



Associate Clinical Nurse Manager Michelle Muir, Senior Social Worker and AROC and FIM Champion Stacey Muir, Unit Manager (ATR and Community) Lisa Crisp and Service Manager Joline Wilson

## Southland team tops New Zealand rehabilitation results

The AT&R team at Southland Hospital deserves much praise and patting on the back, as they scooped four awards at the recent Australasian Rehabilitation Outcomes Centre (AROC) New Zealand forum.

Not only did the team take away awards for Best Rehabilitation Outcomes for Ortho Fractures, Stroke and Reconditioning, they gained the top recognition for Best Overall for Rehabilitation Outcomes.

AROC is the national rehabilitation medicine clinical registry for Australia and New Zealand. They have licenced the use of a Functional Improvement Measure (FIM), and the data from this enable rehabilitation units to be

benchmarked across their 35 member hospitals and three private providers in New Zealand that provide the same type of rehabilitation, representing 95 per cent of the sector.

The Southland team's achievements were celebrated at Southland Hospital this week.

Senior Social Worker and AROC and FIM champion Stacey Muir says the achievement has been a total team effort. "Not only do the awards show how we measure up nationally, they show how hard all of us have worked on reducing rest home admissions, reducing length of stay and improving functional gain for our patients.



Pink lady volunteers: Lucille Cook, Noeleen Little, Isla Thompson and Bev Lockett

## Southland Hospital Volunteers - making a difference to patients, staff and visitors

They're an institution at Southland Hospital and now the 'Pink Ladies' are looking for new members to join their ranks.

The Southland Hospital Volunteers, who originally wore pink uniforms, have been an indispensable part of the health care services in Southland since they started out some 35 years ago.

Whether staffing the gift shop, refreshing flowers on the wards or taking the gift shop trolley around to sell snacks, newspapers and magazines, the volunteers help support patients, staff and visitors, all while raising funds to help make a visit or a stay at the hospital a little more pleasant.

"All the money we raise goes back into Southland Hospital or to the Hospice," says Noeleen Little, who has been a volunteer for eight years.

The charitable trust raises and distributes thousands of dollars annually and, over the years, has purchased televisions, recliners, books and computer tablets, as well as specialist medical and rehab equipment.

Trust chair Lynley Kelland says all new volunteers are welcome and applications can be picked up at the gift shop.

As for the skills required: "Honesty and a good sense of humour are absolute musts!"



Māori Health's New Leadership Team, Gilbert Taurua, Nancy Todd, and Peter Ellison

## New Māori Health leadership team

The new Māori Health Leadership team have taken up their new roles at Southern DHB and WellSouth, focusing on improving Māori health status and outcomes across the Southern Health System

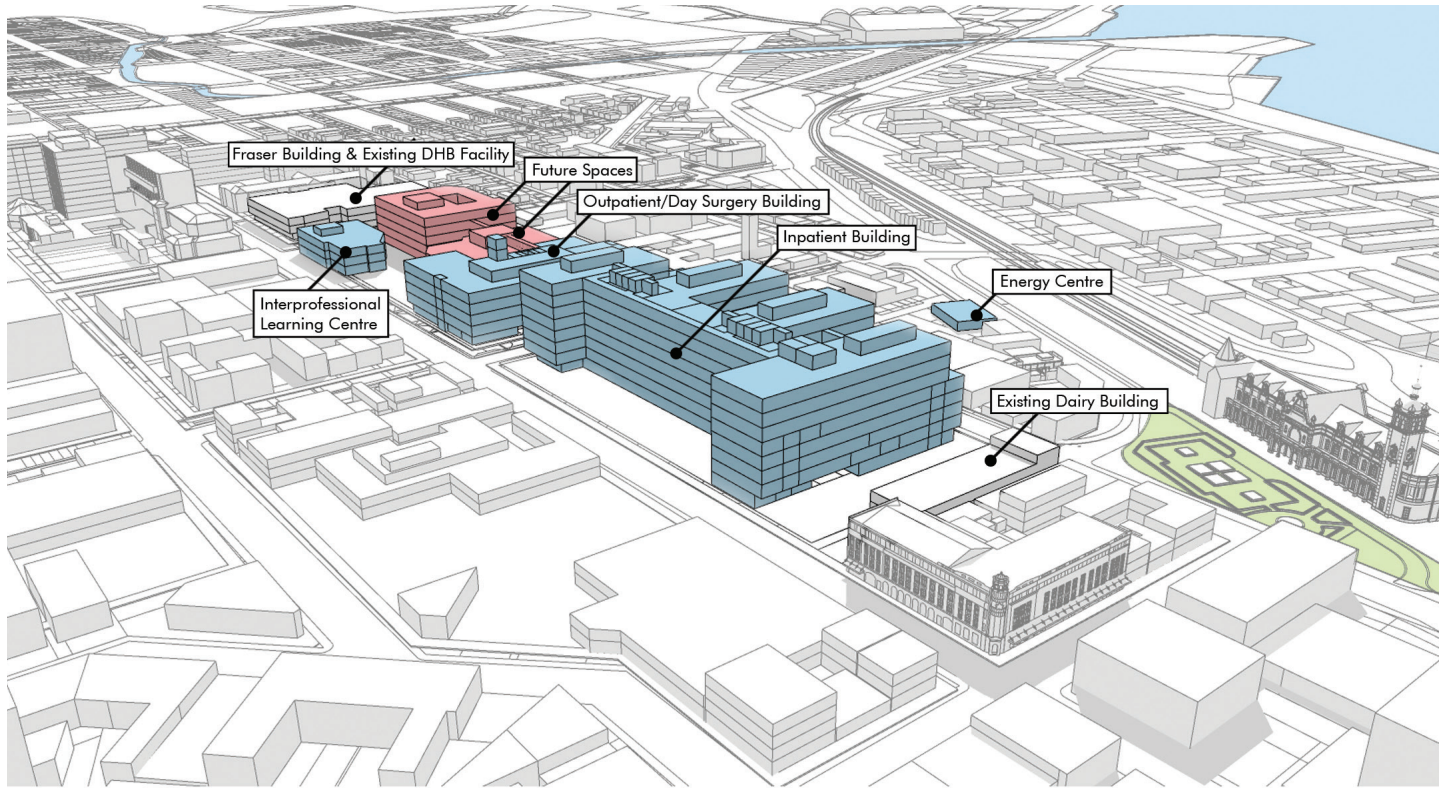
The team is led by Gilbert Taurua, Chief Māori Health Strategy and Improvement Officer, who comes to the newly created role from New Zealand Drug Foundation where he has been the principal adviser, Tautāwhihia Kaua e whiu. Working alongside Mr Taurua are Nancy Todd, taking up the role as Associate Māori Health Officer, Secondary/Tertiary – and Peter Ellison, the new Associate Māori Health Officer, Primary and Community, based at WellSouth PHO.

"We'll work collaboratively with our colleagues to support service improvement

and planning, and to make our waka go faster," says Mr Taurua. "We'll support and guide the implementation of the primary and community strategy, ensuring health care services, whether in the hospital or in the community, are delivered in a timely and appropriate way for Māori."

The team will work to reduce disparity, including in areas such as smoking cessation, diabetes prevention and treatment, and oral health, Mr Taurua says.

The Māori Health leadership team has been co-appointed by the DHB and WellSouth Primary Health Network to lead a whole of system approach to raising Māori health and well-being across our district.



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Provide Future Adaptability, Flexibility & Sustainability



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Promote Healthy People Spaces



Optimises use of Total Health System Resources

Indicative Preliminary Masterplan

## New Dunedin Hospital Site Masterplan Shared

The community has the chance to get a more detailed insight into the New Dunedin Hospital project with the public release of the Site Masterplan.

The masterplan ties together the complex strands of detailed planning completed to this point and sets the blueprint for the work to come.

It marks an important step in our progress towards the New Dunedin Hospital, and the broader advancement of health services for our district.

Southern DHB Chief Executive Chris Fleming says the public release of the plan is an important milestone.

**“As a health community we can now properly grasp the dimensions of our new hospital and have confidence that it will have the flexibility to meet future needs”**

The Masterplan shows how all the services the hospital needs can be accommodated on the site while also leaving room for future changes.

“In this project there had already been an enormous amount accomplished in terms of understanding the hospital and how it should function.

“The next step was working out how this would be delivered in practical terms, particularly with the unique challenges posed by a narrow central city site.

“Fitting everything together for good working relationships between different departments hasn’t been easy and I commend the efforts of the health planners and the Southern DHB staff involved.”

While it should be noted that much of what the masterplan contains is indicative and subject to change through the planning process, it still provides a good overall summary of how the New Dunedin Hospital might look and operate.

For example, the building design guidance maximises daylight for inpatient units, including access to outside terrace spaces.

The masterplan has built-in space for future expansion and the planning approach used provides for flexible use of the inpatient units.

And, importantly, the movement of staff, patients and services will be separated with distinct corridors and dedicated lifts.



### Want to know more?

A public forum on the New Dunedin Hospital, including a Question and Answer session, will be held in March, keep an eye out for the date.

**To read the Site Masterplan:**  
[www.newdunedinhospital.nz](http://www.newdunedinhospital.nz)

## Knitted knockers give breast cancer patients renewed confidence



Southland Hospital Breast Care Nurse Hazel Sycamore with Sandra Sparrow

When knitting enthusiast Sandra Sparrow stumbled across an article in *That’s Life* magazine about hand knitted prosthetic breasts for breast cancer survivors – she knew she could help.

Sandra acquired the ‘Knitted Knockers’ pattern, knitted her first set and sent them off to the Invercargill Cancer Society. Word

quickly spread and Sandra started taking orders from the Southland Hospital Breast Cancer Service.

“This service wasn’t being offered in the area, so we received an overwhelmingly positive response from mastectomy patients,” says Sandra.

Carolyn was one of these women. After being diagnosed with breast cancer in 2017, she endured surgery and radiotherapy.

“I always wore a scarf around my neck so no one noticed I was smaller in one breast,” says Carolyn. “The Breast Care Nurse Hazel Sycamore introduced me to Knitted Knockers and it was just amazing!

“After putting one inside my bra, it gave me two normal breasts when I looked in the mirror. They are so comfortable to wear – you don’t even know they are there.”

The knockers come in five sizes – A to DD – and can be popped in the washing machine and dried overnight.

In terms of the process, Sandra insists it’s easy. “All you need is a pair of knitting needles, a ball of yarn, acrylic hobby fill and you’re off! It takes about four hours to complete.”

The material to make the knockers is sponsored by the Manapouri Beehive Arts and Craft Group.

The Knitted Knockers movement began in the United States and has since become international.

## Commissioner Update

Kathy Grant



It is with a heavy heart that this month I dedicate my Better Health column to deputy commissioner Graham Crombie, who passed away last week.

There is much to pay tribute to.

Graham, along with Richard Thomson, was appointed deputy commissioner of Southern DHB in 2015. A chartered accountant by background, and it would be easy to assume Graham’s appointment was for his financial credentials, which was certainly an area of strength.

However Graham’s greater legacy was in building strong, high-performing organisations. And he knew that a positive and supportive culture is the quality upon which everything else is built.

This is why he both continued to champion the DHB’s Southern Future programme of work as chair of Southern Future Advisory Group, and lived these values in how he worked with people right across the community.

He was a believer in partnerships, and also worked regionally as the Chair of our South Island IS Alliance to help achieve a vision of integrating health information across the wider South Island health system.

Above all Graham was a man of heart, humour and integrity whose unflagging optimism stood us in great stead in even the toughest times. He will be greatly missed.

Farewell Graham, and on behalf of Southern DHB, thank you.



Graham Crombie  
Image supplied by the ODT