

June 2006

National Burn Centre Formal opening on June 16th

CMDHB is proud to be formally opening Middlemore's state-of-the-art National Burn Centre on June 16th. The facility, once fully operational, will provide treatment and rehabilitation for some of New Zealand's most severe burn patients.

"The formal opening of the facility is about celebrating the hard work of all those who have tirelessly lobbied over the years and supported the establishment of a National Burn Centre at Middlemore. It is a wonderful achievement," says Chris Fleming, General Manager of Surgical and Ambulatory Care.

Mr Fleming says completion of the facility is just the first step in establishing and delivering a sustainable national burn service. "There is still a lot of work that needs to be done. The Centre will not be totally complete until 2008, when the Intensive Care Unit is co-located".

Located on the first floor of the Adult Medical Centre at Middlemore Hospital, the National Burn Centre is directly above the Emergency Department and flanked by the Kidz First Children's Hospital, acute theatres and the planned Intensive Care Unit (ICU).

The facility will be utilised in the interim, however the ability to deliver a

comprehensive national service will be limited by staffing resources. "We currently have only two members of the Department of Plastic Surgery with a sub-specialty interest in burns. From December 2006, the surgeons will be joined by Dr Joel Fish, an eminent Burn Surgeon from Canada, for an 8 month sabbatical. Active recruitment for Burn Surgeons is ongoing, to ensure the service will be sustainable in the long term," says Mr Fleming.

The National Burns Centre is part of a larger burn care network with existing regional burn treatment facilities in

Christchurch, Hutt Valley and Waikato. Staff will be working closely with these units to manage referrals, while Middlemore continues to provide a Regional Burn Service to the Northern Region.

In addition to the financial support received from the Ministry of Health (circa \$4.7m) for the capital build, the South Auckland Health Foundation has been instrumental in obtaining a substantial amount of financial support from the public and has raised \$2.5m for the facility and equipment. Thank you to all who have contributed to making the National Burn Centre a reality.



Chris Fleming checks out the National Burn Centre.

Message from the Chief Executive

This month we are proud to be opening the new National Burn Centre at Middlemore Hospital. This is a fantastic achievement and a credit to a great number of people who have dedicated their time to making this facility a reality.

The Burn Centre will provide treatment and care for some of New Zealand's worst burn patients; however the opening of the facility is just the first step on the road to creating a sustainable burn service. We are now focussing on recruiting specialist staff and completing the planned Intensive Care Unit that will complete the National Burn Centre. Shortly we will be launching the District Plan, 'Healthy Futures' which will outline the journey we will take to develop our services over the next five years.

We have focussed on how we can support people to keep healthy as well as planning to improve access to hospital based services. Development of the plan has shifted our thinking from the numbers of treatments (outputs) to the overall outcomes we want to achieve. It takes a positive 'whole of society' approach to health planning that recognises there are many factors that influence how healthy we are and how we cope with sickness and injury.

The plan is centred around 6 health

outcomes:

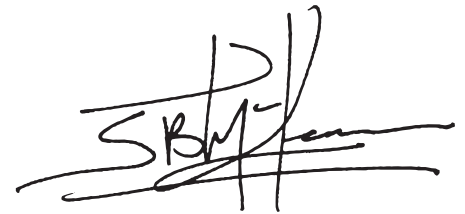
- Improve community wellbeing
- Improve child and youth health
- Reduce the incidence and impact of priority conditions
- Reduce health inequalities
- Improve health sector responsiveness to individual and family/whanau need
- Improve the capacity of the health sector to deliver quality services.

Our Chairman and board members will be part of a team of people visiting with staff and the community to share the plan and listen to your thoughts about how we can ensure success. We are also planning a DVD that will show who we are, what we do and how we will achieve our vision for the communities who live in the Counties Manukau area.

Winter is well and truly upon us now and to cope with increased demand at this time of year we have commenced a media campaign encouraging our community to visit their local family doctor first, and to save our emergency department for emergencies only.

We recognise how hard all staff work at this time of year and we want to do everything we can to support them through these months. The Employee Wellness Programme and the various activities, workshops and special events that are run on a regular basis are a great way

to keep well – and don't forget a flu vaccination if you haven't already received one! A number of 'healthy' initiatives are underway, both within CMDHB services and in our community, which you can read about in this newsletter. CMDHB is proud to have Smokefree buildings and sites and a new food policy is being implemented to encourage staff to make healthier food choices. The Kai Lelei programme is also encouraging our Pacific community to make better food choices through free community nutrition workshops. On another note, I regret to announce that I am leaving CMDHB to take up the role of Director General of Health at the end of July. I leave with some fond memories of working with extremely dedicated providers, community groups, intersectoral agencies and staff in this great organisation. I thank you all for your passion and commitment to your work and treasure the experiences I have had at Counties Manukau.



Stephen McKernan
Chief Executive

Smokefree CMDHB

CMDHB have a new smokefree team who are committed to promoting healthy lifestyles and providing support for staff and patients to cope with the smokefree environment at Middlemore Hospital and other

CMDHB sites.

The smokefree team includes Project Manager Josephine Samuelu, Cessation Specialist Jessica Walker and Occupational Health Nurses Paula McNamara and Janice Tucker. The team offers free and effective

treatment and advice to staff and patients who want to 'have a go' at quitting smoking or those who have quit smoking and need support to stay smokefree. More information is available on the Smokefree website to keep staff informed of smokefree activities, updates and training enabling everyone to take responsibility to enforce the smokefree policy.

World Smokefree Day

On 31st May celebrations were held for world smokefree day at Middlemore hospital.

The smokefree team and Mangere Community Health Trust had stands providing information on what it means to be smokefree and advice for those who were interested in having a go at quitting smoking. The day was

a success with many staff, visitors and patients participating. Smokefree project manager Josephine Samuelu says 'I was very pleased that most people had positive views of the smokefree policy and are supportive of what we are trying to achieve.' Josephine says there is still some work needed to enforce the policy and events such as world smokefree day are a useful tool to help people understand that smoking is not accepted anywhere in the hospital. Cessation specialist Jessica Walker was also

on-hand to discuss stopping smoking with attendees. 'It was great to talk to staff that had made a successful quit attempt with the Smokestop Programme, or with the support of Occupational Health,' says Jessica. Over the next couple of months Jessica hopes to initiate a smoking cessation service for inpatients at the hospital. 'I really want to start my service soon. I am going to be running a pilot throughout July, with the hope of broadening the service from August'. Pam Williams from Mangere Health Trust used Smokefree day to advertise her community-based service, even managing to gain a couple of referrals of people who were really motivated to stop smoking. 'World Smokefree day has really made people consider their smoking habits, it is a great achievement if it triggers quit attempts,' says Pam.

The smokefree team would like to thank all those who supported the day, and hope that future smokefree promotion will be equally successful.

Left: The Smokefree team celebrates World Smokefree Day.



PHC Nurse Specialist Receives Australasian Award

Meg Goodman, Primary Health Nurse Specialist, recently received the prize for Best Oral Presentation by a Nurse, at the Thoracic Society of Australia and New Zealand Scientific Meeting in Canberra – the first time a New Zealander has won this award.

Meg's presentation entitled "MAGIC – does it work?" gave an overview of her qualitative study conducted with members of the COPD Support group. Recommendations from the study have been circulated and a copy of the dissertation used as part of Meg's

Masters, is available through the Middlemore Library. In April Meg was conferred with a Masters in Nursing (Hons) from the University of Auckland. This achievement concludes five years of study supported by the CTA funding from the Director of Nursing and PHC Ministry of Health Scholarship. Meg is now enjoying a well earned rest from study; however her new challenge involves ongoing support for others who are undertaking post-graduate study. *Meg Goodman receives her prize from Professor Christine Jenkins, president-elect of TSANZ.*



Colleagues Honour Dr David Scott

Former colleagues gathered recently with Dr David Scott and his wife Tig to honour his contribution to Middlemore Hospital and the South Auckland Clinical School. David was a Senior Lecturer in the medical school's Department of Medicine. He served at the Department of Endocrinology at Auckland Hospital, the South Auckland Clinical School (SACS) and Middlemore Hospital as a diabetologist, general physician and teacher.

At the luncheon, former Professor of Medicine at SACS, Sir John Scott, spoke of his and David's parallel careers. They were classmates at Medical School in Otago and carried out post-graduate training in the UK before returning to New Zealand to further their careers. Back in New Zealand as an

endocrinologist, David's early interests were in the field of growth hormone deficiency. He worked with Professor Kaye Ibbertson and established the first immunoassays in Auckland for several hormones.

Later David's interest turned to diabetes, and it was in this area that he made an enormous contribution during his years based at Middlemore Hospital. He established the first dedicated clinic for patients with diabetes – the Whitiara Clinic. David began the first clinic specifically for women with diabetes in pregnancy, he initiated a series of investigations into the prevalence and management of diabetes in the multi-

ethnic community of Counties Manukau and he pioneered improved linkages between primary and secondary care providers to optimise the management of chronic disease, especially diabetes. Drs Brandon Orr-Walker and John Baker spoke of David as a dedicated teacher who took as great an interest in the welfare of his students as he did in his patients. They recalled David's extraordinary dedication to his patients, and his equally remarkable memory. David would require his patients to telephone him early in the morning

50th anniversary of the hospital. At the luncheon, David spoke of his recent diagnosis of cancer and the challenges this has posed for him and his family. He reflected on the many pleasures of his life, with extended family and friends, sailing in the Gulf, hobby farming and woodwork and recently taking papers in the English Department at Auckland University. He noted the enormous advances that have been made in medicine during his lifetime, but lamented the loss of bedside clinical skills.



Former colleagues with Dr David Scott. From left to right, Prof Kaye Ibbertson, Dr Max Robertson, Dr David Scott and Prof Sir John Scott.

at home with their latest blood sugar results and would advise the appropriate insulin dose based on his recollection of their insulin regimens and previous blood sugar levels! David's relationships with his patients were also marked by compassion, a disarming honesty and by his deeply-felt faith. The latter caused him to become involved with the project to establish a multi-faith spiritual centre at Middlemore, for which he undertook fund-raising, in addition to supporting the chaplaincy service.

David, also interested in medical history, edited "Middlemore Memories", the booklet published to commemorate the

Dr Roger Reynolds, a former registrar and then colleague of David, announced the establishment of the David Scott Prize. This annual prize will be awarded to the medical student based at SACS/ CMDHB submitting the best case report in the field of Diabetes or Metabolic Medicine. It will be supported by a trust fund specifically held for this purpose by the South Auckland Health Foundation and has been generously initiated by several of David's former colleagues. Colleagues, friends and patients of David who wish to contribute to this fund may contact Mrs Pam Tregonning at the South Auckland Health Foundation.

Acute PREDICT™ system reaches 2000 screenings

Cardiovascular disease including heart attacks and strokes affect many people in the Counties Manukau area. People can reduce their risk of this terrible condition by becoming more active, stopping smoking, eating a heart healthy diet and taking any medications prescribed to manage blood pressure, lower cholesterol and reduce the likelihood of blood clotting in the arteries.

Predict™ is a New Zealand guideline-based electronic computer system that supports health care staff to ensure accurate information is given around what people can do to reduce their CVD risk. The Predict system is being used in both the hospital and community.

The hospital version, Acute Predict, was developed and enhanced by clinicians and the system designers Enigma Publishing Co Ltd. It started out as a small local initiative within Middlemore Hospital's Coronary Care Unit, but has gained momentum and is currently being implemented in other

areas. 2000 patient screenings have taken place over the past year in cardiology, rheumatology clinics, stroke services and Ward 3, medical ward.

CCU charge nurse Jill Gilmore says, "The great thing about Predict is you don't need to be an expert in cardiovascular disease prevention. Predict gives the nurses a framework to follow, making sure they cover the essential information a patient needs to make an informed lifestyle choice".

Recent audits have shown that Predict has led to increased lifestyle discussions being documented within the CCU and this important information is now being passed onto primary care. This integrated process allows consistent health messages to be extended from hospital to the community. A new version of the system currently in development covers not just cardiovascular disease but also assessing and managing type 2 diabetes, another main cause of chronic disease in our community.

June Poole presents CCU Nurse Xin Jin with a prize for the most Predict screenings this year.



Interested in Self- Management? Join our network...

If you have an interest in self-management and want to know more or share your ideas, the self-management network may be for you.

The network is an informal group of people interested in self-management principles to prevent disease development and improve the health of people with long-term health conditions.

The group includes doctors, nurses, consumers, managers, psychologists and allied health professionals from many different parts of the country.

The purpose of the network is to provide a forum for meeting like-minded people, in order to learn from each other and identify opportunities to work together. The network aims to promote system changes that recognise and support the central role of individuals and families, as well as promote uptake of healthy public policies for preventing and reducing long-term conditions. Increased self-management support has now been recognised internationally as one of the essential components for improving chronic care outcomes and the health of our communities.

For further information, or to receive newsletters, & information about upcoming events contact Dr Janine Bycroft (jby@ihug.co.nz or Andy McLachlan, CVD nurse AZMcLachlan@middlemore.co.nz

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.

Video Conferencing Equipment for the National Burn Centre

The New Zealand Community Trust (NZCT) has granted \$100,000 towards Video Conferencing equipment for the National Burn Centre and for the three Regional Burn Units in Waikato, Hutt Valley and Christchurch.

South Auckland Health Foundation Executive Director Pam Tregonning is delighted with the support from NZCT. "This equipment is a strategically critical element in the overall success of both the National Burn Centre and the larger burn care network." The role of the National Burn Centre (NBC) is to provide care for the most severely burned patients nationwide, both adults and children. While that care may be initially provided at the NBC it is intended

that patients will return to their closest regional unit as soon as possible for ongoing treatment and management. "This will require close collaboration between the units, hence the need for the video conferencing equipment," says Pam. "The equipment will help to reinforce the links and provide for continuity of care for patients between the units. It will also allow interaction between the various members of the larger burn care team such as physiotherapists, occupational therapists, nurses and others." The other role of the NBC is to provide for education and research between the units. The equipment will allow all of the associated surgical and clinical specialities to gain knowledge through shared expertise of the management of complex burn cases. New Zealand Firefighters, with support

from the NZ Fire Service, also assisted with funding for this project. A team of firefighters completed two 24 hour challenge ladder climbing events to raise \$27,000 for the National Burn Centre. In December, on their second attempt, they broke the Guinness World Record by climbing 109km.

"We are extremely grateful for the hard work and dedication these firefighters have put in to raising money for the centre," says Pam. "Their support has been incredible. We would also like to thank the New Zealand Community Trust for their generous grant."

The South Auckland Health Foundation has raised \$2.5 million to contribute to the new National Burn Centre, opening June 16, 2006.

Pedal tractors a big help for Kidz First patients

The Tractor Centre in Pukekohe (with Power Farming) has generously donated two pedal tractors to Kidz First Children's Hospital.

The tractors will be used in the Kidz First gymnasium to help patients with their rehabilitation.

Senior paediatric physiotherapist Colette Teunissen says the tractors are ideal, particularly for those with major burns, and are very popular with the children. "They help to build strength, increase range of movement and are heaps of fun."

Tom Fyfe from The Tractor Centre with SAHF Executive Director Pam Tregonning, 7-month-old Aloyze Tafu and her grandmother Faili Tafu.





Rachel Johnson - Nestlé Fellow

Thanks to Nestlé New Zealand, Dr Rachel Johnson is helping to make a difference to the lives of young women in Counties Manukau.

Nestlé recognises the importance of supporting youth health in New Zealand and does this by providing funding for a Youth Health Fellow position. The Nestlé Youth Health Fellowship is a one-year postgraduate training scholarship focusing on a particular area of youth health.

Rachel, who is this year's Nestlé Youth Health Fellow, is working with the Kidz First Centre for Youth Health where she is looking at teenage pregnancy units in the Upper North Island and identifying the needs of the young women utilising those facilities.

"My major project is helping to identify the specific health and educational needs of these young women, including

nutrition, sexual health and parenting skills. I am spending time working in an adult sexual health clinic to gain skills in this area and I'm also doing a sexual health paper at The University of Auckland.

Rachel has almost completed her specialist paediatric training and says her passion for youth health began last year after working at the Centre for Youth Health for four months. "The Centre does such amazing work and I am delighted that Nestlé has given me the opportunity to develop my knowledge and

gain further skills in this area."

Nestlé has been involved with Kidz First for five years through a number of different initiatives. The Centre for Youth Health promotes the wellbeing and healthy development of young people in the context of their family/whanau and wider environment. It delivers specialist youth health clinical services to South Auckland and the Northern Region, as well as providing education and training.



Rachel Johnson

Former Shortland Street actor dances for Middlemore Hospital



Dancing with the Stars contestant David Wikaira-Paul recently visited Kidz First Children's Hospital and the Neonatal Unit, taking time to talk to patients and staff and sign autographs.

He and his dance partner Rebecca Nicholson also performed part of their foxtrot routine in the Kidz First foyer to the delight of staff. The couple were unexpectedly eliminated in the 4th episode, despite consistently scoring well with the judges.

David had elected Variety – The Children's Charity as his chosen charity for the duration of the programme. Variety will generously donate the funds raised from votes for David and Rebecca to the new Assessment and Birthing Unit at Middlemore Hospital.

The South Auckland Health Foundation thanks Variety for their generous support. They would also like to thank David and Rebecca for taking time out of their busy schedules to visit Kidz First.



Tzu Chi donation helps to keep the babies warm this winter

The Buddhist Compassion Relief Tzu Chi Foundation, in East Tamaki, has donated 200 woollen blankets and 200 baby singlets to the South Auckland Health Foundation.

The blankets and singlets will be distributed with parcels of knitting from the SAHF Wool Programme to post natal wards, the neonatal unit and the delivery suite at Middlemore Hospital, as well as maternity units in the community and community midwives.

“With the winter months ahead we wanted the babies to have a nice warm blanket when they are welcomed into this world,” says Tzu Chi secretary George Chan. The wool programme has about 250 volunteer knitters who knit vests, hats,

jackets, boots, blankets and toys for newborns and babies up to two years.

“We are thrilled with this wonderful donation from Tzu Chi,” says SAHF Community Relations Officer Nicki Winn. “Their ongoing and generous support of the South Auckland Health Foundation wool programme is much appreciated.”

The Wool Programme currently needs buttons or

wool – in any colour or ply. If you can help out please phone Nicki on 270-8808.



Lions Club of Bucklands Beach gives the gift of sight

The Lions Club of Bucklands Beach recently donated \$3000 to the South Auckland Health Foundation Eyeglasses Programme.

The club has been a big supporter of the Eyeglasses Programme and has also generously supported other projects, including purchasing equipment for the Neonatal Unit and Kidz First Children’s Hospital. The Eyeglasses Programme was launched in 2002. Donations are used to assist families to fund their child’s glasses, which cost around \$300.

Films for the Children

The South Auckland Health Foundation was the recipient charity for an advance screening of “Eight Below”, an amazing story of survival in the ice.

The Foundation acknowledges the wonderful assistance of Progressive Enterprises, who sold tickets to their staff to assist with the fundraising. Many thanks to Village SKYCITY Manukau

for donating the screening and movie theatre to the Foundation for the afternoon. A total of \$719 was raised for Kidz First Children’s Hospital. As well as this, Village SKYCITY Cinemas donated \$1 from every ticket sold at the Highland Park New Zealand Film Festival to the South Auckland Health Foundation. More than \$400 was raised for the Eyeglasses Programme.

Easter donations

A big thank you to everyone who donated items at Easter!

- The Especially Kids Company Limited - toys for the Neonatal Unit
- Buddle Findlay - Easter eggs and chocolates for Kidz First
- Nestlé – Easter eggs for Kidz First

New Healthy Food Policy for CMDHB

As an advocate for healthy food and nutrition in our community, Counties Manukau DHB has recently made a commitment to the health of staff and visitors by introducing a Healthy Food Policy.

With latest reports showing that over 50% of our population are overweight or obese, a Healthy Food Policy will help provide a healthier and more supportive environment at all CMDHB sites.

The purpose of the policy is to ensure healthier food choices and environments are always available at CMDHB sites. It is certainly not the intention of this policy to enforce that healthy foods are the only food choices available; rather that staff and visitors have the opportunity to make an informed choice with the food and beverages they consume.

You may have already noticed some changes which have been made at the cafés and vending machines at Middlemore Hospital, including the introduction of a new function catering menu on the 1st June. The new-look menus offer many old favourites but also some tasty new items. The focus at Spotless (our onsite caterers) has been on using lower fat cooking methods and products, increasing the use of fruit and vegetables and providing appropriate portion sizes. CMDHB vending machines have also had a facelift. Full sugar drinks are gone and have been replaced by low or no-sugar varieties (Zero and Diet) and water options. Food vending machines now offer a wider choice of lower energy foods, with healthier choices being placed in more prominent positions.

Pulse and the Coffee Carts now use lower

fat milk as the default milk for hot drinks. There has also been a reduction of portion sizes for higher fat and sugar containing foods in the Aviary Café. The Healthy Food Policy is part of CMDHB's commitment to the Heartbeat Challenge, which is being implemented across the organisation. The Heartbeat Challenge is a workplace health promotion programme led by the Auckland Regional Public Health Service, and linked with the Let's Beat Diabetes programme. By working towards achieving the Heartbeat Challenge we are showing our readiness to lead by example among South Auckland employers. Over the coming months there will be more changes occurring so keep an eye open for them. If you would like to know more about the Healthy Food Policy, you can find it on Southnet under Policies.

Improving quality of patient care for Renal patients

A workgroup of clinicians from Auckland, Counties Manukau and Waitemata DHBs have developed a plan for the future of renal services across the Auckland region. The DHBs joined forces to manage the increasing demand for dialysis in the region. Demand continues to exceed population growth, resulting in pressure on services, facilities and expenditure.

The twelve month CMDHB Renal Project plans to implement a number of recommendations from this regional group in order to provide quality, cost-effective care for patients.

CMDHB alone dialyses 25% of all patients receiving renal replacement

therapy (dialysis) in New Zealand, even though the region holds only 10% of New Zealand's total population. The significant growth is driven by the increasing incidence of diabetes, particularly in Maori and Pacific populations, as well as the increasing number of elderly people who develop kidney disease.

The cost of dialysis to the DHB is significant. Cost varies depending on the mode of care used; whether a patient dialyses at home, in the community or at hospital; and whether patients are independent, or need partial or total assistance from nursing staff and technicians. An average cost over three years for a patient who home dialyses independently is just over \$100,000 while a patient who is reliant on clinical

staff at hospital for their treatment costs nearly twice as much, at nearly \$193,000. The average cost for a patient receiving a kidney transplant is around \$105,000 for the first three years. One key objective of the CMDHB Renal Project is to increase the number of people on home-based therapies for patients requiring dialysis who are suitable. Another important focus is increasing the number of people who are willing to donate a kidney for transplantation, the preferred method of treating those with end-stage renal disease. Ultimately, the project aims to improve the quality of patient care, with better management and review of patients.

Kidz First and Women's Health Celebrate Long Service

Celebrations were recently held by both Kidz First and Women's Health to recognise the service of many team members. Staff ranged across community and inpatients services and included nurses, midwives, medical staff, allied health staff, support staff and managers.

On Friday 28 April we acknowledged 53 members of our Kidz First team which included 29 staff with over 10 years service and 19 staff with over 15 years service. The celebration also recognised Jennifer Wilton (Home Care Nursing), Helen Rushworth (Kidz First Surgical) and Dorothy Benney and Christine McHugh from the Neonatal Unit who have all given more than 20 years service to the organisation. Presentations were made by Chief Executive Stephen McKernan and General Manager Nettie Knetsch.

On the 5th of May 37 members of the Women's Health team were acknowledged. This included 15 staff with more than 10 years service and 17 staff with more than

15 years service. We also recognised Phyllis Wu (MABAU), Linda Taylor (Botany Maternity Unit), Carol Redwood (Community Midwife) and Thelma Thompson (Director of Midwifery) for dedicating more than 20 years service. Heather Ashcroft, one of our Community Midwives, was also recognised for more than 30 years of service. This celebration was held on International Midwives Day and also acknowledged the recent academic and CCP achievements of staff.

We are delighted to have 90 members of staff with such excellent experience and



Heather Ashcroft, Community Midwife, being recognised for 30 years service by Stephen McKernan

commitment, which contributes significantly to the continuity and quality of our services.



Dorothy Benney from Kidz First receiving her long service recognition from GM Nettie Knetsch and CEO Stephen McKernan.



Staff from Women's Health celebrating long service: Jennifer Nuku, Margaret Williams, Thelma Thompson, Taii Apelu, Edwin Ozumba, Ann Hanson, Heather Ashcroft, Margot Ijsseldijk and Marian Underwood

Improving Asian Peoples' Access To Mental Health Services

An initiative making it easier for Asian peoples to use mental health services has been launched, following a year-long project to develop training and guidelines for interpreters and mental health practitioners.

The Regional Asian Mental Health Interpreter Workforce Development Project began in 2005 in response to findings that Asian migrants and refugees experience difficulties accessing mental health services.

Regional Mental Health Director for the

Northern DHB Support Agency, Derek Wright, says research and experience show cultural and language differences can create barriers, even if an interpreter is available.

"Until now there has been no formal, specialised mental health training for interpreters who facilitate conversations between an individual and their mental health practitioner," he says.

"Obviously this increases the risk of miscommunication because a specific level of understanding and clinical vocabulary is needed to effectively facilitate that dialogue."

A package, launched on May 18, was developed to enhance the cultural competency of interpreters and practitioners working with Asian migrants in the area of mental health.

"The package comprises a training programme for mental health practitioners, a training programme for Asian interpreters, and guidelines for

how the two groups can work effectively together," Derek says.

"We know that by developing a culturally competent workforce, we can reduce errors and health inequalities, and provide more effective care and treatment."

The workforce training will take place across the entire Auckland region, where Asian people make up 12.5 per cent of the population and are the fastest growing ethnic group.

Over the 12 months from June the aim is to train up to 75 Asian mental health interpreters and up to 125 mental health practitioners working in secondary mental health services.

The Regional Asian Mental Health Interpreter Workforce Development Project was commissioned by the Northern Regional Mental Health Funders & Planners with support from Auckland's three regional District Health Boards (Waitemata DHB, Auckland DHB and Counties Manukau DHB).

'Kai Lelei' Programme Promotes Better Eating Habits for Pacific Population

Kai Lelei is a community education programme to encourage the Pacific community to eat well and make better food choices.

Kai Lelei means 'a good eat' or to 'eat well'. General Manager of Pacific Health Fepulea'i Margie Apa says the Kai Lelei programme engages the Pacific population through a series of community nutrition workshops. "We are trying to change the concept of what a Kai Lelei is, to include healthy food choices or healthy alternatives both at home and at our celebrations and feasts," she says. While Kai Lelei is part of the Lotu Moui health programme working with 50 Pacific churches; the programme also fits into the wider Let's Beat Diabetes strategy, to combat the growing diabetes epidemic in the Counties Manukau region. Kai Lelei is already showing signs of success; 300 people have attended the five community workshops run so far – an indication of the commitment from the Pacific community to make better informed decisions about their lifestyle. The workshops provide information about

healthy eating to the community, in ways that are practical and specific to Pacific lifestyles. All participants receive a curriculum outlining information covered in the workshop, that's been developed by expert Pacific nutritionists and clinicians,



Attendees at a Community Nutrition workshop learn about the benefits of healthier food choices.

including those from Pacific Islands Heartbeat, Auckland Regional Public Health Service, New Zealand Food and Safety Authority and Counties Manukau District Health Board.

It's hoped the workshops will lay the Foundations for good health in the community. "Many health conditions can be improved by eating a well-balanced and healthier diet. "Diabetes is one illness which responds especially well to improvements in diet and activity. Changing eating habits, and making swaps to healthier alternatives, is the first step on the road to good health" says Mrs Apa.

CMDHB is in the process of finalising a number of resources to support the community workshops. A nutrition toolkit for all LotuMouï Churches will include information on food safety, how to develop a nutrition policy for churches, information on the four food groups and the nutritional content of foods. Interactive resources for Sunday Schools, to teach children about nutrition, are also being developed. A Recipe Book is another planned resource, devised in partnership with Auckland Regional Public Health, focussing on recipes that cater for large families.

Employee Wellness Programme

There's nothing more inspirational than hearing stories from real people who make real changes to increase their wellbeing and reduce their FunctionalAge™!

Jenny Otway, Theatre Administrator at Manukau Super Clinic, has made significant changes to her lifestyle after her FunctionalAge™ health check came out at nearly 10 years over her actual age. Hard work, determination and the subsequent results keep Jenny on track towards her goals.

What changes have you made to your lifestyle over the last 6-12 months?

I now eat very few takeaways and convenience foods. I have discovered that I can cook and have been trying lots of new healthy recipes. I work out 6 days a week, morning and night either on my Cross

Trainer, Treadmill or going for a 'Puff' walk. I also exceed more than 20,000 steps per day. Some days are harder than others but I am learning to push through.

What initially encouraged you to make these changes?

I have always been overweight and my weight gain was definitely the result of what I put in my mouth. I have always wanted to be fit and healthy and I knew that I would never accept staying overweight. I managed to lose 10kg by myself, so I knew that my 'head' was in the right place but I needed the right kind of support and someone to be accountable to.

I booked in to have a Functional Age Test through the 'Wellness' programme and it was no surprise that I came out 10 years older than my actual age. After a Mini Consultation with 'Wellness' Nutritionist, Mikki, I found the support I needed to lose

weight.

What keeps you motivated on a day-to-day basis?

I can honestly say that I could not have done this without the help of Mikki. Mikki has definitely helped keep on track and she sets the standard high so I know she won't settle for too many slip ups or slacking off in the exercise department. The weight loss itself and the support of my family, friends and colleagues have also kept me going.

More than five months have passed now and I have now lost nearly 40kg. I still have a way to go but I know I will get there.

Jenny's story, along with other Wellness Champions, will be found in full on the wellness portal on Southnet.

Have YOU made changes to boost your wellbeing? No matter how big or how small - we want to hear YOUR story - become a Wellness Champion! Email mikki@azion.net.nz to be profiled here next month!

Team Challenge - it's all on!

One hundred and sixteen teams are well on their way to getting around New Zealand in record time! Don't forget to check the wellness portal for tips on how to increase your steps throughout the day if you're a little stuck for ideas. Just so you know who you are up against, the number of teams stand at:

Adult Mental Health: 5 teams
Middlemore Hospital: 55 teams
Botany Maternity Unit: 1 team
Papakura Maternity: 1 team
Head Office: 14 teams
Pukekohe Hospital: 4 teams
Franklin Memorial: 6 teams
Spinal Unit: 5 teams
Manukau Super Clinic: 22 teams
The Cottage: 6 teams

And don't forget it's not just about quantity, it's also quality! So put a little spring in your step and increase the intensity for the heart health benefits that come with it.

TELL US ABOUT...

- *What's your team doing to get in their steps for the Team Challenge?*
- *Have you got the wackiest team name?*

Send us a pxt and a profile of your team to be featured in Connect and on the Wellness Portal
Email mikki@azion.net.nz for more details

WHAT'S COMING UP...

Wellness Seminars

Spinal Unit 1st June, 1-2 pm *Lean, Mean, Full of Beans*
15th June, 1-2 pm *Step off the Scales, Diet's Don't Work*
29th June, 1-2 pm *Managing the Pace*

Is there a topic you want to learn more about?
Email nicky@azion.net.nz to organise a seminar at your worksite!

Middlemore Hospital Wellness Week

Azion were at Middlemore Hospital in May and were on-hand to talk about stress, sleep, exercise, the Team Challenge and wellbeing in general.

Highlights of the week included a Body Balance class run by Sandi Ryan, a chance to try out Vibration Training and wear a 'fat suit' courtesy of CMDHB dietitians (and ask them questions at the same time) and sample some of the tasty food that is soon to be on offer at the Aviary Café as part of the healthy food policy being implemented.

Wednesday was 'International Hat Day,' and plenty of people came along adorned in their favourite hat – here is a sample of what was unveiled (more pictures can be found on the wellness portal via Southnet)



NAME YOUR WELLNESS PROGRAMME

You've had your health check, you're entering your steps - now vote for YOUR favourite name and be in to win! Look out for the voting boxes around your workplace and details on the wellness portal via Southnet.

Flu Vaccinations down on last year

Influenza vaccination rates in the Counties Manukau region are down on last year according to the latest figures. This means we could be in for a higher than usual rate of influenza in the community.

53,130 doses were given by the end of June last year – as at the end of May this year, only 45,270 have had the jab.

An influenza vaccination is an excellent strategy for preventing the seasonal bout of influenza, but time is running out - the national campaign finishes on June 30th.

CMDHBs Occupational Health figures show 1500 CMDHB staff took up the offer of a free flu vaccination this year - but a far greater number declined. Doctors are urging people to get

a vaccination while they still can. "It is twice as important for people who work in the health service to have a vaccination, firstly for their own protection, but secondly for the protection of patients," says GP Liaison Dr Tom Bracken.

A few things to remember:

- You're never too fit to get hit with influenza
- You can't get influenza from the vaccine
- Influenza is a serious illness – you don't want to get it
- Influenza causes fever, fatigue, aches, headaches- you won't want to get out of bed.
- Influenza and its complications result in hundreds of admissions each year to Middlemore Hospital.
- The Influenza virus changes so you need a new vaccine each year.

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