



A COVID-19 simulation in action at the Dunedin Public Hospital

## COVID-19 simulations invaluable to Southern DHB

A state-of-the-art manikin and a multi-service team of medical professionals are proving invaluable in Southern DHB's fight against COVID-19.

Led by Southern DHB Emergency Department consultant and Otago Clinical Skills Laboratories Director Dr Ohad Dar and Otago Clinical Skills Laboratories Clinical Coordinator Paul Medeiros, along with a network of educators and clinicians, this coordinated effort has seen a series of COVID-19 'real life' clinical simulations run over the last month.

*"The last few months have been extremely demanding on front line staff due to the significant changes in our work environment and normal pathways,"* says Dr Dar.

"We have taken this opportunity to provide simulation-based education for many of our frontline health workers, so they can adapt to change and feel confident in managing a range of scenarios."

The simulation training sessions are made up of health workers from different services including ED, Anaesthetics, ICU, Nursing, Medical, Orderlies, St John, and Infection Control.

In each session, they are presented with a different COVID-19 scenario to work through, including transporting a patient with significant respiratory distress, patient flow through hospitals, intubation, and communication between team members wearing PPE.

After each simulation, the team comes together for an extensive debrief, providing a list of workarounds and recommendations to the COVID-19 Response Planning teams.

## Tip of the hat to Southern nurses and midwives

They are the true definition of healthcare heroes – working tirelessly at the frontline to ensure the wellbeing of our patients and community during these unprecedented times. Over the past few weeks, we have celebrated the International Day of the Midwife and International Nurses Day, acknowledging our wonderful community of nurses and midwives and their incredible contribution to the Southern region.



### Dunedin nurse honoured

Congratulations to Dunedin Hospital Emergency Department Nurse Rosie Simpson who has been made an Honorary Life Member of the College of Emergency Nurses NZ (CEENZ).

Rosie has worked in the Emergency Department at Dunedin Hospital for 30 years. For ten of those years she was a triage instructor and made a significant contribution to the triage course.



### Queenstown midwife acknowledged by locals

Lakes District Hospital Midwifery Coordinator and Midwife, Ann Mackay, has been acknowledged by local Queenstown restaurant The Hayes, with a free meal as thanks for working around the clock to ensure women and their babies were cared for during the last two months. Ann paid tribute to the Queenstown community and how supportive people have been throughout the pandemic.



## Southland celebrates 12 NETP graduates

Twelve Southland graduate nurses have successfully completed the Nursing Entry to Practice Programme (NETP) that ran from January 2019-January 2020.

NETP Coordinator Leah Watson says nurses undertake NETP during their first year as a Registered Nurse, to create a smooth transition from being a student to a nurse with real life responsibilities.

*"Providing professional and personal support and guidance to new grads in the early years of a nursing career is essential because their journey shapes and moulds them into the sort of nurse they are likely to be in the future,"* says Leah.

The NETP Programme required the nurses to complete three (now reduced to two) formal academic assignments; meet a certain number of clinical hours; and submit a Level 2 PDRP portfolio demonstrating competence. Participants also have to attend 12 NETP training days, and work a minimum of 0.8 FTE, so it is a busy programme for them, Leah says.

"The 2019-2020 graduate group have met all of the NETP requirements and have graduated from the programme. All have been offered positions in the workplace and have decided to stay."



## Board Update



**Dave Cull, Chair**

We are now in Alert Level 2, and as I reflected in my previous column, it is barely possible to describe the journey we've all been through over the past months.

At the time of writing, we have had no new cases of COVID-19 for over four weeks, and this is a testament to the efforts of the whole community.

Any acknowledgement of success is of course tempered by remembering the lives of the two people in our district that were lost to COVID-19. They and their families remain in our thoughts, and remind us of the reasons we have all needed to take the difficult steps that we have. You have taken these steps. You stayed home and broke the chain of transmission, and we are all so grateful.

Our next challenge is to keep it this way.

Thank you to everyone who is continuing to stay on alert for any sign of illness, and for getting yourself tested if you have any symptoms.

And our further challenge is to catch up on the care that was postponed during the COVID-19 lockdown period. We are working hard on this, and hospital teams are rescheduling surgeries and appointments as quickly as they can, keeping in mind the constraints of Alert Level 2.

The signal from the government that additional support would be provided to assist with catching up on this care was welcome news indeed and we look forward to exploring the opportunities that this brings. We thank everyone for their patience in these extraordinary times.

Finally, I have said it before and I'll say it again – I really do want to reiterate my sincere thanks to everyone who has supported the enormous health response over the past months. This includes our health teams in front line roles, in public health, primary and community settings, and in our hospitals, as well as all those in the behind the scenes roles whose work is also essential.

And thank you to our community. Your sacrifices and care for one another has meant we are in a situation many others around the world must envy.

The road ahead is untrodden and may not be easy, but if there is one thing we have learned it is that we are on this journey together.

Kia kaha.



## New Dunedin Hospital project demolition ramps up

As the people of Dunedin make their way back to workplaces outside of the home, those who have travelled through the city and past the former Cadbury factory site may have noticed some sizeable changes.

Demolition work for the New Dunedin Hospital project was put on hold during Covid-19 lockdown, but as soon as Alert Level 3 arrived, work ramped back up, and continues as the former Cadbury distribution warehouse is brought down.

Over the course of just two weeks, the warehouse, which sits between Castle, Cumberland and St Andrews Streets, will be entirely demolished.

Demolition contractors Ceres NZ developed a detailed COVID-19

Management Plan under Level 3, and put strict measures in place to ensure all work can be carried out safely, with workers maintaining safe physical distancing, and with hand hygiene stations set up.

Careful traffic planning has also ensured that motorists and cyclists will not be impacted throughout this process, which has been important as the city comes back to life under Alert Level 2.

Mike Barns, New Dunedin Hospital Programme Director, is confident that any delay caused by COVID-19 Alert Level 4 lockdown, will not be significant.

"We were just starting demolition prior to the lockdown, and the demolition involves quite a lot of preparatory work, so getting

that done while we were in lockdown was actually quite fortuitous.

"We've got quite a bit of time up our sleeves for the rest of the demolition process so we have the best opportunity to do it safely, do it well, and work with the city to make sure we're considerate in that work."

The Cadbury block will eventually be the site of the New Dunedin Hospital's planned inpatient building. The fast-tracked outpatient building will be built on the Wilson's carpark block, directly north of the former Cadbury distribution warehouse. Demolition of the Wilson's block is set to follow the stripping of materials from the rest of the Cadbury site, subject to resource consents.

## Telehealth helps recovery during lockdown



Many patients have been able to continue their care during the COVID-19 lockdown thanks to telehealth.

Prior to lockdown Greg who is from Milton had attended Dunedin Hospital physiotherapy outpatients following a thumb extensor tendon repair.

Physiotherapist and hand therapist Miranda Bühler provided his follow up care remotely and says there are opportunities for many more appointments to be conducted the same way in different healthcare settings.

"Greg had three telehealth sessions to progress him through rehabilitation for return of movement, strength and function and he is now back at work."

Telehealth can be by video or telephone, depending on what works for the patient.

If you're interested in having your next appointment by telehealth talk to your health provider.

## Visitor restrictions at our hospitals

Current visiting restrictions will remain in place. This is **one nominated visitor per patient who is allowed to visit once per day between 2pm and 6pm.**

The visitor policy is under regular review and any changes to the policy will be advised as soon as it is released.

### Mental Health

Please make contact with the Nurse in Charge prior to make arrangements for a visitor.

### Maternity

Women in labour in a maternity facility will be allowed one support partner, for the duration of the labour and birth. A maximum of one visitor at a time and one visit per day for women in antenatal in-patient or postnatal wards is permitted.