



Health Minister Hon. Dr David Clark and Ceres Operations Manager Swaroop Gowda inside the former Cadbury Distribution Warehouse

Demolition to provide opportunities

Demolition preparation is well underway for the New Dunedin Hospital project on the former Cadbury factory site. Scaffolding and temporary fencing has been erected around the former Cadbury distribution warehouse, with the footpaths around it on St Andrews, Castle, and Cumberland streets being temporarily closed.

Christchurch based demolition firm Ceres NZ, which played a leading role in Christchurch following the earthquakes there, have taken management of the site.

Ceres Operations Manager Swaroop Gowda said tearing down the former Cadbury factory was a 12 to 18-month process, with a small team will on site to begin with, however, the numbers of

workers is set to increase to around 40 at the peak of the demolition project. This is set to provide opportunities for Dunedin workers.

“We plan to bring 15 experienced workers from out of town. The rest of the workforce will be recruited locally, or we will engage local sub-contractors.”

“As we progress through the demolition works, we plan to hire and train more local workforce,” Mr Gowda said.

While there may be some temporary footpath closures around the site, the approved traffic management plan for the demolition states that two lanes on both north and southbound lanes of State Highway 1 will remain open.



Midwife and Lactation Consultant Stafanie Kalmakoff, Dunedin Central Rotary Club members Derek King and David MacLeod, Consultant Haematologist and breastfeeding mum Anna Bryne, and Management Assistant for Surgical Services and Radiology, and breastfeeding mum Shelly Pullar.

Lactation room proudly unveiled

Breastfeeding staff at Dunedin Public Hospital now have a fully-equipped room for pumping and breastfeeding their little ones at work.

The purpose-fit lactation room was proudly unveiled in partnership with the Rotary Club of Dunedin Central, who kindly donated chairs, tables and a fridge to Southern DHB.

The Healthcare Otago Charitable Trust also generously purchased a breast pump for the room, which comes equipped with two private areas to breastfeed and a fridge to store breastmilk.

Breastfeeding advocate and Management Assistant for Surgical Services and Radiology, Shelly Pullar, says the room was a much needed addition and will greatly support breastfeeding staff members returning to work.

“We are really happy our staff have somewhere comfortable and private to breastfeed and pump. It’s important breastfeeding mothers returning to the workplace feel safe.”

To further support breastfeeding in the workplace, lactation consultants are available to help any mothers get set up and assist with any breastfeeding challenges.

Rotary Club of Dunedin Central helped set up a temporary breastfeeding room in Dunedin Public Hospital last year.

“We thought it was only fitting to contribute towards a permanent room,” says former president and District Assistant Governor Derek King. “It’s hugely satisfying to see the space complete.”



Service your cervix

In partnership with all DHBs, the National Cervical Screening Unit is running a new campaign to normalise cervical screening for those 25 years and over. The cervix is tucked away – out of sight, out of mind. It’s easy to ignore and forget. But we want to change that. We want to empower women to take action and give their cervix some screen time.

Cervical Cancer can be prevented, if you’re 25 and over, book in to have your cervical screening, visit starttoscreen.co.nz or Ring 0800 729 729 to find out if you are due for your cervical screening.

GIVE YOUR CERVIX SOME SCREEN TIME

Being healthy includes protecting what you can't see – your cervix

Six proven strategies to prevent delirium in older adults:

Stimulate the mind

Move

Sleep well

Ensure seeing and hearing needs are met

Stay hydrated

Eat well

World Delirium Day

“We will like to take this World Delirium Day to engage people to think about delirium as a serious condition, where we can work together to provide early detection and intervention, or stop delirium before it starts”

Michelle Muir Associate Clinical Nurse Manager AT&R says.

Delirium is preventable and here are six strategies that you can use! Please get in touch with Megan Livingstone-Young (Megan.Livingstone-Young@southernhb.govt.nz) or Michelle Muir (Michelle.Muir@southernhb.govt.nz) for more information or visit idelirium.org

COVID-19 has now appeared in the Southern district. Dr Nigel Millar, Chief Medical Officer, and Dr Susan Jack, Medical Officer of Health explain how we've been getting ready

How have we been preparing for COVID-19 in the Southern district?

Southern DHB has been preparing for the arrival of Covid-19 since mid-January, when we set up an Emerging Infectious Diseases Committee to monitor the progress of the illness and establish processes for our ongoing preparations. In the past two weeks, we have established an Emergency Coordination Centre at Wakari Hospital in Dunedin to coordinate and support planning activity across the Southern health system.

Our focus has been to 'keep it out', and be prepared so that if Covid-19 arrives in the Southern district – as it now has – we can stamp it out. At the same time, we also need to be prepared for the possibility of people in the future needing to be hospitalised for the illness. While we hope, and are working hard, to avoid that situation, we still need to be prepared.

What has this planning involved?

We've been planning at all levels of the health system, including public health, primary and community care, and across our hospitals. For example:

- The Public Health South team have been working closely with airports, travel operators, cruise ships, tertiary institutions and health professionals to manage health response at the borders and identify high risk visitors.

- We are personally greeting passengers from all international flights to provide information and advice.

- We are training extra staff to carry out contact tracing and case management

- We are working closely with WellSouth PHO and our primary care partners, rural hospitals and emergency departments to be able to detect the disease early and safely when patients present with the illness. **An important message to share is that if you think you could have Covid-19, please do not go directly to your GP or Emergency Department. Instead please call Healthline on 0800 358 5453. They are very busy and you may need to wait for a while for your call to be answered. Please be patient, this is important.**

- Our hospital teams have been planning to manage a variety of scenarios, including isolating patients and needing to care for a

few, some or many patients who may have this infection and require acute care.

- The Ministry of Health is leading the national health response, and all of our efforts are in line with their directions.

This is an enormous amount of work, and we acknowledge the immense effort from all our staff and healthcare providers across the district. The reality is, however, that in spite of all this planning, if we get a very large number of cases, this would be very, very challenging for our health system – as has been the experience in countries overseas.

That's why we **all** need to work together to slow the rate at which COVID-19 spreads in our community.

We still have the opportunity to stamp out this illness in New Zealand, and together with our strengthened border restrictions, to keep out further cases. This requires a collective effort and we thank everyone across the health system and beyond who is doing their bit to prepare through planning, following health advice and helping us stay protected from this disease.

Board Update



Dave Cull, Chair

Tena koutou katoa

When I first set to writing this column I was of course planning to touch on arguably the greatest challenge facing the health system – and certainly a greater challenge than I expected to be facing within my first months as chair – the COVID-19 pandemic.

That was last week. Now I feel it is the only thing I can talk about.

As you know by now, over the weekend the first confirmed case was reported in our patch – a European visitor to Queenstown.

This brings closer to home the reality the global community has been facing as the disease has worked its way around the world.

And every day that it has taken to reach our bottom corner of the earth has been another day our teams have had to learn and prepare.

This time has been a gift.

Advice has been made available on the Ministry of Health website, and clinical support provided by Healthline.

Our GPs have been able to rehearse the processes for patients who arrive with symptoms.

Our public health teams know what needs to be done to trace contacts.

Our people have become familiar with terms such as 'self-isolation', 'flattening the curve' and the 'East Coast wave'.

Our hospital teams have been able to think ahead to managing individuals or cohorts of patients – knowing of course that there is a limit to the capacity of our hospital system, of any hospital system, to manage very large volumes of seriously ill patients.

I have witnessed a fraction of this effort that mostly occurs behind the scenes, and – as a member of this community – I am impressed and grateful.

And as a member of the community, I know the health system cannot manage this alone. We all have a part to play and I call on everyone to follow public health advice. Keep your (physical) distance, self-isolate with patience, sing 20-second songs of your choice while thoroughly washing your hands.

The Ministry of Health website and Healthline are there to support you. Indeed our whole health system and its staff are focused on the well-being of our community.

Are there other important health needs in our district right now? Certainly. Are there other programmes of work deserving of celebration and focus? Yes of course.

But now we are facing a challenge as a whole community, and we may be doing so for some time.

Thank you for your help. We're all in this together and we are here to support you.



Symptoms

The symptoms of COVID-19 are:

- A cough
- Fever (at least 38 degrees Celsius)
- Difficulty breathing.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.



STOP THE SPREAD: Prevention

While we are still learning about this new virus it's important that everyone should know how to protect themselves from it.

Protect yourself from the virus, as you would for the flu:

- Regularly wash your hands (for at least 20 seconds with warm water and soap and dry thoroughly)
- Cough or sneeze into your elbow or by covering your mouth and nose with tissues
- Stay home if you're sick
- Avoid close contact with anyone with cold or flu-like symptoms
- If you do feel unwell you should avoid public gatherings and events
- Don't touch your eyes, nose or mouth if your hands are not clean
- On current advice, hand and cough hygiene are more effective than masks for reducing the spread of COVID-19. Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Where can I find more information?

- Ministry of Health website
- Call Healthline on 0800 358 5453 or your local doctor
- www.southernhealth.nz