



The Infection Prevention and Control Team get behind Patient Safety Week

Tips on good hand hygiene for Patient Safety Week

Fight germs, wash your hands was the message from Southern DHB to staff, patients and visitors during Patient Safety Week (4 – 10 November).

This year's theme focused on good hand hygiene, and during the week the DHB's Infection, Prevention and Control (IPC) team raised awareness of how good personal hand washing can help to reduce the spread of infections in our hospitals.

"Good hand hygiene is the simplest, most effective way to prevent germs that cause infections, and our aim during Patient Safety Week is to increase understanding of the importance of handwashing as a

way of preventing diseases and saving lives," says Southern DHB IPC Charge Nurse Manager, Jo Stodart.

During the week staff and the public at Dunedin Hospital were able to see how many germs were really on their hands, using glo germ gel, which highlights any dirt or bacteria under a UV light before and after washing their hands.

The test was among a range of information on display at the hospitals, explaining how good hand hygiene can help stop the spread of bugs and antibiotic-resistant infections.

Mental Health Services – Have your say!

Southern DHB's Mental Health, Addictions and Intellectual Disabilities (MHAID) team are improving services across the district and want to hear from the whānau of people who use or have used services.

"We want to know what works, what doesn't, and how we can better meet the needs of the communities we serve," says Robert Ford, MHAID Relationship Manager.

Submission can be sent to by email to Southern DHB family advisors:

Southland: Sharon Morrison
sharon.morrison@southerndhb.govt.nz

Otago: Maryse Stanton
maryse.stanton@southerndhb.govt.nz

Alternatively, you can write to Family Advisors, Mental Health Addictions and Intellectual Disabilities Directorate, Southern DHB, Box 828, Invercargill, or Box 1921, Dunedin.

Health Care Home programme expands

Five additional shared practices have started the Health Care Home programme in the Southern district helping to improve primary health care services across the district.

Waihopai Health Services in Invercargill, Broadway Medical Centre in Dunedin, Cromwell's Junction Health, Wanaka Medical Centre, and Aspiring Medical Centre in Wanaka have joined the HCH programme – a model of primary care promoting access to urgent and unplanned care, providing more preventative care and better support of people with complex needs.

"The Health Care Home facilitates better connections across the health system, keeping the focus on patients and their whānau," says Lisa Gestro, SDHB Executive Director Strategy, Primary and Community.

Four practices - Amity Health Centre in Dunedin, Queenstown and Gore Health and Gore Medical - started the programme earlier this year and further seven will begin in mid-2019.

Healthier menu

Looking to support better food and drink choices, Southern DHB will soon be offering new, healthier menu items for staff, visitors at all hospital and facilities across Otago and Southland.

That means more waters, whole grains, fruits and vegetables will be available from staff canteens, cafés and retailers with fewer or smaller portions sizes of sugary cakes and slices. Fizzy drinks will be phased out and new vending machines are on the way to provide new snack choices.

"Diabetes, obesity and oral health issues are of increasing concern in our society and poor diets are a major contributing factor to this. It is our responsibility to set an example," says Tim Mackay, Southern DHB Dental Surgeon and Deputy to the Chief Medical Officer, noting that in-patient meals are not included in the new policy. "We're not limiting what food and drinks staff and visitors can bring on site. But we do want to make sure more healthy food and beverages choices are available."

New fresh and healthy items are already starting to appear on the shelves and in the chillers at Southern DHB sites and more are to come as we prepare to roll out the Healthy Food and Beverage Policy.

Free Public Lecture series a Southland success



Southern DHB and Dunedin School of Medicine invited the Southland community to attend a free public lecture about hip and knee replacement surgery at the Southland Hospital Campus Education Centre last Wednesday.

Southern DHB awards evening celebrate outstanding staff

From breaking medical boundaries to the unsung heroes behind the scenes – Southern DHB celebrated some of its remarkable staff from across the district at the Southern Excellence Awards on Thursday 25 October.

"With over 4000 staff, we know there are incredible innovations and achievements, acts of kindness and staff constantly going above and beyond the call of duty," said Southern DHB Chief Executive, Chris Fleming.

"The Awards are about acknowledging staff and the very important roles they play in providing care and support across the southern health system."

Awards were made across nine categories including the Unsung Hero (Behind the Scenes) Award, which recognised Southland Hospital Mortuary Technician, Bill Little, for his dedication to the role.

"Bill has been in this position for over twenty years and despite the challenges it inevitably brings, he acts with compassion, kindness and respect," said Mr Fleming. "He continually goes beyond the call of duty and it's this dedication that makes such a significant difference to families and communities impacted by loss."

The winners of each category receive a professional development grant.



The Unsung Hero Award was presented to Bill Little by Deputy Commissioner Richard Thomson



Intensive Care Unit Charge Nurse Manager Shayne Wylie, pictured with Southern DHB Chief Executive Chris Fleming, explains the staff journey to get to the opening of Stage One of the redeveloped ICU

Stage One of new ICU opens at Dunedin Hospital

The opening of Stage One of the new Intensive Care Unit at Dunedin Hospital represents a great leap forward for critical care for the Southern district.

Key advances include vastly improved patient privacy, noise reduction and control of light levels, including ready access to natural light.

“The environment is going to be conducive to speeding patient recovery through improved peace and tranquillity combined with much better environmental control of noise and light levels,” says Intensive Care Clinical Director Dr Craig Carr.

“There’s also greatly improved privacy with the ability to shelter patients from adjacent

bays so they sleep better and are less exposed to what’s happening elsewhere in the unit.

“As well as improving recovery, it will also allow them more time and privacy with their family and whānau.”

Introducing Te puna wai ora – Southern Critical Care

A new name is accompanying the new beginning for critical care in the Southern district.

To mark the opening of Stage One of the ICU, a new name has been chosen to better describe the new direction of this important service: Te puna wai ora - Southern Critical Care.

The transition from Intensive Care to Critical Care will be more fully realised with the work of the unit when Stage Two opens in mid-2019.

Key facts

Staging: Stage One opens with 12 bed spaces. Stage Two next year will add another 10 bed spaces.

Space: Bed spaces are 20 square metres compared to eight square metres per bed in the current unit.

Equipment: Every bed has a ceiling hoist, dialysis capacity and modern pendants with data, oxygen and suction.

Privacy: Half the 12 bed spaces can be shut off from the rest of the unit.

Lighting: There is dimmable lighting in the patient bed-space, and down-lighting so staff can get around safely when the patient lights are off.

Access to natural light: The beds on the northern side of the hospital have great access to natural light. These will be used for longer stay patients. The beds can be turned around so they can face out the window.

Southern air to get fresher!



Twenty cafes in Otago and Southland will be making their outdoor spaces smokefree this summer as part of a pioneering pilot.

Dr Rachael Hart, CEO of the Otago and Southland Cancer Society, says this unique outdoor dining project has now come to Otago and Southland, and will let Southerners and visitors experience the benefits of smokefree outdoor dining.

“The vast majority of Southerners, around 85 per cent, don’t smoke, and research shows that they want to be able to enjoy outdoor dining without the smoke,” says Dr Hart.

Her comments are reinforced by Public Health South’s Health Promotion Advisor Emily Nelson. *“Food tastes better, and being outside is nicer, when you don’t have smoke around you.”*

Jane Shaw, owner of Provisions of Arrowtown and The Boatshed Café in Queenstown supports the fresh air initiative. *“Great food, great coffee and great settings don’t go well with a smoking environment. We are family-friendly and want to look after our whānau.”*

The 20 hospitality venues participating in the Fresh Air pilot are:

Queenstown	Dunedin	Invercargill
<ul style="list-style-type: none"> • Odelay Café • Café Society • The Exchange • Provisions • The Boatshed • Franks Eatery • Franks Pantry 	<ul style="list-style-type: none"> • Allpress Espresso • Vanguard Specialty Coffee Co. • Modaks Espresso • The Perc Central • Gaslight Restaurant & Wine Bar • Liquid Assets Juice Bar • Madam Woo 	<ul style="list-style-type: none"> • The Seriously Good Chocolate Company • Charlie’s Kitchen • Good Fix Café • Make’n’Bake • The Cheeky Llama • The Pantry

Commissioner Update Kathy Grant



There have been a number of highlights this month.

It was a joyous experience to see so many individuals and teams across the DHB recognised for the difference they make in the Staff Excellence Awards. Congratulations to all the nominees and winners.

The event was part of our efforts to build a stronger culture of appreciation at Southern DHB, which is one of the areas our staff told us was an important part of making Southern DHB an excellent place to work. This month we have also undertaken a further Staff Satisfaction Survey, which provides rich information about areas that are going well, and where we can best focus our efforts to create a positive work environment.

Of course another huge celebration this month has been the opening of the first stage of the ICU – now to be known as Te puna wai ora – Southern Critical Care - which is set to make differences to the care of our patients, families and whānau, and the work environment of our amazing staff.

We have also welcomed five more general practices into the health care home model, which is transforming primary care to become more flexible and accessible for patients.

And I am delighted to report that, following changes to our primary maternity system of care, a second full-time LMC midwife has started practice based in Wanaka, a relief midwifery service has also been established to provide weekend back-up cover, and telehealth clinics have begun to help some women avoid trips to Dunedin during their pregnancies.

We are also pleased that, as a result of considerable testing and planning, we are now preparing to re-enter the clinical records space in the basement of Dunedin Hospital. This area had previously been off-limits, following earlier tests that had indicated the presence of asbestos.

Finally, we warmly welcome Gail Thomson to our executive team, as the Executive Director of Quality and Clinical Governance Solutions. This new role is a pivotal position that will enable us to go further in providing high quality care to the people of the Southern district.

While, as always in health, we have more work to do, there is much to celebrate and I want to acknowledge the efforts of all our staff – both on the front line and in behind-the-scenes planning and support roles – who have been involved achieving in these positive outcomes.

