

Survival skills in challenging times – invitation to full-day community workshop

Southern DHB Consultant Clinical Psychologist Henck van Bilsen is running a full-day community workshop on Survival Skills in Challenging Times in Invercargill on Saturday 27 February at the Ascot Park Hotel, from 9.30am until 4pm.

The workshop is open to health professionals, members of the public and anyone interested in learning skills to navigate through life in a positive and affirming way.

"Even if you are facing challenges all around you, if you have acquired the skills to meet them with a healthy and positive mental mindset, then you will be better positioned to get through."

Henck, who has practiced Clinical Psychology for more than 40 years, has always been interested in people's

mental suffering, how it happens, and how people can arm themselves with strategies to help eliminate or reduce their suffering.

"Some people are exposed to certain events which make them depressed or anxious, while other people can be exposed to the same events and thrive. So what are the skills the people who thrive use that people who get depressed and anxious don't use?"

"The workshops we have designed are based on solid psychological science about how people can overcome mental misery and the knocks that life gives them," he says.

To reserve your place, call or email Ann Kingsbury on 03 218 1949 x 48078 or ann.kingsbury@southerndhb.govt.nz



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Lakes District Hospital patients benefit from generous donation



Lakes Hospital staff with the donated equipment. Left to right: Ellie Trees (Occupational Therapist), Gillian Budden (Physiotherapist), Alyssa Salomon (Allied Health Assistant), Lisa Friesen (Charge Nurse Manager), Louise Venter (Clinical Director) and Emily Nelson (Operations Manager)

Patients recovering at Lakes District Hospital have received a major boost thanks to a generous donation of \$7,343 from Queenstown Freemasons Lake Lodge of Ophir.

The welcomed donation has enabled the hospital to purchase three rehabilitation chairs, a super stroller walker, a Sara Steady transfer aid and a gutter frame, all used to help patients mobilise on the ward; a ROHO cushion for palliative patients to relieve pressure; and two transit wheelchairs for the Emergency Department.

"All the items purchased from this kind donation are now in use at the hospital and are a great help to our patients and to our Medical, Nursing and Allied Health

teams caring for them," says Operations Manager Emily Nelson who wanted to thank Lake Lodge of Ophir for their generosity.

"We have a wonderful team at Lakes District Hospital, it's such a positive place to work, everyone supports each other and is passionate about providing the best care we can for our patients," says Ellie Trees, Occupational Therapist.

"This extends beyond the hospital to care given in the community by Allied Health, District Nursing and the Hospice teams who assist unwell and palliative patients to remain or return home. This donation goes a long way in enhancing the care we provide."

Reminder to get your FREE measles vaccination



"I think it's important to have the MMR vaccine for measles, to protect myself and my whānau from this serious and sometimes deadly disease"

- TANGAROA WALLKER, DAIRY FARMER

If you are aged 15 to 30 years and haven't had at least one MMR (measles, mumps and rubella) vaccine, or you are not sure, get your FREE immunisation now.

Measles is a serious disease that is about eight times more contagious than COVID-19. Getting immunised is the best way to protect you, your whānau and community from catching and spreading measles.

In Southern towns and cities there were 72 cases of measles in 2019 – part of more than 2,000 cases New Zealand-wide, and sadly in Samoa 80 people, mostly children, died from the disease.

Southern DHB's Medical Officer of Health, Dr Susan Jack is calling on young people who haven't been immunised for measles to make it a priority to get the FREE MMR vaccine.

"Many people born between 1990 and 2005 are not fully protected because a higher than usual number of them did not have their scheduled childhood MMR vaccinations. If you have not been immunised for measles, or are unable to find your records, the Ministry of Health recommends you have the MMR vaccine now. However, women who are pregnant cannot have the MMR vaccine,"

-Susan Jack

To find out more about measles and the MMR vaccination, visit the Southern Health website <https://www.southernhealth.nz/SouthernMeasles>



Left to right: Megan Boivin, General Manager Operations; Nicky Vaughan, Charge Nurse Manager Anaesthesia and Pain Management; Michael Burrows, Project Manager; Sue Chambers, Perioperative Registered Nurse; Jane Wilson, Chief Nursing and Midwifery Office; Adele McBride, Associate Charge Nurse Manager; Fiona Thompson, Charge Midwife Manager; Heather LaDell, Director Of Midwifery

New operating theatre opens in Queen Mary Maternity Unit

A new Operating Theatre and Post Anaesthetic Care Unit (PACU) at Queen Mary Maternity Unit at Dunedin Hospital was officially opened with a blessing on Monday.

The ceremony was led by Matapura Ellison, Southern DHB Kaumatua who welcomed manuhiri (guests). The unit was blessed by Maori Chaplain, Rev Maureen Cribb along with Rev Joy Hamilton-Jones.

Almost a year in the making, the state of the art theatre brings benefits for mothers, their babies, whānau, and staff. New mothers are able to be cared for in a space that meets contemporary standards ensuring that privacy and

dignity can be maintained, and the clinical teams now have a modern environment to work in.

Speaking at the blessing Southern DHB Director of Midwifery, Heather LaDell said she was delighted to see the opening of the new theatre. “We now have a fabulous new improved operating theatre in the Queen Mary Maternity Unit which will enable our multi-disciplinary teams to work together more efficiently to look after our mothers, babies and whānau.”

The refurbishment project included the removal of wall linings and services in the existing theatre to allow a full rebuild of the theatre to create improved patient flow and upgraded services. To ensure

the main operating theatres weren’t impacted by the upgrade, one of the original two Queen Mary theatres (a clinical supplies room), was upgraded and used as an operating theatre. It has worked so well the team will continue to use it providing more operating theatre capacity for the unit.

Queen Mary Charge Midwife Manager, Fiona Thompson thanked all the staff who have worked so hard to make this happen from the executive level to the cleaning staff. “Everyone involved has been adaptable and patient. It’s fantastic to see the theatre opening and to look forward to the benefits for our new mums, their babies and whānau as well as for our staff.”

Board Update



Pete Hodgson, Chair

Tena koutou katoa

I’m delighted and saddened to be writing to you as your new Board chair – delighted because it is a privilege; saddened because I am replacing Dave Cull who is grappling with a serious illness.

I am not new to health. I have been involved in many ways over the years, including time as Health Minister during the Helen Clark government. But I am new to this particular job, and I am grateful to those who have offered their knowledge and wisdom as I try to come up to speed. There is a lot to learn. The Southern District Health Board is large and complicated; it affects all our lives to some extent or other.

For the past three years I have been chairing an outfit called the Southern Partnership Group, which has been responsible for getting the new Dunedin hospital underway. This is a very big undertaking – the largest hospital project in New Zealand’s history. All the key decisions about size, shape and contents have now been taken, the design is progressing on track, and of course the necessary demolition and site preparation is there for all to see.

So it is time for governance of that project to pass to people who have actually built a hospital! I will remain on the steering group, along with other locals, but the emphasis now moves from strategic thinking to construction and that requires a skill set I do not have.

The new Dunedin hospital is not being built just for those in and around Dunedin; it is being built for all of us. The way we serve the people of the Otago- Southland area will evolve a lot. Many things have to change in the way we deliver services to our public if we are to get the best out of this new facility. We will keep you updated regarding those details as time goes by, but an obvious one to think about from the outset is the role of digital technology in the delivery of health.

Other changes are afoot too, but are independent of the new Dunedin hospital. Examples include the way mental health is delivered and the development of a disability strategy. Again we will keep you abreast of developments as they occur.

So there are some big changes afoot in our health system. The urgent issues like the vaccine rollout, lead contamination or crowding at the Emergency Department will be in the daily news for a while, because they matter so very much. But my gaze is also on the longer term issues I have touched on above. Because in the long term they matter even more.

PUBLIC HEALTH ANNOUNCEMENTS

Free vaccination clinics in Dunedin

Public Health South is holding a FREE measles vaccination clinics in Dunedin, for young people aged 15 to 30 years who haven’t already been fully immunised for measles.

Wednesday 24 February,
1-4pm,
Second floor - Public Health South Offices,
Main Building,
Wakari Hospital .

Bookings are preferred but people can also drop in. To make a booking call 03 476 9875. There is plenty of parking available on-site.

Lead update

Public Health South has asked the communities of Waikouaiti, Karitane and Hawksbury to not drink the tap water, as a precaution following some intermittent spikes of lead detected in the water supply.

As we seek to understand this better, we are analysing blood tests from residents in these communities as we work to understand whether there may have been exposure to lead from the water supply. We will share these results in the next few weeks.

For more information, please visit www.dcc.govt.nz or www.southernhealth.nz/lead-alert

Unite against Covid-19

This week’s changes to Alert Levels in Auckland and across New Zealand act as a timely reminder to remain vigilant and follow the measures put in place to stop the spread of COVID-19.

- If you’re sick, stay home. Do not go to work or school. Do not socialise.
- If you have cold, flu or COVID-19 symptoms, call your doctor or Healthline and get advice about being tested. Tests are free.
- If you have been told to self-isolate you legally must do so immediately.
- It’s important that you use basic hygiene measures, including washing your hands, coughing or sneezing into your elbow and cleaning surfaces regularly.
- You should keep track of where you’ve been and who you’ve seen. Use the NZ COVID Tracer app if you can, as this helps with rapid contact tracing if it’s required.

For more information about COVID-19, visit www.covid19.govt.nz
For the latest Southern Health hospital updates, visit www.southernhealth.nz