



From left: Lakes District Hospital Medical Imaging Technologists Viv Cournane, Chloe Bramley and Elisabeth Key, with Operations Manager Janeen Holmes

## Lakes District Hospital welcomes CT scanner

Diagnostic services at Lakes District Hospital are enhanced with a state-of-the-art CT scanner, now installed and operational.

The Siemens Go Top 128 slice scanner, which is part of the upgrade to the Lakes District Hospital. It is the second of its type to be installed in New Zealand and the first in a public hospital.

CT scanners produce 3D pictures of the inside of a patient's body which don't show on ordinary X-ray images. These are used to help diagnose illness and trauma.

"The new scanner means that many people will not need to travel for a CT scan," says Lakes District Hospital Medical Radiation Technologist, Elisabeth Key.

The scanner, which cost approximately \$1.07 million, was generously funded by a Central Lakes Trust grant to the Lakes District Hospital Foundation.

"I'd like to acknowledge and thank the Central Lakes Trust for this significant contribution," says Southern DHB Chief Executive Chris Fleming. "Their vision to enhance the community and the lives of the people within this region will continue to flourish with this crucial service."

Along with enhanced diagnostic services, the Lakes District Hospital upgrade has included an emergency department expansion, more than doubling the capacity of the previous department.



Advisors Lesley Grey and Patsy Gordon who helped co-design the Hospital Passport

## Passport trial opens door to better hospital discharges

A 'Hospital Passport' for Southland Hospital medical ward patients is being trialled to help improve discharge communication with patients, and increase the number of before-midday discharges.

The passport idea was conceived after the 'Home for Lunch team' found that staff were having to deal with last minute discharge complications that could have been resolved if the information was available earlier – such as transport issues, equipment and support.

The Passport runs through questions and check boxes such as, 'I know what my medications are for', and 'Are you able to prepare your meals?'

Patients lead the process and will fill it in the Passport to the best of their ability with the help and support of nursing, medical and allied health staff.

**“A Hospital Passport is a guide through a patient's hospital admission, helping them understand the processes, which leads to a stress free, successful discharge. We hope this is a useful tool for our patients and their family / whānau to use.”**

- Maria Baynes, Quality Improvement Facilitator



From left: James Thomson-Bache, Glen Burns, Hannah Short, and Daniel Anngow

## Bringing colour to Wakari

Southern DHB's Specialist Addiction Services at Wakari Hospital is a little more colourful these days thanks to paintings from art group Artsenta.

SAS - formerly the Community Alcohol and Drugs Service - was looking to enhance the group meeting space and approached the art collaborative which supports people with experiences of mental health or addiction challenges through creativity and community engagement.

Artists Dan Anngow, James Thomson-Bache, Hannah Short and Glen Burns were invited to create artwork reflecting Southern DHB values - Kind, Open, Positive, Community.

"It's a good opportunity for our artists but also a good opportunity for Artsenta to

strengthen our ties to Specialist Addictions Services," says Artsenta Dunedin Director, Paul Smith.

Artist James Thomson-Bache says art can play an extremely important role in mental health, helping to break through many of the barriers in generating meaningful dialogue. The project itself has also been helpful in understanding the DHB's values at more personal level.

"It seemed apt that the SDHB value assigned to me was 'positive' as that has been my entire experience with the DHB," he says, adding that he found Southern DHB to be a welcoming and open community.

A big thank you to the artists and for once again brightening up our rooms with their beautiful work!

Plan to be well  
**This Winter**

David Pirie, Southern DHB Health Promotion Advisor shares about Seasonal Affective Disorder, otherwise known as the winter blues. Listen to the podcast to find out how what you can do to maintain your mental health during these colder months!

Visit: <https://www.southernhealth.nz/living-well/feeling-unwell>

Not only is it important to keep yourself healthy physically this winter, but your mental health is equally important!



Dunedin Hospital cardiac staff in the refurbished Cardiology Catheter Suite

## Team delighted with Cath Lab refurbishment

Dunedin Hospital cardiac staff have celebrated the successful commissioning of a refurbished Cardiology Catheter Suite.

The \$1.7 million project involved removing the highly-specialised X-ray equipment and replacing it with a new suite of the latest X-ray technology.

Cardiology clinical director Belinda Green said the clinical team was delighted. “We are thrilled with the result.”

The Cardiology Catheter Suite is where the cardiac team looks at patients’ heart (coronary) arteries and evaluate narrowings in the arteries.

The new suite has a fully integrated system that allows the narrowing to be evaluated by measuring flow changes across the restricted area and also provides direct imaging of the artery.

Collecting data helps the team to determine whether the patient would be better off with a surgical bypass operation or stents implanted across the narrowing after the original blockage has been squashed flat using high pressure balloons.

Additionally, replacing a patient’s aortic valve with one inserted on a long tube is an important technique for those patients who would not do very well with the physical stresses associated with traditional open heart surgery.

Our new suite has integrated CT that enables the team to see in greater detail exactly where the valve should be implanted and which access point should be used.

This kind of imaging also helps the team place small plugs into holes in the heart.

Better and faster imaging using all of the equipment that is integrated into the new system enhances patient safety and decision making.

During the four week project, patients had their heart procedures in the Radiology department’s DSA lab.

Staff had worked hard to ensure the work was completed within the expected timeframe.

A high level of co-operation across several departments ensured patients were not impacted.

## Commissioner’s Update

Kathy Grant



As a Commissioner team, our goal was to go beyond short term solutions, and focus on how the health system needs to be structured to prepare us for the next generation and beyond.

This is especially important as we design a new hospital in Dunedin, and ensure we are not designing for the system we have now, but for the system we need for the future.

This means providing care closer to home, making better use of technology, and working in a more integrated way across the whole health system – the principles that have inspired our new whole of health system logo and website, Southern Health.

This month we welcomed a further group of general practices into the Health Care Homes programme. This means that the benefits of more flexible ways of accessing primary care – such as telephone consultations, and more after hours options – are now accessible to nearly 40 per cent of our people across the district.

We also made further steps in the process of developing Community Health Hubs.

What are these? Currently, our health system is divided into primary care, such as your general practice, or secondary care, usually in a hospital, where you can receive specialist treatment or be admitted as a patient.

The Community Health Hubs aim to provide a new layer that enables more services from both primary and secondary care to be brought together based around what makes sense for patients.

Exactly what this means is yet to be determined, and may vary depending on the needs of each community, but will include a Health Care Home general practice as well as services such as diagnostics – labs or radiology, for example – some outpatient clinics, district nursing services or allied health services such as physiotherapy and pharmacy.

This month we called for feedback from investors and developers who may be interested in working with us to develop the physical facilities needed for this new approach to health services. Their input will help inform the next steps on this journey – we were heartened by the response and look forward to continuing our work in this exciting area.

## Paediatric Outpatient’s team Wig out!



The Dunedin Paediatric Outpatients team got ‘wiggly’ in support of the annual ‘Wig Wednesday’ event fundraiser!

Wig Wednesday is an annual event that helps raise awareness and support for Child Cancer Foundation and raise funds to support Kiwi kids with cancer.

## Wait times unaffected by bowel screening

The introduction of the National Bowel Screening Programme at the Southern DHB in April 2018 has had no effect on waiting times.

Symptomatic patients are not waiting any longer for a colonoscopy, and there has been no change in the percentage of symptomatic referrals accepted.

In the South, 95% of colonoscopies are performed within 45 working days of a positive test result – above the national average. This is especially pleasing as the district has the highest bowel screening participation rate in the country, at 72%.

The screening programme is for those aged 60-74 who are eligible for publicly-funded health care.

Of those who receive a positive test result, statistics indicate about 70% will have non-cancerous polyps and approximately 7% will have bowel cancer.