



June is Men's Health Month in New Zealand and serves as a great reminder for all those "she'll be right" men out there to think about our health and how important it is – and to consider it's not just about us, but about how looking after our health has a flow-on effect on those around us. It's also about security and peace of mind for our families and whānau, and about setting an example to our kids – half of whom will be men someday.



David Meates, CEO

Throughout June men are being encouraged to open up and start talking about our health with our mates, families and doctors, and to do something for ourselves to

be just a little bit healthier. One small thing you can do that could make a huge difference is simply to make an appointment for a check-up with your General Practice team.

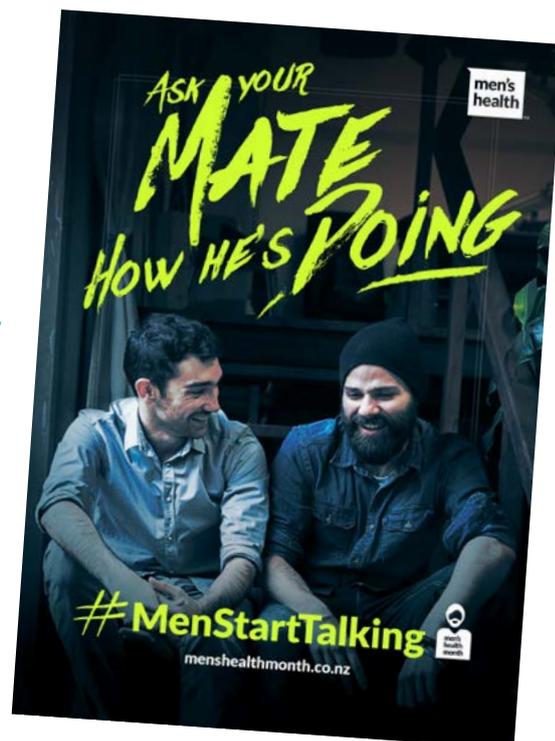
Watch this video for inspiration, it has some people you will recognise championing a powerful message about men's health

[https://youtu.be/Qx\\_8H2-mwf4](https://youtu.be/Qx_8H2-mwf4)

You can find more information, resources and lots more videos here: <http://menshealthnz.org.nz/mens-health-month/>

**David Meates**

Chief Executive



## Coast representative joins RGPN board

**Rural Nurse Specialist Gemma Hutton has been elected to the Rural General Practice Network board.**

Gemma, who is based in Franz Josef, is the Southern South Island representative on the board. She has taken the place of Tania Kemp who served on the board for six years.

Gemma is looking forward to the opportunity to represent rural health for the Southern South Island area.

The RGPN is a support network and advocacy group for rural health

practitioners, and runs GP recruitment service NZLocums.

The board is comprised of GPs, a rural hospital doctor, rural nurses, rural nurse specialists and nurse practitioners.

The board meets four times a year in Wellington, and convenes on other occasions via teleconference.

Congratulations, Gemma.



Gemma Hutton, the Southern South Island representative on the Rural General Practice Network board.



## International Nurses Day

**Last month we celebrated International Nurses Day. It goes without saying that the West Coast DHB couldn't function without its talented, experienced, and enthusiastic nurses.**

Our nursing team has collated some fantastic stories and images to celebrate the history of nursing on the Coast.

### Trouble with the pipes

I remember the days of my training - living in the good old nurses' home in the town where I was born. We had to sign out when we went out for the evening, and take the book to the night supervisor on return to be signed in. Following an outing with my local friends, I returned with my boyfriend at the time. I needed to do some study to be prepared for a study day later in the week, and he wanted me to go to the local main street and sit in the car in the centre park where all the local young ones hung out. I told him "No, go and play your bagpipes," (he was a member of the local highland pipe band). Approximately ¾ hour later, outside my room the pipes started up and nearly every window had

a nurse yelling out of it. Next morning, at 8:50, I was sitting outside the matron's office waiting to be dressed down. Next, in came my mother and I was addressed by both of them. Yet I was not the one who caused the problem!

### Tales from the Greymouth nurses' hostel

It was 1979 when I started a career with the school of nursing in Greymouth. In those days you had to live in the nurses' hostel - even if your home was just down the road. The comradeship and caring started there, and so did the fun... I can remember:

- Milk going missing so that Kahlua could be made



- The bottom window being left open so you could do the 'great escape' and get back in before the matron caught you
- The parties with the house surgeons in their flats
- The arrival of the social club in the early 80s
- Top hospital competitions that saw nurses playing rugby against the local clubs, social cricket, and many barbecues - everyone joined in
- In later years when the old nurses' home was demolished, the social club soon disappeared but not without a fight. They soon set up in the board office on a Friday night. Then there were the amazing social mystery bus trips - it started with one bus and ended up with two! There was even a wait list at one point!



### Mitres and computers

The school of nursing was known as one of the best in the country. The hospital was very hierarchical and ran like clockwork. The matron's rounds saw wheels straight, mitred corners on beds, hats on, shoes clean, and stockings pulled up with no wrinkles. When the matron started her rounds, each ward would notify the next so you were prepared.

There were different levels of nurses then, from first year training registered nurses to third year. Recruitment and retention was never an issue.



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The wards were full and the work was heavy. The average length of stay was 14 days and at first there were no computers. Eventually computers started to come in, with the first ones going into the board office. I remember being told computers would decrease paper and that jobs would go. They were wrong about that - jobs have increased and we only seem to have more paperwork!

My, how things have changed!

## 5 things geese can teach us about teamwork

Whenever I was sitting outside the matron's office (not that I was there a lot), she had a picture of swans flying in the "V" formation, with the reasons why teamwork, collegial support, communication and care were so important:

- When geese fly together, each goose provides additional lift and reduces air resistance for the goose flying behind it
- When a goose drops out of the v-formation, it quickly discovers that it requires a great deal more effort and energy to fly.

- Geese rotate leadership.
- Geese honk at each other.
- Geese help each other.

## I remember when:

- Nurses had to wear pantyhose every day, and heaven help you if you got a hole or a run in them – so unprofessional!
- All corners on the beds were mitred and the pillows had to have the opening facing away from the door, bed wheels turned in.
- We wore capes to go for our meal breaks – blue for Registered Nurses and red for Enrolled Nurses.
- The senior nurses on afternoon shifts had their meal together at 8pm, it was called high tea.
- Nurses, both RNs and ENs, were trained in the hospital, and the change to polytech-trained nurses caused great angst.
- One nurse took all the elderly patients' dentures out and put them into pottles and cleaned them. She then had no idea which teeth belonged to which patient!



Class of 1984  
trained at Grey hospital  
the last hospital trained RGON  
in New Zealand  
and at their reunion in 2004



- It was perfectly acceptable to smoke cigarettes in the nursing station office. There was a low-lying haze throughout the room.
- Doctors were God-like and expected to be treated as such. A nurse would never voice her opinion to a doctor – how times have changed!
- The second tier of nursing (Enrolled Nurses) was removed from acute care areas and a cohort of girls went off and re-trained as RNs with UCOL. Some of them still work here in senior management positions.
- There were long stay patients in the medical ward. On any given day it was hard looking after those who were acutely unwell, plus caring for those patients who were, for all intents and purposes, in their own home.



Staff celebrating International Nurses Day 2018.

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- We lost special nurses to various illnesses.
- The medical ward was full of asthmatics for most of the winter.
- There was a hospital superintendent and a matron who ran the place, and the pay office was in the CAMHS building.

## Making a difference in different times

I remember getting my staff nurse epaulettes and blue woollen cape with the beautiful red satin lining, I was so proud. Doctors and Charge Nurses were so senior and very, very scary! Mind your manners and do as you're told, staff nurse! We weren't allowed to leave shift until the ward was gleaming and tidy and we were not allowed to be seen in our uniforms outside of work. We all had a locker and an allocated change room. The wards were full and we were always run off our feet, but somehow we managed to leave work and feel like we made a difference.

## Social success

I remember when there were organised social functions for hospital staff, cricket

and rugby games and mystery bus trips. There has been the odd successful marriage which can be attributed to having their beginnings at these outings!

## Urgent air mail

One sunny Monday morning back in the 1970s, our General and Obstetrics class was due to sit State Finals, with the first paper being Medical Nursing. Our matron at the time duly turned up in our classroom clasping a large brown envelope. We were all very nervous as she addressed us and wished us luck. Upon opening the envelope, to everyone's horror, matron found the paper to be for the Obstetrics exam planned for the Wednesday.

Matron apologised and dashed back to her office to retrieve the remaining papers.

On returning to our classroom she opened the second one to discover that too was the Obstetrics paper. She opened the third envelope to find this to be a third set of Obstetrics Nursing papers. No sign of a Medical or Surgical paper anywhere. Matron was visibly upset about this, and asked us to go back to the Nurses Home while she rang the Nursing Council. We were told we would have to take a day's annual leave if the papers could not be sorted.



Our class went back to the home with all sorts of emotions running through us, as this was a key part of why we had spent three and a bit years training. A couple of hours later our principal tutor contacted us to say that the council was sending the missing papers by plane. We were not to talk to any other nurses we knew around the country and would be sitting the exam at 2pm.

Sure enough a small Cessna arrived on the Greymouth airfield and pulled up just by where the Rescue Helicopter base now stands. Matron ran out and retrieved these from the pilot, he took off and she came across the road to deliver us our Medical papers.





## A message from Director of Nursing Karyn Bousfield

**Each year we celebrate nursing on May 12, Florence Nightingale's birthday. This year we have chosen to look at the history of West Coast nursing, taking time to reflect on our shared stories and celebrate our collective pride in the profession. West Coast nurses are a vital part of health service delivery. Everywhere care is required, you'll find a nurse, from Karamea to Haast. Our nurses have the opportunity to make a real difference in our community, and take great pride in the standard of care they give.**

Over the years there have been moments of transition for nursing, advancement in skills and scopes of practice, new roles such as Registered Nurse Prescribers. With the changes in ways of working and the new hospital and health centre buildings underway, we recognise this means another transition for nursing. This year we celebrate where we've been, where we are now and the exciting future ahead of us.

As the Director of Nursing I feel very proud to be a part of such a wonderful team of nurses.



Director of Nursing Karyn Bousfield at this year's International Nurses Day celebration.

## West Coast gets its second Nurse Practitioner

**Congratulations to Jennie Bell who qualified as a Nurse Practitioner in mid-April.**

Jennie, who has worked in Morice Ward and Grey ED since moving from the North Island in 2009, will work in her new role between Greymouth Medical Centre and Grey ED.

She joins the Coast's first Nurse Practitioner Nola Rochford, who qualified earlier this year.

Nurse Practitioners have an advanced scope of practice with unrestricted prescribing rights. They help fill a gap in healthcare, such as prescribing medications that registered nurses sometimes can't do.

"We have trouble sometimes attracting and retaining medical staff on the

Coast, so we can help partially meet some of the need," Jennie says.

"I finished my Masters and wanted an opportunity to use the extra knowledge I'd gained through study, and I also saw an opportunity to help my medical and nursing colleagues and the patients."

To become a Nurse Practitioner, a nurse has to complete a Postgraduate Diploma to get prescribing rights, complete a Master of Nursing, and sit a panel interview.

Jennie and Nola plan to hold some education sessions to help staff understand what Nurse Practitioners can do, and how they can be used effectively.

"There are only around 300 Nurse Practitioners in New Zealand, so it's a pretty unknown role for a lot of people. So it's just to raise awareness," Jennie says.

"It would also be wonderful to get more people interested in the role."



Jennie Bell

## Interdisciplinary education programmes kick off

**The West Coast DHB Workforce Development Team and interdisciplinary staff involved in palliative care provided the first of a series of interdisciplinary education workshops on April 19th.**

The workshop was hosted in the West Coast PHO boardroom, which West Coast DHB Workforce Development Team Nurse Educator Kas Beaufill says was the “perfect venue”.

“A big thank you to Danielle Dawson and WCPHO administration staff Amy Hamilton, Michelle Cross and Lexine Jarden who provided support and a welcoming environment,” she says.

A variety of people presented at the workshop, including Community Palliative Care Physician Dr Amanda Landers from Hospice Palliative Care Services, Palliative Care Nurse Specialists Sandra Hartwig and Alison Stewart, Respiratory Nurse Specialist Wendy McNeish, and Danielle Dawson from West Coast PHO.

Allied Health staff including Joy Aiton, Rachael Neame, Wendy Stratford, Kimberley Browning, Sara White, Lyn Heine and Sally Hagglow also provided education related to their various practice specialties.

The Palliative Care Workshop will be repeated on July 19, and the organising team will set dates for further workshops later in 2018 and into 2019.

The Palliative Care Workshop was just one of the interdisciplinary education opportunities provided in the first part of 2018.

Nursing and Allied Health staff from West Coast DHB, regional aged residential care facilities, and West Coast PHO have also attended education for dementia care, wound care, and dual sensory loss awareness.



**Palliative Care Nurse Specialist Sandra Hartwig discussing pain management with a group of nurses at the Palliative Care Workshop.**

In March, Alan Beasley from Canterbury DHB visited the Coast to provide his programme “My Name is Not Dementia”. The overall aim of this education is to enhance the quality of care delivered, promote a person-centred care approach and develop positive attitudes towards dementia. This education enhances the healthcare professional's confidence and assists in developing a sense of personal and professional pride in their work with working people living with dementia.

The course attracted so much interest Alan agreed to run a second day, allowing over 70 people to attend the programme. Alan has offered to return to the coast, perhaps in 2019, to provide further education.

Lloyd Ellison, Deafblind Awareness Co-Ordinator from the Blind Foundation, Christchurch, visited in April and held sessions for West Coast DHB and West

Coast PHO staff around working with people who have dual sensory loss.

The staff that attended this education gained insight into strategies for working and communicating with those who are experiencing dual disability.

Rachael White, Wound Care Specialist Nurse from CDHB held education days in Greymouth and in Buller early in May.

Rachael, who has supported education on the Coast on prior occasions, shared her passion and expertise with over 60 DHB and aged care nursing and allied health staff.

The WCDHB Workforce Development Team would also like to thank Keith Rothsay from ISG who has supported these programmes by ensuring the required technology was set up and functioning.



## A shout-out to St John

**West Coast DHB would like to extend a big “thank you” to St John for accommodating our Haast clinic staff at short notice.**

The Haast clinic temporarily relocated while the site was inspected for mould. The operation moved into St John’s building over the weekend of May 5 and 6, and was open for business the next day.

Rural Nurse Specialists Liz Komen and Christine Sinclair operate the Haast clinic on a seven days on/seven days off roster, seeing an average of six patients per day. They operate a 24-hour PRIME [Primary Response in Medical Emergencies] service.

We greatly appreciate the help St John has given, and the great care Liz and Christine have provided their community through this disruption.



## The vaccinators

**Nurses Betty Gilsenan (left), Sarah Gilsenan, and Director of Nursing Karyn Bousfield set up a vaccination clinic to offer protection from influenza to West Coast DHB Board and Advisory Committee Members.**





## Jenny Roumieu

### Rural Nurse Specialist, Karamea

#### What does your job involve?

The Karamea Health Clinic is a Nurse-led clinic with wonderful medical backup. On a Tuesday the Glorivale pilots fly a medical team up from Greymouth Medical and on Thursdays we have support from Buller Medical.

#### Why do you choose to work in this field?

I moved to Karamea for the outdoor lifestyle.

#### What do you love about what you do?

I am in the privileged position of being able to provide a "cradle to grave" total wraparound service, covering eight different contracts. To service the remote population of Karamea and provide 24/7, seven days a week, my wonderful colleague Cathy Sampson and I both work eight days on, and have six days off for R&R/study, overlapping each Wednesday.



Jenny (left) with Karamea Health Clinic receptionist Liz Kerslake.

#### What are the challenging bits?

The totally unexpected, no two days are ever the same.

#### Who inspires you?

Mother Teresa.

#### What was the last book you read and/or movie you saw?

Jack Reacher Crime Books to totally relax into.

#### What's your ultimate Sunday?

Run along our wild untamed beach, with the Hector's Dolphins or a seal following.

#### Fave food?

Anything with feta.

#### Fave music?

Blues, Country.

**If you would like to take part in this column or would like to nominate someone please contact [global@westcoastdhb.health.nz](mailto:global@westcoastdhb.health.nz).**

## Quality Manager Paul Norton resigns

The West Coast DHB wishes all the best to Paul Norton, who will finish his role as the DHB's Quality Manager on June 15. He will take up a mental health clinical leadership role in Australia.

"Paul relishes clinical practice and quality improvement, has extremely high standards, and has selected another suitable challenge for himself," says Quality and Patient Safety Director Susan Wood.

"I want to take this opportunity to thank Paul for his extremely dedicated service to the West Coast and Canterbury District Health Boards."

Paul has had a major impact on the DHB's quality systems, and therefore the quality of outcomes for the West Coast community.

He has continually strived to point the way and to lift the organisation's standards alongside his colleagues.

"The processes he has put in place are robust and gold standard," Susan says.

"Paul, you will be sadly missed, but I count our blessings that you have left a legacy, and as a colleague, you are not lost to health or nursing."



## Barrytown School commits to water and milk only

**Community & Public Health has worked with Barrytown School to join a Coast to commitment to healthy hydration.**

West Coast Health Promoter Carina Schill and Health Promoting Schools Coordinator Tessa Hunter have worked with the school on a pilot programme to get the students drinking only water and milk in Term 2.

The full primary school has 26 students and two classes – one senior and one junior.

“The idea was to start with a small, health-promoting school,” Carina says.

“The Principal is a big supporter. We came in and all the kids already had drink bottles.”

Rather than simply asking a school to implement a policy, the programme includes assisting the school with education that engages students to make good decisions outside of school as well.



**Barrytown School**

Education activities include using coloured water and flowers to show how living things absorb water, and learning about different functions water has in the human body.

“It’s a strength-based approach, rather than saying ‘Hey, you can’t do this’,” Carina says.

Principal Rachael Whyte volunteered Barrytown School for the pilot programme.

“Given we are already a Fonterra Milk school, it seemed a natural progression. On the whole our students make pretty healthy choices around their eating, so to be a pilot school wouldn’t come with too many objections.

“Being pretty isolated, we don’t have a canteen at school or shops nearby, so

that limits the availability and immediate access to unhealthy options.”

Since the introduction on the programme, noticeable results can already been seen at school, and parents have commented that their kids are changing their habits at home too.

“There are fewer trips to the toilet and students are choosing to drink water at home now,” Rachael says.

“This is a great programme that engages the students and makes them think about what goes into their bodies. It would be fantastic to see this being used in other schools.”

The pilot programme will be reviewed at the end of Term 2 by Community & Public Health.



**An experiment using coloured water and flowers to show how living things absorb water.**



## Transalpine collaboration on maternity services

**Since April last year, Norma Campbell has been Director of Midwifery at West Coast DHB as well as Canterbury DHB, and she has been working with her team to improve transalpine maternity services.**

“Part of that has been to look at where our synergies are, remembering of course that the West Coast has got its own unique demographic and geography,” she says.

The team has updated guidelines for West Coast staff, and introduced transalpine guidelines.

“One of the first ones we did was in relation to the transfer of neonates back and forth. So it was a combined effort with the neonatal unit and obstetric service in Canterbury, and the West Coast services.”

As well as bringing new practices over the Alps from Canterbury, Norma says her team has taken West Coast ways of working and applied them in Canterbury.

“The traffic’s certainly not one-way, not at all. We have found pragmatic West

Coast solutions to problems that have been over-complicated in Canterbury.”

Norma has asked that Clinical Director Ravi Vermulapalli and Clinical Midwifery Manager Catarina Morais from Grey Base Hospital’s McBrearty Ward join the guideline group to make it truly transalpine.

Norma says one aim of improving transalpine maternity services is to let staff on both sides of the mountains get to know each other’s services through communication and shared training.

“I think getting to know each other better and each other’s environments can only mean that we can support our colleagues and pregnant women and their families better.”



West Coast and Canterbury DHBs Director of Midwifery Norma Campbell

## New Chair for Southern Cancer Network Steering Group

The South Island Alliance is pleased to announce that Mr Todd Hore, General



and Hepatopancreatobiliary (HPB) surgeon at Christchurch Hospital, has been appointed Chair of the Southern Cancer Network (SCN) Steering Group. Todd’s appointment follows the resignation of Dr Steve Gibbons as Chair, after nearly a decade in the role.

More information is available on the South Island Alliance website.

[Click here.](#)



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**Click below for the latest Health Quality & Safety Commission New Zealand newsletter, which includes stories on the recent “Let’s talk: Our communities, our health” forum, an award-winning Pasifika health education project, and the newly-established Federation of Primary Health Aotearoa New Zealand.**

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