

February 2006

## Kidz First Neonatal Unit Up and Running

***23 babies and their parents made the short journey from the old neonatal unit into the spacious new one, on Tuesday 7 February 2006.***

The new unit will look after the smallest and sickest babies from Counties Manukau and at peak demand times, for the whole of the Auckland region.

Comments were positive as parents and babies settled into the new unit. One of the first to move to the new unit was Baby Kirtland Vili.

"I can't get over how much space there is," says Mrs Vili "The old unit was so small – it was hard to get any privacy."

The Janjua family were looking forward to seeing the family and parent areas.

These include a play area for siblings of babies staying in the unit, breast feeding rooms, a dedicated family lounge and a small accommodation suite. There is also a parent education room and a separate area for bereavement care as well as specialised rooms for the management of infectious conditions.

"Families, and in particular parents, play a huge and necessary role in the care delivered to neonates, and facilities within the unit reflect this philosophy," says Nettie Knetsch, General Manager of Women's Health and Kidz First.

One of the most positive changes is that when necessary, parents will have the opportunity to stay at the unit overnight. The additional space will allow parents to have greater opportunity to be with their baby and be supported during this

time.

"Parents who have a baby who is very sick will naturally want to spend as much time as possible at the cot-side. Allowing parents, mostly mothers, to stay at critical times will help them to be as involved as possible in the care of their sick baby," says Helen McConachy, Charge Nurse Manager of the Neonatal Unit.

The play area for brothers and sisters is also an important feature. "Younger children should not be exposed in an unprepared way to some of what they may experience in an intensive environment. Preparing children to visit their sick baby will help those children to deal with what is happening in their family life, says Nettie Knetsch.



Baby Kirtland Vili - 36 weeks



# Message from the Chief Executive

**Welcome to the first issue of Connect for 2006. The year is well underway with some key milestones being realised.**

To our delight, the long awaited Neonatal Intensive Care Unit has opened its doors to babies from the Counties Manukau region, plus helping our other DHB colleagues when needed. The opening on February the 1st was a great success with over 120 people in attendance. The new unit is nearly three times larger than the old unit with a total of 36 cots and is equipped with leading edge technology to better care for our most vulnerable babies. A special thank you to the South Auckland Health Foundation who raised a fantastic \$3.8m in support of this unit.

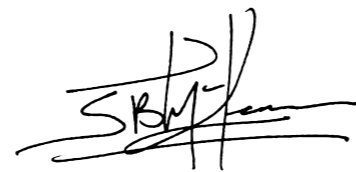
We are excited about the other facilities that will be completed this year; the National Burn Centre, the extensions

to the Adult Medical Centre and the redevelopment of Radiology and AT&R (Assessment, Treatment and Rehabilitation). The Level 3 fit-out of the Adult Medical Centre, consisting of 60 general medical beds is on track for completion in March. Levels 4 and 5 are also progressing. In March we are hosting a team of top UK Chief Executives and Medical Directors who are visiting the NZ health environment. Their interest is in seeing first hand the work we are doing in chronic care and population health. In a future Connect I will share some of the learnings from this visit. As the New Year begins, the DHB is busy putting our Annual Plan together for 2006/07. This is always a challenging task as we look to allocate funding to health services and our key priority areas. Given the significant consultation processes we have embarked on over the past 2-3 years we are well placed to complete a plan

which meets the community's needs. The DHB has identified the following six long term outcomes to achieve its strategic vision:

1. Improve community wellbeing
2. Improve child and youth health
3. Reduce the incidence and impact of priority conditions
4. Reduce health inequalities
5. Improve health sector responsiveness to individual and family/whanau need
6. Improve the capacity of health sector to deliver quality services.

Kind regards  
Stephen McKernan, Chief Executive




Dr Karen Poutasi opens the new unit with the help of Liam.

## Neonatal Unit Opening A Celebration Worth Waiting For

**Over 120 people attended the long awaited opening of the new \$8 million Neonatal Unit on Wednesday 1st February 2006.**

Television celebrity Alison Mau hosted the event which included guest speakers Sir Barry Curtis,

Mayor of Manukau City Council and the Director General of Health, Dr Karen Poutasi, who officially opened the new unit.

**Among those acknowledged were:**

- The Counties Manukau District Health Board.
- The South Auckland Health

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Foundation for raising more than \$3.8 million for the Unit.

- The generous contributions from sponsors of the Unit
- The Neonatal Unit Management and staff.
- The Project Excel team – RCP, Peddle



John Maasland – Chairman of the South Auckland Health Foundation

Thorpe (architects) and Hawkins Construction.

The Smith family (Jacky, Wayne, Liam and Alex) made a moving tribute to the tireless dedication of the neonatal staff, who, under such cramped conditions in the old unit, continued to provide a high standard of care for their son Liam.

Liam was 25 weeks and 4 days when he was admitted to the unit. He turned 4 last week.

A special thank you to singing group Ngati Otara Te Kohunga Reo Children and Tavea Meleisea who sang Amazing Grace.



The Smith Family



Singing group Ngati Otara Kohunga Reo Children, CMDHB Chairman Pat Snedden.

## Sponsors of NICU

**The South Auckland Health Foundation (SAHF) raised \$3.8 million towards the Neonatal Unit, with a number of sizeable contributions from both business and the community.**

On the morning of the official opening the Foundation hosted a breakfast attended by key sponsors, as well as members of the Counties Manukau District Health Board. "We are overwhelmed with the generosity of the sponsors and the support of the wider community," says SAHF Executive Director Pam Tregonning.

"Of particular note is the Lion Foundation who is the principal sponsor of the Neonatal

Unit. In addition, Ronald McDonald House Charities, Planet Fun, Hewlett Packard and the South Auckland Health Foundation Events Committee all sponsored rooms within the new unit."

"We would like to thank everyone who supported the Foundation's appeal to raise money for the Neonatal



Alison Mau and Neonatal Consultant Dr Lindsay Mildenhall

Unit. We are extremely grateful for your support."

# Pandemic Planning

*The recent spate of overseas deaths from the Avian influenza virus has increased international awareness and stoked the public's thirst for more information about how the Ministry of Health and District Health Boards are preparing for a potential outbreak.*

You may have noticed some Ministry of Health public service announcements on National Radio stations. These announcements, in conjunction with posters and brochures that will be distributed in the near future, are a tool to help the public understand bird flu, how they might prevent the spread of germs and also how to get prepared.

The Ministry is planning on a national level, while an Auckland regional planning group is considering the many issues the health industry may face, to try and minimise the impact a pandemic could have on the ability for District Health Boards to provide services.

Counties Manukau District Health Board is also planning to look at the best way to keep hospitals and other healthcare services operating as usual and ensure health care workers are supported and protected in a safe working environment. Emergency planner Mick Hubbard says, "We are working closely with the Ministry of Health to make sure we are all talking the same language, so everyone is getting consistent information". "We are also looking at what services are essential for the hospital if we were to have a reduction in staff, due to sickness or the need to care for family members. This could, for example, mean the cancellation of elective surgery while we are in a pandemic situation".

Mick Hubbard says one of the most important things that people can do at this stage is to get prepared.



Mick Hubbard, Security and Emergency Response Manager

## Get prepared!

- *Your family needs to have a plan about what you might do in a pandemic if it is necessary to eliminate contact with others.*
- *Have a list of people you may need to contact - family, friends, neighbours; especially those who live on their own.*
- *Store enough food and water to last your whole family at least a week. Tinned and frozen food is a good idea. Work on the basis that each person will need at least 3 litres of water every day.*
- *Make sure you have other essential items like toilet paper, tissues and plastic bags for disposal, paracetamol and any other medication your family may need.*
- *Make sure you have things to keep you occupied such as games, cards, books or other activities.*

Anyone with a computer and internet access can find out more about pandemic planning on the Ministry of Health website [www.moh.govt.nz](http://www.moh.govt.nz). The Counties Manukau DHBs plan will be available on the DHB website in the near future.

# Study success for husband and wife

*Busy lives as Registered Nurses in Counties Manukau hasn't put off husband and wife team Barry and Manny Moulton who both recently completed and passed the Post Graduate Certificate in Mental Health Nursing.*

Manny is based on Ward 22 at Middlemore Hospital and Barry at ICT at Lambie Drive. Despite their work schedules and busy home life they have managed to attain the same qualification through Auckland University. Both Barry and Manny enjoyed the experience of studying and found it has led to improved outcomes for both patients and their families. Their success has inspired other staff to study too! Both Barry and Manny would like to acknowledge their colleagues and team leaders for their support and thank CMDHB for the opportunity. Once again, well done Barry and Manny!

# Process Improvement Managers (PIMs) join the 'Project Excel' team

*Project Excel's Process Improvement Managers - Gillian Cossey, Margaret Garthwaite and Marianne Scott are now fully on board.*

Gillian works full time, while Margaret and Marianne are working part-time on the project.

As their title suggests their role is to review current service delivery processes in light of new technology, to consider what models of care will



work in the future and create facilities and processes that allow clinical and support staff to do their jobs well. All agree they are not here to make change just for changes sake – only where there is an identified need or opportunity.

"The process of change should be positive and stimulate fresh thinking," says Gillian Cossey. "This will result in better outcomes for patients, staff and the community."

# Mental Health research team wins at international conference

*The CMDHB mental health research and audit team (ReAMHS) and the University of Auckland, recently won the poster competition at the prestigious International Mental Health conference held at the Institute of Psychiatry, King's College, London.*

The team's poster summarised their study on socio-economic deprivation in CMDHB and the effect it has on recovery from severe mental disorders. South Auckland has a diverse cultural mix with a high proportion of Maori and Pacific Islanders. In relation to most of New Zealand it is also a region of deprivation.

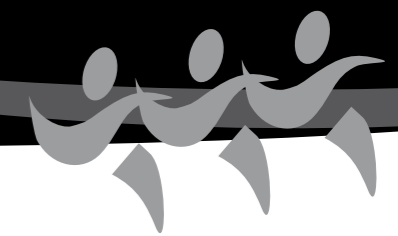
The study measured deprivation using an index which takes into account factors like being on a means tested benefit, lacking a resource such as a household telephone, or having no qualifications. Results showed deprivation of residence was associated with delayed recovery from severe mental disorder (as measured by increased length of stay) even after taking account of demographic and clinical factors and differences between clinicians. Data collected from the study shows that individual and neighbourhood social circumstances need to be taken into account in rehabilitation and discharge planning as well as in optimising access

to community health and social care. As well as winning the poster competition, the CMDHB team's paper has also been accepted for publication in the British Journal of Psychiatry.

**Team Members:**  
**Melanie A Abas, University of Auckland and Institute of Psychiatry London; Jane Vanderpyl, Counties Manukau District Health Board; Elizabeth Robinson, University of Auckland; Trix Le Prou, Counties Manukau District Health Board; Peter Crampton, Wellington School of Medicine.**

**Our charity**

The South Auckland Health Foundation is a registered charitable trust that supports and raises funds for the health services of Counties Manukau District Health Board.



## Fire-fighters break world record and raise over \$17,000 for National Burn Centre

Ten New Zealand fire-fighters set a new Guinness World Record in December and managed to raise more than \$17,000 for the National Burn Centre.

The fire-fighters each climbed the equivalent of more than one Mt Everest at The New Zealand Fire-fighters 24-Hour Challenge, held at the Viaduct on December 3 and 4.

The ten fire-fighters, including a female participant, attempted to break the Guinness World Record for the greatest vertical height climbed on a ladder in 24 hours. The previous record was 105km,

set by UK firefighters in 2000. The New Zealand team climbed a total of 109km. The event was attended by Sir Edmund Hillary, who commended the team on their great work.

Papakura firefighter Rob Holah organised the event. He says the 24 hour climb is definitely the hardest thing he has ever done. "It's a huge achievement and we are thrilled - but we are even more thrilled to help contribute to the fundraising for the burn centre."

Building for The National Burn Centre is currently underway at Middlemore Hospital. The centre will provide treatment and



rehabilitation for the most severe burn patients from across the country, both adults and children.

## A gift for Campbell Lodge, thanks to East Auckland Rotary Club

The Rotary Club of Auckland East recently donated a digital camera, video camera, two televisions and a DVD player to Campbell Lodge.



Campbell Lodge service manager Leonie Picard says staff are thrilled. "Everyone at Campbell Lodge would like to say thank you for the donation of this electronic equipment". "The video camera and digital camera will be used to record group activities with children that will then be used as a teaching tool for parents. Young people on our Youth Advisory Council and Interact Teen group will also get a great deal of use from these items." Leonie says, "the TV's and DVD player will be used in our waiting rooms and for education sessions with parents and young people. This equipment can only enhance the service provided by our clinical team."

As well as the equipment, the club also donated \$340 to enable Campbell Lodge

to purchase DVDs. Past President Alistair Burry and club member Paul Jarvie say Auckland East Rotary is delighted to be able to provide the much-needed equipment to Campbell Lodge, with the generous assistance of Panasonic who provided the equipment at subsidised rates. The funding for this project came from the Plumbing Industry Tennis and Golf Charity Event held last year, which raised a considerable sum for youth at risk. Campbell Lodge is part of Kidz First Child and Youth Mental Health services. It provides a community-based service for young people up to the age of 18 years living in Counties Manukau who have emotional, mental health or behavioural issues.

## Two truckloads of Cereal and lots of full tummies

The South Auckland Health Foundation would like to thank Kellogg's, who recently donated two truckloads of cereal to be distributed to families in the Counties Manukau area.



Hundreds of boxes of Rice Bubbles, Coco Pops, Crunchy Nut Corn Flakes and Just Right cereal were given to Kidz First public health nurses to distribute to families in need over the Christmas period. Many thanks also to Toll NZ for providing the transport.

## Christmas hampers delivered to deserving families thanks to SKYCITY

Kidz First Community Services was able to deliver more than 100 food hampers to deserving Counties Manukau families at Christmas, courtesy of SKYCITY.

SKYCITY donated the hampers that included a total of 90 hams, 30 turkeys and 165 packages containing packets of biscuits and lollies.

Kidz First Community Health team leader Pam Henry says the hampers were a wonderful gift for families. "It was fantastic and we were thrilled to be able to support these families, particularly at this time of year."



## New Spiritual Centre opens at Middlemore Hospital

Visitors and patients at Middlemore Hospital now have a place of peace to think, reflect and worship with the official opening of a Spiritual Centre.

The centre has opened on an interim site to meet the immediate needs of patients,

visitors and staff. The area, provided by Counties Manukau District Health Board, is situated in the main building of Middlemore Hospital near Aviary Cafe. The Spiritual Centre Steering Committee, a committed group of community members and hospital staff, are delighted with the

new facility. More than \$100,000 has been donated towards the new Spiritual Centre, with fundraising co-ordinated by the South Auckland Health Foundation.

**www.sahf.org.nz launching in March!**

The South Auckland Health Foundation website will go live on March the 1st. The website will feature information about the foundation, projects, news and events.



## 30,000 people have fun at Funfest

*More than 30,000 people attended Funfest 2006, held at Alexandra Park in January.*

*The four day event was a huge success and a lot of fun.*

The event was sponsored by The Lion Foundation and Trillian Trust and event managed by Alexandra Park functions. The Foundation ran a game called Master of the Rings to raise money for Kidz First Children's Hospital. More than \$17,000 was raised from the event. The Foundation is delighted to have been invited to be the recipient charity for Funfest 2007.



### NZ Breakers visit Kidz First

The Harvey Norman New Zealand Breakers recently spent the afternoon at Kidz First Children's Hospital, chatting to the children, signing autographs and giving away precious basketball tips. The players also gave goodie bags to the children with products supplied by their sponsors Russell Athletic, Nestle and Frucor.



## Soroptomist South Auckland donate toys to Kidz First

*Children at Kidz First Children's Hospital now have a variety of new toys to play with, thanks to the Soroptomists of South Auckland.*

Soroptomist International is a women's international service organisation. The South Auckland club has 38 members who each donated money to purchase toys for Kidz First, including colouring books and games, as well as 40 teddy bears - three of which were knitted by members of the group.

"Every year we like to give something to the children at Kidz First," says member Maureen Richards. Kidz First play specialist service coordinator Carol Bolton says the team is extremely

grateful for the generous donation. "Play has the ability to minimise the possible negative emotional impact of a hospital admission. We are very proud of the play and recreation programme that is provided at Kidz First and this has been made possible through the great support of our community."



## Training and rollout underway on new CCM Module for Depression

*After 15 months of development the CCM Depression module was installed as a pilot in three general practices in October 2005. It has since been installed in 14 other practices that are part of the Ta Pasefika, TKOH and ProCare PHOs. These three PHOs are participating in the jointly funded CMDHB, Ministry of Health mental health initiative for primary care.*

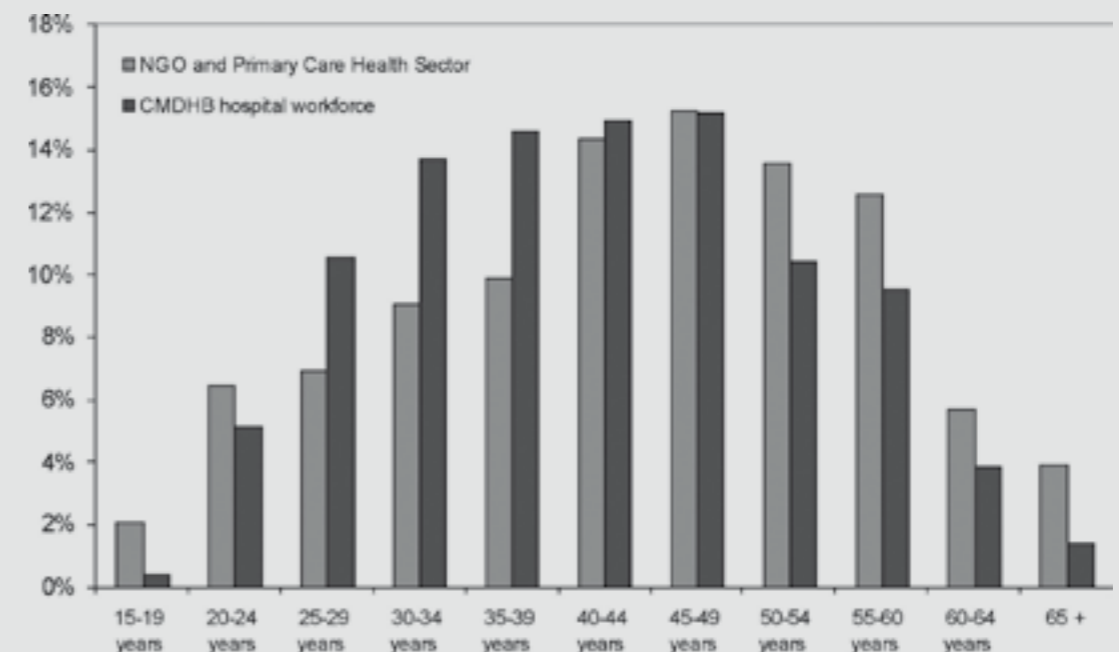
It's hoped about 1000 people in CMDHB who suffer from moderate to severe depression will eventually be enrolled in this chronic care management programme over the next 2 years. Five two-hour formal education sessions were held at various practice sites throughout Counties Manukau for members of the participating practice teams. To date, 45 GPs, 37 practice nurses and 6 community health workers have been

trained to provide this new service to eligible patients at their practices. A series of resource material has also been developed including Wellness Plans with information pamphlets on depression for consumers, as well as Practice Manuals and Workbooks for the clinical teams. Melanie Abernethy, local GP and member of clinical advisory group DSAG says "the Depression template and IT system is light years ahead of other systems I have used

and its user-friendly interface helps in delivering the best possible care to people suffering from depression". Development of the CCM Module for Depression was undertaken by a clinical advisory group on depression (DSAG) in conjunction with CMDHB's Mental Health Development and CCM teams, Enigma and Health Alliance.

## Comparing the age of our Community and Hospital Workforce

Our community workforce has a higher number of 15-24 year-olds and a significantly higher number of people aged 50+ compared to the hospital workforce.



*Draft results from the recent Counties Manukau Community and NGO Workforce Census are available online at: [www.cmdhb.org.nz/Counties/Primary-Care/Documents](http://www.cmdhb.org.nz/Counties/Primary-Care/Documents)*

# Counties MeNZB campaign wraps up

**The Counties Manukau mass Meningococcal B vaccination campaign has come to a close even though the vaccine will still be available to those under 20 year olds who have yet to finish the full course of 3 doses until June 30 2006.**

Nettie Knetsch, GM of Kidz First and Women's Health says early indications from a review of Counties Manukau data show the MeNZB vaccine is providing a good level of protection for those who are fully vaccinated with a drastic reduction in the number of cases of Meningococcal B.

Since the start of the vaccination campaign in July 2004 to 31 December 2005, there have been 10 cases of the epidemic strain reported at Middlemore and Kidz First hospitals. Of these cases, two were adults, two were children who were incompletely vaccinated (did not receive all doses) and six were fully vaccinated children. All children made complete recoveries.

**Parents encouraged to vaccinate early as Ministry introduces 4th dose to MeNZB schedule**

The Ministry of Health recently introduced a 4th dose to the MeNZB vaccination schedule, for babies who

received their first dose before they were six months old. Some medical practices and community clinics have already begun the task of contacting the children who require this additional dose.

Clinical studies have shown that an extra dose of the vaccine significantly boosts the immune response of young babies to the epidemic strain. The fourth dose has therefore been approved to give extra protection to babies, who are especially vulnerable to Meningococcal B in the first eighteen months of life. Doctors are urging parents not to delay their children vaccinations to six months to avoid the 4th dose of the vaccine. CMDHB's Director of Primary Care Development, Allan Moffitt says, "vaccinating babies early is important because delaying immunisation just leaves them more at risk of the disease. We are urging parents and caregivers to start their children's vaccinations as soon as possible from six weeks of age and not wait until they are older. It is best to do this at the same time as the other scheduled baby vaccinations". "Parents should also aim wherever possible to have the 4th dose of MeNZB given to babies before winter sets in because meningococcal disease is more common at this time," says Dr Moffitt. "A 4th dose will boost a child's immunity to protect against the epidemic strain". The Ministry's updated advice means babies should be vaccinated at six weeks old, three months old (not less than 13 weeks of age) and five months old (not less than 21 weeks of age), along with the childhood immunisation scheduled vaccines. The 4th MeNZB dose should be given to babies aged at least 10 months old and a minimum of four months after their 3rd dose.

Employee Purchasing Programme

## New Employee Purchasing Programme launched

**A new Employee Purchasing Programme (EPP) has been introduced where a number of Companies have agreed to significant discounts for staff.**

It is all about staff benefits! It is very easy for staff to obtain the special discounts from participating Companies. They simply have to show their staff photo ID (identity card), and in some cases, mention a special CMDHB EPP account number that may be required by the discounting company.

A website for the EPP programme is available on the CMDHB corporate Intranet (SouthNET). Staff can view the participating Company services and/or product discounts from categories like fitness, DIY, Health Insurance and Tyres. Staff can then print out the participating company's web page that shows the discount and take this along with them when they go shopping

As each new participating company comes on board, staff can also get special offers on products or services, or enter into bonus prize draws advertised over group emails, posters and on a Special Offers page on the website.

Stephen McKernan says "this staff benefit is a way of showing our appreciation for the great effort everyone makes in the successful running of the Organisation."

# Recognition for a job well done

**Renee Coxon Armiger was awarded recognition of her practice as an expert within the senior pathway of CMDHB's Nurses Credentialing Programme at the recent Nursing Research: Studies from practice and Education Seminar.**

Renee manages a number of clinical trials within the specialities of Haematology and Cardiology and has contributed significantly to the recognition of nurses in the field of clinical research within Counties Manukau, the Centre of Clinical Research and Effective Practice and internationally. The CMDHB Nursing Service sponsors this Seminar in partnership with the Department of Nursing and Health at Manukau Institute of Technology.

Right to Left: Diane Caveney Team Leader, Cardiac Trust Research, Taina Van von Blaramberg Research Nurse, CCREP, Renee Coxon-Armiger Research Nurse, Cardiovascular & Haematology CMDHB & CCREP, Bronwyn Hedgecock Nurse Leader, CMDHB.



## Sexual Health Integration Project makes progress

**In March last year, Women's Health at Middlemore Hospital commenced the Women's Sexual Health Integration Project to improve Women's and Sexual Health in our region. The priorities for this project were to improve access to women's and sexual health care, improve integration and communication between primary and secondary services and develop and implement standardised sexual health guidelines for CMDHB. The project is well underway with encouraging progress made in many areas.**

The team are working in partnership with the primary sector to improve the quality of referrals and access for women to secondary services. We also aim to provide advice and support to primary services to enable them to better manage situations outside hospital settings. A pilot for a small group of General Practitioners to perform First Assessments for Tubal Ligation commences this month, to help improve women's access to surgery and avoid unwanted pregnancies while waiting for surgery.

A Gynecology/Sexual Health Integration Nurse Specialist role was recently appointed to support project initiatives as well as provide training and education to enhance work that's developing around

nurse-led initiatives, standardisation of sexual health assessment, screening, treatment and the promotion of fertility management and safer sex. Hospital guidelines have also been reviewed to reflect current best practice across the DHB. This includes initiatives such as opportunistic sexual health screening, standardisation of regimens for the screening and treatment of sexual transmitted infections requiring hospitalisation and ongoing care following discharge to the primary services. The project is committed to reducing unwanted pregnancies and reducing abortion rates in the Counties Manukau population.

# ***How we feel about working for CMDHB: the Employee Valuation Programme***

***The Employee Valuation Proposition (EVP) was held in CMDHB this year with 28 voluntary attendees sharing their real life experiences of working within CMDHB.***

The aim of the EVP was to gather anecdotes and real life experiences of staff members, to get an accurate sense of what it is like to be a learning, contributing, teaching and experiencing

part of this integral health community. CMDHB's growth, development and community spirit is in great part due to the multi-faceted and diverse resources it contains, the most important resource of all being human. We have international, multi-talented staff with a commitment to caring for their community and patients. They have an attitude, energy and sense of humour to get the job done no matter what. CMDHB staff made comments about

their commitment to South Auckland and the enjoyment that they have in helping the people of this region, while others talked about staff working towards the same goal although everyone is on a different journey.

In the coming issues of Connect we will feature some of the comments that our staff have made about why they like working for CMDHB.

## **Health Alliance IT analyst carries the torch for Winter Olympics**

***Carrying the Olympic torch that lit the flame to start the Winter Games was an amazing experience for Health Alliance IT Applications Analyst Davi Jea, who works on site at Middlemore Hospital.***

Davi's boyfriend Luca nominated her for the event, in which she ran 300 metres of the relay that took the torch through the villages of Italy, on its way to Turin, where the Olympics are being held.

Davi stayed at a Venice hotel for five days with the four other New Zealanders chosen to participate in the relay. Even though she didn't get to stay on for the actual Games she says "just being there was amazing and exciting in itself".



*Davi Jea holds a replica of the Olympic torch she carried.  
Photo courtesy of Wayne Martin, Times Newspapers.*

***If you have a story you would like to contribute for Connect please email it to the Editor at: [lryoung@middlemore.co.nz](mailto:lryoung@middlemore.co.nz)***