing healthcare services to a large number of international visitors as well as people from across New Zealand and the Auckland region.

This is a mighty challenge but it is one I am confident we will meet.

We have done the planning work and we are as well-prepared as any DHB reasonably could be.

My sincere thanks to all those whose hard work and planning has brought us this far.

We hope we don't need to respond to a mass casualty incident but it is certainly comforting to know the preparatory work has been done.

I would also like to extend my thanks to all those staff who will be putting their shoulders to the wheel during the World Cup.

In many cases, I know this has resulted in people sacrificing their own hopes of watching the action.

It's a great example of team work and of our commitment to providing quality healthcare.

The World Cup is an opportunity for ADHB to showcase the excellence we strive for and I believe we will do the people of New Zealand proud.


Garry Smith
CEO

Acknowledgements

Pat Willis

Pat Willis retired on July 1 after a 25 year career with Auckland District Health Board.

She worked in Lab Plus where she registered lab requests from Specimen Services. Pat is described as an extremely caring, kind and helpful person.

She never took a day off work even if she was sick, resulting in many untaken sick days. Pat was a much-loved and appreciated team member of Specimen Services.

Gillian Maxwell

Gill retired last month after 23 years with Auckland District Health Board.

She worked extensively in Oncology Nursing and worked a number of years in A + Links Home Health in the community.

Each day Gill would visit people with cancer in their own homes. Her passion and art of nursing will be greatly missed. She will be remembered for the many random acts of kindness that she delivered.

Olwyn Hume

Olwyn retired after 24 years at Auckland District Health Board.

Olwyn originally started on a temporary basis, but quickly became a permanent staff member. She had various community administrative roles but her last role was in A + Links referrals. Her colleagues describe her as a can-do person who was always willing to go the extra mile. Her administrative skills and commitment will be missed.



Rugby passions stir in World Cup countdown

The ADHB team is united in its mission to provide excellent healthcare – but loyalties are quickly divided as soon as rugby comes into the equation.

As our photo shows, staff from at least 14 nations are getting ready to cheer on their country of origin when the action finally begins.

The United Nations of rugby supporters within ADHB demonstrates the multi cultural make-up of our workforce and also our collective passion for the game.

While most plan to back the All Blacks should their own team fail to make the grade, that won't stop them flying their own national flags with pride at the start of the tournament.

Even those whose patriotism prevents them supporting anyone else admit to a sense of nervous excitement about New Zealand's big moment in the spotlight.

The friendly rivalry belies the planning and effort that has gone into ensuring our services are ready for the demands of the World Cup.

With at least 85,000 international visitors expected for the tournament – and all the finals action based in Auckland – the potential additional demand on health services is significant.

While everyone wants to see the tournament run without incident, a regional plan to share the additional workload has been developed and agreed.

Back row (L-R): Vunirewa Uluilakeba (Fiji), Joseph Tuitavake Manu (Tonga), Masina Fonoti (Samoa), Fiona O'Kane (Ireland), Jannette Hennings (Japan) and Debra Ellis (Wales).

Middle row (L-R): Sylvia Baron (France), Alberto Bonini (Scotland), Janet Campbell (Argentina).

Front row (L-R): Justin Rawiri (New Zealand), Heidi Baker (Australia), Giuseppe Sasso (Italy), David Simpkins (South Africa) and Sandra Bowden (England).

News in Brief News in Brief News in Brief

Mauri stone now buried under ACH carpark

A mauri stone was buried beneath the nearly-completed Auckland City Hospital carpark at an early morning ceremony last month.

The Ngati Whatua ancient practise continues the Auckland District Health Board tradition of burying a mauri stone to hold positive energy beneath the earth for those who walk above. A mauri stone is also buried beneath Auckland City Hospital's grafton site. A traditional blessing will be held closer to the completion of the carpark.

Family Violence Awareness Week in September

The ADHB Family Violence Intervention Team is running a Family Violence Awareness Week from September 12 to 16, with an aim of raising awareness to our colleagues, as well as the patients and families we look after.

The Family Violence Intervention Team is also running a family violence study day

on the November 17. This is open to all ADHB staff and can be booked via Kiosk.

The day is for any clinical or non-clinical staff who would like more in-depth knowledge around family violence from invited speakers.

You can book via Kiosk, Learning Development or by going to: adhbintranet/familyviolence/november_11_study_day.htm

New CPR guidelines

New CPR guidelines have been introduced across ADHB

These follow the latest international recommendations for improving survival from cardiac arrest.

The key changes are based around increasing evidence that shows that minimising interruptions to chest compressions improves patient survival.

For more information on these new guidelines please refer to the New Zealand Resuscitation Council website www.nzrc.org.nz or contact the Resuscitation Co-ordinators on ext 23134.

Show respect when using the mortuary lift

Ignorance is no longer an excuse for carrying food and drink in Auckland City Hospital's mortuary lift.

New signs on the lift doors encourage patients, visitors and staff to show respect for the deceased and observe the rule that the lift is to be food-and-drink-free at all times.

The signage came about after an appeal for staff feedback on how proper respect could be shown to Tupapaku (deceased persons).

The response showed a general lack of awareness about why it's inappropriate to carry food and drink in this lift.

General Manager Maori Health and Chief Adviser Tikanga Naida Glavish said:

"When death occurs, an appropriate pathway has been developed for the transportation of Tupapaku through our corridors, lifts and tunnel and to hearse bays in ADHB.

"This process does minimise violation of mana (honour) and tapu (sacred) of Tupapaku and their whanau/families.

"All Tupapaku is considered tapu and the transporting of food, drink or waste into this space where Tupapaku will travel erodes the mana and tapu.

"The Tupapaku process is a spiritual journey which is one of our most sacred cultural practices but is not exclusive to Maori but for all who will use it."

Stained glass will also be added to the inside of the lift in the coming weeks.



General Manager Maori Health and Chief Adviser Tikanga Naida Glavish views the new mortuary lift signage.

Get set for Celebration Week 2011

ADHB's annual Celebration Week will be on again from November 21-25 with a focus on excellence in all parts of the organisation.

Celebration Week began in 2004.

Auckland District Health Board
healthcare
excellence
Awards
2011

Have you developed new and improved ways of delivering services or treatment to our patients, enhanced our education or published cutting edge research?

Then apply now for the Healthcare Excellence Awards 2011
Open to ALL ADHB staff (teams and individuals)

applications close on 16 September 2011

Check the Intranet for details - excellence.adhb.govt.nz/awards

AUCKLAND DISTRICT HEALTH BOARD

Paul simulates international success

The bronchoscopy simulator Paul Baker has spent five years developing is pretty awesome, quite literally.

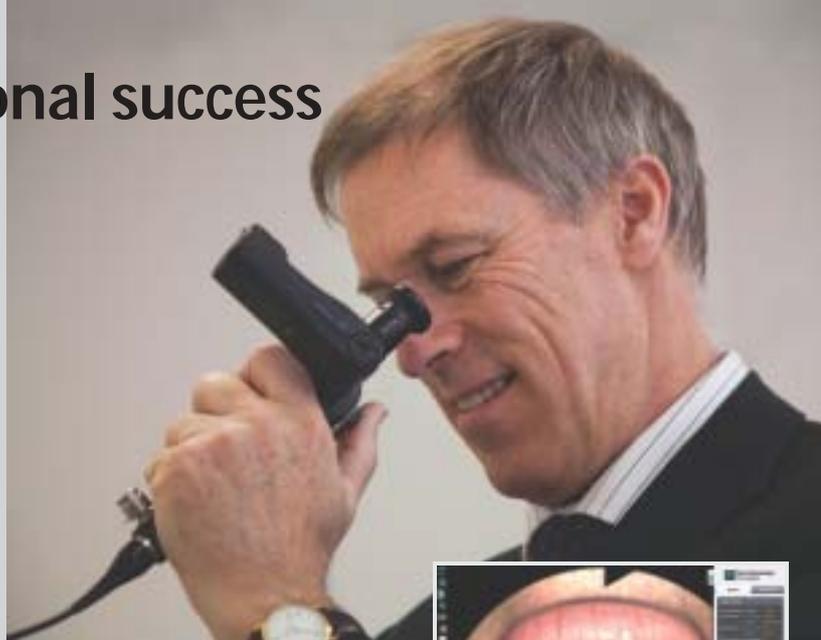
The Orsim (Operating room simulator) competed against 17 prestigious universities such as Vancouver University and Harvard Medical School to win first-place at the International Anaesthesia Research Society (IARS) Annual Meeting in Vancouver in May.

Flexible bronchoscopy is a technique used to examine patients' airways and insert breathing tubes and is practised by several medical specialties including anaesthesia, respiratory medicine and intensive care. Over half a million flexible bronchoscopies are performed every year in the USA, however the number of real-life cases in New Zealand is far less.

The Starship Children's Health Consultant Anaesthetist, and Clinical Skills Centre airway management instructor, says he saw a need for a training simulator because inadequate practice and lack of clinical experience prevent the development and maintenance of this vital skill.

"Skills can become rusty. NZ physicians are keeping their skills up by irregular clinical experience or training on mannequins. With this simulator the physician can practise multiple scenarios in a short time, without damaging clinical equipment or subjecting patients to harm. The results are recorded and the performance is evaluated," he said.

Dr Baker received a grant from the New Zealand Foundation for Research, Science and Technology which helped fund the development of the Orsim. A group of New Zealand designers helped to realise his vision of developing a much lighter, and more affordable, portable simulator which runs off a laptop.



The hope is that this new technology will help doctors to develop and maintain this important clinical skill.



A laptop's view of the simulator.



Paul Baker's Orsim.

Debbie and Esther's specialist skills come out on top



Colorectal Nurse Specialists Debbie Perry and Esther Menzi have beaten 17 entrants from Australia and New Zealand to win a Colorectal Surgical Society of Australia and New Zealand (CSSANZ) scholarship for their paper – *The Colorectal Nurse Specialist Rectal Bleeding Clinic – improved waitlist efficiencies*.

In July 2005, a colorectal investigation clinic was established at Auckland City Hospital for the investigation of overt rectal bleeding. Then in 2008, Debbie and Esther took the lead in setting up and running a nurse-led clinic at Greenlane Clinical Centre.

The paper focuses on the improvements in patients' waiting time since the nurse-led Greenlane clinic opened.

"This clinic has decreased waiting times for patients with overt rectal bleeding and significantly increased the number of consultations per month.

The introduction of a nurse specialist, with specialised skills, into the clinic has taken pressure off the waiting list without compromising the quality of care," said Esther.

They were encouraged to enter the competition by their colorectal surgeon colleagues and especially by Rowan Collinson, who helped proof-read the paper.

Both Debbie and Esther are overseas-trained and have worked in hospitals abroad.

"These types of clinics aren't uncommon in the UK, but this is the only clinic of its type in Australia and New Zealand as far as we know," said Debbie.

Esther and Debbie were invited to give a summary of their paper at the tripartite meeting in Cairns, Australia.

Their paper will be published in the Stomal Therapy Nurses journal *The Outlet* in November this year.

Debbie Perry (left) and Esther Menzi.

The new era - collaboration between the Auckland and Waitemata District Health Boards

In my July Nova column, I wrote about regional collaboration and what is likely to be a complex interaction of national, regional and local priorities, all of which are important and need to be achieved.

In that article, I stressed the new need for a regional approach and, in that context, I would also like to highlight the commencement of a more collaborative relationship specifically between the Auckland and Waitemata District Health Boards (perhaps this could be termed a sub-regional approach).

This collaboration was signalled in December, 2010 following my appointment as Chairman of both the Auckland and Waitemata District Health Boards along with Gwen Tepania-Palmer and Rob Cooper as joint Board members.

Since December, 2010, the primary care planning and funding teams of the Auckland and Waitemata District Health Boards have merged, creating one entity responsible for both district health boards' interface with, and funding of, primary care.

Andrew Coe is the manager of that service and Dr Stuart Jenkins is the Clinical Director. This is an exciting advance as it creates the opportunity for a strategic view of a population of 950,000 people, which creates greater scale for primary care initiatives, including closer integration with district health board services and the provision of services closer to patients.

The next step in the developing collaborative relationship between Auckland and Waitemata District Health Boards commenced 1st August, 2011 with the combination of the following Advisory Committees of the Board:

- Community and Public Health Advisory Committee

- Disability Support Advisory Committee
- Maori Health Gain Advisory Committee

While constituted as each Board's separate Advisory Committee (as is required by statute), they will meet and act as one Committee across both the Auckland and Waitemata districts.

The Chair of the combined Community and Public Health Advisory Committee is Dr Lee Mathias (Auckland District Health Board) and the Deputy Chair is Warren Flaunty (Waitemata District Health Board). There are also three co-opted members of this Committee.

The Chair of the combined Disability Support Advisory Committee is Sandra Coney (Waitemata District Health Board) and the Deputy Chair is Jo Agnew (Auckland District Health Board). There will be six co-opted members.

The Chair of the combined Maori Health Gain Advisory Committee is Rob Cooper and the Deputy Chair is Gwen Tepania-Palmer (both joint appointments for the Auckland and Waitemata District Health Boards). There are five co-opted members.

This new way of working between the Auckland and Waitemata District Health Boards will create fresh opportunities, new thinking and - most importantly - new and innovative models of providing services to our patients and populations.



Dr Lester Levy, Board Chair

From the professional partners

Advance Care Planning at ADHB



Barry Snow

People only die once; they have no experience to draw upon. They need doctors and nurses who are willing to have the hard discussions and say what they have seen, who will help people prepare for what is to come. (Atul Gawande The New Yorker 2010)

It is a common concern among our clinicians that we often don't do well with our dying patients. Often, we get to a point where we have a range of options ranging from vigorous, invasive treatment through to comfort cares. We often wish we could ask our patient

what they want but at that point it may be too late to start the conversation.

Advance Care Planning is a process whereby the values and wishes of a person are explored and recorded so that they can

be used to inform treatment decisions if they become no longer able to make informed choices for themselves.

The main aim is to ensure that people have the opportunity to consider what care they may want and make their needs known while they are still well enough to do so.

Research has shown that when people have had the chance to think about how they would like to be looked after when they are dying they are less stressed, less depressed and actually live longer! This is despite often choosing less invasive or intensive treatment.

We are in the process of introducing Advance Care Planning at ADHB. We already have a clinic running in Palliative Care. In the near future, we will be offering training to clinicians within ADHB who wish to offer Advance Care Planning to their patients. We anticipate that clinicians such as Specialist Nurses looking after patients with chronic conditions will be interested in this training.

Barry Snow
Medical Director Adult Health Services



Shirlene's leading the way in education

"In her position as education manager her instincts, passion for staff and children as well as her ongoing learning have enabled her to become a strong mentor/leader. Shirlene is the complete teacher who loves what she is doing, leads by example and is admired and respected as a leader in the early childhood community."

It's comments like these from her colleagues that has resulted in Shirlene Murphy's nomination for a National Teaching Excellence Award (NEiTA) for leadership in teaching.

The Kids' Domain Education Manager was nominated for the award by a board of parents. She started with the ADHB early childhood centre 13 years ago, working her way from teacher then team leader and eventually education manager.

"I started as a reliever and I've been here ever since. My role is now 50/50 teaching and mentoring our 30 teachers. I do get a lot of positive feedback about my leadership style, but I was still very surprised by the nomination. I had been doubting my leadership so this has been a good boost," she said.

The awards are open to all teachers at any New Zealand school. They've been running for 17 years and aim to recognise the country's top teachers.

Shirlene will know this month whether she has been made a finalist in the awards.

Shirlene interacts with one of her students, Emma Gerrie.

It's puppy love for Creed

As Ward 26b patient Creed Healey plays with Una the dog in Starship's atrium it's obvious any thoughts of illness are far away.

A volunteer from the Pet Outreach programme visits Starship once a week with their dog for one-on-one time with children from Ward 26b and Oncology.

The visits give the children a sense of the outside world and a hands-on playful activity, which is even more welcomed by those who are long-stay patients.

Dogs are alternated each week and spend about two hours at the hospital.

Creed said he had been scared of dogs before being admitted to Starship but has now learnt not to be fearful of them.

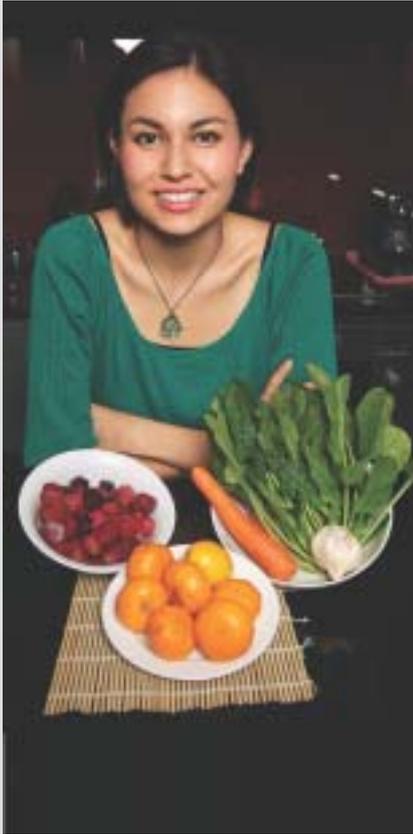
"I think they're really cool. I used to be scared of them but they're really fun," he said.

The dogs involved in the programme are put through intensive obedience training before entering the hospital. The programme is part of an external programme that also includes visits to primary schools and retirement homes.

Creed snuggles up to Una inside Starship's atrium.



NADIA'S HEALTHY RECIPE



Home-smoked salmon

Smoking your own food is a great way to get lots of flavour without having to add lots of fat. You can smoke almost anything from fish, mussels, chicken breast, tomatoes, garlic, and even your own rock salt! Here are guidelines for smoking your own salmon, one of my favourite foods to smoke. Only use a small handful of woodchips as too many woodchips will make the food taste bitter.



4 salmon fillets, pin-boned (approx. 120-150g each)

2 Tbsp brown sugar

Salt and freshly ground black pepper

Sprinkle brown sugar, salt and pepper on salmon (flesh side).

To set up the smoker; line a wok or deep fry pan with tin foil. Place a small handful of woodchips inside, then place a cake rack on top to fit inside the wok/fry pan. Cover tightly with tinfoil, and place lid on top. Turn on high heat to get woodchips smoking – this will take about 5 minutes. Once they are smoking, place the salmon on top of the rack inside the smoker and lower the heat. Smoke for 6-8 minutes.

Use your freshly-smoked salmon as a pizza topping with capers, tomatoes and mozzarella, serve with crusty bread and cream cheese, toss with salad or make into a smoked salmon dip by blitzing with plenty of lemon juice, some natural yoghurt and cream cheese.

ORBIT WELCOME TO THE TRAVEL REMEDY

Monthly Competition



This month's prize is one night's accommodation, including buffet breakfast, at **Travelodge Wellington**.

Travelodge Wellington is located in the heart of Wellington's city centre.

Shops are right on the hotel's doorstep and the famous Wellington cable car, Government buildings and Te Papa Museum are all a five minute walk away.

The accommodation rooms are fresh and contemporary, refurbished with new, modern amenities. Rooms look out over the beautiful Wellington skyline or the famous sparkling Wellington harbour.

Relax in the hotel atrium lounge on level 6 before enjoying a meal in the hotel's rejuvenated Steps Restaurant. The menu offers contemporary

New Zealand cuisine via a selection of innovative dishes that are crafted with fresh, local ingredients. The Travelodge Wellington is the perfect choice for business and leisure travellers alike looking for a contemporary, affordable and centrally located accommodation option in the capital.

Question:

In which Canadian city did Paul Baker win his award?

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 August 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.

Sept Grand Prize letter: **B**

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.



Contacting
NOVA

Editor: Mark Fenwick, Communications Manager, ADHB

Design: Diane Stephenson, Medphoto & Graphics, ADHB

NOVA is the official newsletter of the Auckland District Health Board. It is published by the Communications Department, located in Building 10, Level 1, Greenlane Clinical Centre.

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

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.

