

Safer access at Middlemore Hospital

A new pedestrian overbridge at Middlemore station will be available for use by January 2007.

The bridge will replace the current 'at grade' crossing, removing the need for pedestrians to cross directly over the track.

As the picture shows there will be glazing on each side of the lift tower. The bridge will be open air, but has been designed to accommodate a cover to the walkway, if required in the future.



A graphic of the completed overbridge and lift. The Hospital is on the left hand side of the drawing.

Access to the bridge will be via stairs or a lift on each side of the platform. The bridge and lift areas will be well lit and monitored via CCTV (closed circuit television) cameras.

The work is being carried out by ARTNL (Auckland Regional Transport Network Ltd) and is part of a bigger project to revamp a total of 11 passenger rail stations and associated facilities.

"The current train stations are very basic and generally in poor condition as a result of years of neglect," says ARTNL, Chief Executive, Martin Gummer.

"This major upgrade is part of a strategy to make rail a viable, attractive, alternative means of travel for Auckland commuters."

Mr Gummer says Middlemore Station is going through a complete transformation. The Station will be upgraded to accommodate a six-car train and the old station buildings will be replaced by modern, safer structures with streamlined canopies for better shelter.

Middlemore will benefit from improved lighting, seating, tactile strips, rubbish bins, access and security (CCTV cameras) and better signage and train information.

The station upgrade will be completed by April 2007.

Contents:

New CCU/SDU will benefit staff and patients.

Colour scheme chosen for new CCU/SDU.

New ward is a morale booster.

Radiology celebrates project completion.

Making the move was worth it.

New look for AT & R Corridors.

Cleaning up Graffiti.

Move Calendar for November 2006.

Redevelopments on the Western Campus.

Competition winner.

Historical beginnings.

The new Coronary Care Unit (CCU) and Step Down Unit (SDU) will benefit staff and patients

Charge Nurse Jill Gilmore is looking forward to moving into the combined Coronary Care Unit and Step Down Unit (SDU), located on Level 1 of the Adult Medical Centre.

"I've been involved in the design from the beginning, so I'm really looking forward to seeing it come to fruition," says Jill.

The Unit has a light and airy feel to it and appears larger in size.



Nurses Station - CCU

"Our current unit doesn't have windows, so we are really looking forward to be working in an area with natural lighting. It opens up the entire area," says Jill.

"This will have a positive effect on our patients morale, particularly those that are here longer e.g. waiting for surgery."

Improved facilities for patients and staff has been a primary focus, for e.g. there are improved bathroom facilities for patients and TV's and phones at the bedside.

Safety and functionality are also key features. This has been achieved by the Unit's proximity to the Cardiac Catheter Laboratory, Cardiology and Medical Wards.

"The majority of our patients go to the Cardiac Catheter Laboratory for procedures, while a lot of patients will transfer from us to the Cardiology or Medical Wards," says Jill. "Access and patient flow through these areas will greatly improve."

There will be 6 CCU beds and 12 SDU beds. Patients will transfer to SDU Beds when their condition is stable.



CCU Bed Bay. The windows let in the natural light.

Colour Scheme chosen for new CCU/SDU

Choosing a paint colour can be a challenge, especially when there is such a wide selection to choose from. Apart from choosing the shade you have to consider texture, durability, finish (matt or gloss) and how it will fit in with the surrounding area.

Architects Peddle Thorpe have been working with the CCU/SDU User Group on the Unit's colour scheme. This includes the bed areas, waiting rooms, meeting spaces and floor coverings.

"We are really happy with the results," says Peddle Thorpe Architect Haitham Alrubayee. "The colours give the Unit a fresh new look and provide a restful, caring and sensitive environment for staff and patients."

Dulux 'Lake Unknown' was chosen as the feature colour. The blue hue brings vitality and a sense of ease to the waiting / meeting spaces.

The Formica Indian Sage medical service panels liven up the bed areas, while the privacy curtains are an attractive medley of washed chequered colours.

The new floor coverings are neutral and clean and the matching vinyl Dado on the wall contrasts well with the general wall colour, which is painted in Dulux 'Whisper White'.

The feature vinyl Dado, in a metallic aquamarine sea shade surrounds the staff stations and provides a sense of support around this vital area.



CCU/SDU Colour Scheme

New Ward is a morale booster

In June 2006 staff and patients moved from an old and run-down ward 8 into a new and improved Ward 6.

“The décor is lovely,” says RN Toakase Tonga. “It’s a real morale booster to be working in a flash and modern environment.”

The majority of patients are nursed in two bedded or single rooms, each with its own ensuite (toilet and bathroom).



Staff from Ward 6

RN Tarani Mehau says that apart from the increase in privacy the ensuites make showering and toileting a lot easier and quicker. “It’s hard to imagine how we coped in our old ward where there were 3 showers and 5 toilets for 29 patients,” says Tarani.

Tarani and Toakase say staff have settled in to the ward, however it did take some time.”

“It took us awhile to get used to the new room numbers and where equipment was kept,” says Tarani. “To this day we are still deciding the best place to store items.”

Moving tips:

“Check out the layout of the new ward and have a plan on where things are going to be stocked,” says Toakase. “Orientation to the area is very important prior to moving in.”

Tarani says team work is essential and suggests leaving at least two staff members in the new ward to look after the patients. “An early start is also helpful to settle patients in quickly,” says Tarani.

Radiology Department celebrates Project completion

On Tuesday 31 October the Radiology Department celebrated the long awaited completion of its Redevelopment Project.

The upgrade resulted in an upgraded CT Suite with additional CT scanner, a new Interventional Suite, a new enlarged Ultrasound Suite, additional x-ray rooms and administration and conferencing facilities.

A lot of people were involved during the three years it took to complete the project. The opening was a great opportunity to thank everyone for their hard work and support.



A number of staff were presented with flowers by Radiology Service Manager Paul Hewitt. This included Beryl Kelly (pictured above), Wendy Coombes, Dianne Reyburn and Alison Anderson.

Making the move was worth it

It's amazing to think 18 months have passed since the opening of a surgical ward on the 2nd floor Manukau Surgery Centre.

"A lot has happened over the past 18 months," says Charge Nurse Lisa Thompson.

"Apart from adapting to a new ward and a new nursing team, we have had to orientate ourselves to a completely new site.

"This has been a real learning curve, however everyone has embraced the changes with open arms."

Lisa says the ward has a relaxing and friendly atmosphere and is a lot quieter and restful for the patients.



From Left to right: Charge Nurse Lisa Thompson, Nicola Allen, Sandra Pickett and Rupie Ramadeen

Gone are the days when you had noisy buzzers and lights going off in the corridors when patients needed assistance. Now the nurse receives notification via a pager. If it is not answered in 90 seconds it goes to another nurse. Overall it's a much more efficient system.

Patients also enjoy more privacy with single and double rooms, all with ensuites. This is a nice change from the old wards at Middlemore, which have central bathrooms.

"The use of day rooms and small seating areas within the patient rooms can encourage faster recovery times," says Lisa.

"There are the physical benefits i.e. encouraging people to get out of bed and get moving and the psychological benefits i.e. a place where people can get away from the clinical environment and relax or enjoy the company of others.

"Overall its been a positive 18 months, says Lisa.

"We were made to feel very welcome when we moved in and it was helpful to draw on the expertise and advice of the Departments already on site.

"For those about to make the move I suggest you do so with an open mind.

"Change can be stressful, but if you embrace it and make the best of it, you may be pleasantly surprised with the outcome. We certainly were."

"The ward has a relaxing and friendly atmosphere and is a lot quieter and restful for the patients."

New look for Assessment, Treatment and Rehab Corridors (AT & R)

Next time you wonder down the AT & R corridors, take the time to admire its fresh new look.

The famous pink colour has been replaced by a light pastel shade, which has transformed and opened up the whole area.

It just shows you what a coat of paint can do!



AT & R Corridor

Cleaning up Graffiti



Graffiti on the ceiling of a Kidz First public toilet

Graffiti is an ongoing problem on the Middlemore Site, in particular the public toilets in Kidz First and the stairwells and corridors in the Galbraith Building.

“Some areas need to be repainted on a weekly basis,” says Engineer Terry Blewett.

“For this reason we have hired a full time painter to keep on top of the problem.”

Staff can help by reporting any graffiti to the Engineering Desk on extension 9770 or by logging a call via SouthNet.

“No one wants to see foul writing on the walls,” says Terry. “The quicker we clean it up the better!”



“Good as new” – Norm the painter cleans up some of the Graffiti in Kidz First

Services on the move at Middlemore Hospital - November 2006

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8 The Plastics Offices moves from Building 40 to Level 2, Staff Centre	9	10	11	12
13 Middlemore Diabetes Service moves to the other end of the corridor, Level 1, Building 38	14	15	16 Ward 21 moves to Ward 9, Level 4, Adult Medical Centre	17	18	19
20	21	22 Ward 20 moves to Ward 8, Level 4, Adult Medical Centre	23	24 The Cleft Clinic remains in Building 40 but moves down the corridor	25	26
27	28	29	30			

Redevelopments on the Western Campus

Building works are taking place on the Western Campus to accommodate future growth and expansion.

Building 34

- The Smokefree offices and District Nurses have moved to Building 34.

Building 38

- On Monday 13 November 2006, the Diabetes Service will move along the corridor on the 1st Floor. Home Health will expand into the vacated space
- In 2007 Pacific Health will move into a new refurbished space on the Ground Floor, followed by Maori Health who will expand into Pacific Health's current area.
- A refurbished meeting/seminar room on the first floor will be available for staff working on the Western Campus. The booking system will be run by Pacific Health.
- Construction works on the Ground and 1st Floors, will begin in the New Year (2007).



Pacific Health's current area



Building 39

Building 39

- The Child and Youth Mental Health Clinic has moved to Building 39.

The Project Excel PIMS (Process Improvement Managers) team are on the move

The Project Excel PIMS team (Gillian Cossey, Margaret Garthwaite, Marianne Scott and Pauline Blithe) are on the move to a new portacom at the back of Building 25 (Projects office), Middlemore Hospital. You can actually see part of the portacom as you walk through the Kidz First Public carpark.

The PIMS relocation will bring the whole Project Excel team together.

The move is set for Friday 10 November 2006.

The Projects, Facilities and Engineering team would like to extend a warm welcome.



PIM's Portacom and Project Meeting Room

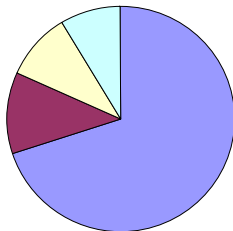


We have a winner!

Congratulations to Ruth Camell, on winning a \$50 Westfield Shopping voucher.

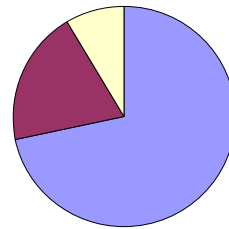
Many thanks to everyone who filled out a questionnaire.

Preferred way of reading the Newsletter



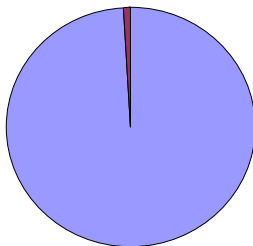
■ Intranet ■ Printed ■ Notice-boards ■ Department Copies

Preferred frequency of Newsletter



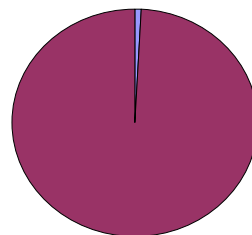
■ Monthly ■ Fortnightly ■ Weekly

Is the Newsletter informing you about the Facilities Modernisation Projects?



■ Good understanding of newsletter content
■ Does not understand newsletter content

Has the Newsletter provided you with a basic understanding of the various Projects?



■ No basic understanding of projects
■ Basic understanding of projects

General comments:

- The newsletter is very informative and easy to read.
- Profile pieces, construction photo's and the historical sections are popular

Historical beginnings

As we enter into a period of growth and redevelopment it's important to understand our historical beginnings. Each issue of Project EXCEL will take you on a journey through the past 59 years.

The development of Nursing Excellence – the 80's to the 90's. This article was written by Alison Pirret, Freda Holmes, Pat Turton and Cathie Williams.

The 1980's through to the 1990's was an exciting time for professional nursing and midwifery development at Middlemore. It was a time spent creating a professional nursing vision and then watching the vision become a reality.

The setting for Middlemore in the early 80's was one of too few nursing staff, heavy workloads, poor equipment, resources and an environment which in real estate terms would be captioned *"a handyman's dream, in need of tender loving care."*

Middlemore was often labelled the "poor cousin" when compared to the other two major hospitals in the Auckland Hospital Board area. The early 80's saw 138 beds closed and many unfilled nursing positions due to a chronic nursing shortage. The shortage of staff, poor equipment, resources and a less than pristine environment resulted in low nursing morale. However, in spite of low morale the 'spirit' of Middlemore remained.

The nursing shortage of the early 80's resulted in innovative thinking by Karen Poutasi, (former Medical Superintendent) and Cecilia Zandvoort, principal nurse, in methods to recruit staff. This included the development of specialist courses in a variety of nursing areas, free room and board, a one year bonding after registration for student nurses and the setting up of the child care facility.

Nursing staff also gained funding from the Health Department to run a recruitment programme, inviting nurses from the technical institutes around the country to come and experience Middlemore "first hand". The programme was most successful.

This vision of the early 80's was developed further in the latter part of the decade with the refocusing of nursing to patient-centred care, through excellence in nursing. Recognising the current hierarchal nursing system as a hindrance to this development, Lee Mathias, principal nurse and assistant principal nurses Cathie Williams, Gerard Lessen and Jo Maudsley challenged the traditional restrictive nursing pathways by separating the supervisor level into clinical and management pathways. The clinical restructuring saw the development of the nurse consultants, who were able to focus on professional and clinical nursing and nursing managers on operational systems.

Each speciality had a nurse consultant and where specialities were not represented in the previous system, nurses with the required expertise were recruited into the nurse consultant team.

The first meeting of the nurse consultants and nurse managers saw the "veterans" and the "new blood" summing each other up and wondering "how the heck was all this going to come together". But come together it did. This restructuring transformed nursing at Middlemore from crisis management to professional excellence. The new structure of nurse consultants enabled the cohesiveness of the previously separated nursing departments and the reality of the vision emerged.

Historical beginnings - continued

The vision continued to grow. Middlemore organised a number of conferences with well-known nursing leaders as guest speakers to help achieve the goal. These conferences were attended by Nurses from all over NZ and enabled Middlemore to share their professional developments with other nurses in the country. Nursing at Middlemore was being seen as innovative and a model for other hospitals to follow.

1988 saw the 'Levels of Practice' programme implemented. Professional nursing practice was supported by many of the innovative activities of the nurse managers. These included patient acuity and risk management systems, roster standards and the development of the special assignment team. This team functioned to meet the needs of the clinical areas in times of staff sickness and unexpected increases in patient acuity.

The goal of nursing to achieve nursing excellence continued to flourish through the development of area health boards and the implementation of service management. As a result of this professional nursing growth, the arrival of 1990's saw high nursing morale, refurbished wards, adequate equipment, resources and a full nursing complement, although full-time equivalents were still sub-optimal in some areas. Charge nurses were involved in budgets for the first time.

The 1980's to the 1990's saw immense personal and professional growth for nurses and midwives at Middlemore. The early 1990's was a time of interdepartmental cohesiveness and nursing collegiality. Nurses had achieved and gone beyond the vision and in the process had gained a strong sense of pride and loyalty to Middlemore Hospital. Middlemore was now seen as a leader in nursing practice and a model for other hospitals to follow.

It was at this time that nursing entered the era of Regional Health Authorities and Crown Health Enterprises.



The nurse consultants at Middlemore Hospital at Christmas 1992.

At the long table from the left are Catherine Logan, Joan Williams, Marilyn Crocker, Alison Pirret, Cathie Williams, Gill Wallace, Jessie Mravicich, Pat Turton, Trish Schoonderwoerd and Freda Holmes.



Contact

Communications Coordinator
 Janet Haley
 PROJECT EXCEL – TOWARDS 20.20
 Counties Manukau District Health Board.
 C/- Projects Office, Building 25
 Private Bag 94052
 South Auckland Mail Centre
 Auckland
 Ph: (09) 262-9500
 Fax: (09) 270 9714
 Mobile: 021 443 731
 Email: haleyj@middlemore.co.nz
 Web: www.cmdhb.org.nz

Project Excel Web Site

Intranet:

Access from 'Projects' website on SouthNet or under "P" in the Services Directory.

The PROJECT EXCEL web site has been designed to inform staff about the modernisation and redevelopment projects occurring across the CMDHB sites.

You'll find background information and regular updates on the various projects, along with updated photographs of construction activities, floor plans, copies of PROJECT EXCEL NEWS and much more.

Updates:

Assessment & Birthing Unit (ABU)

Demolition of old Ward 14, Galbraith Building is complete.

Construction is due to start in January 2007 once Ward 15 (Plastics) has moved out.

Sterile Supply Unit (SSU) Middlemore Site

SSU is progressing well, the services (plumbing, drainage, sprinklers etc) have been installed in the new steris room and linings and finishing's are now underway.

The new fire wall is moving along and new fire / access doors will be installed soon.

The Anaesthetic Technicians have moved into their new room, next to theatre 9.

Coming up ...

We report on the moves taking place in November 2006

We update you on the Tunnels and Corridors Redevelopment Project