



Pictured from left: Literacy Committee Chair Glennys Espie, Associate Charge Nurse Manager Nic Holborow, Literacy Committee President Jill Dodd, Literacy Committee Members Karon Read, Sue Johnstone, Alison Johnston, Emmerson-Leigh Morgan and her son, Kees

## Altrusa Club of Taieri donate books to ED kiddy packs

A very generous donation of \$1000 has been made from the Altrusa Club of Taieri to fund books for the Emergency Department kiddy packs.

The kiddy packs have been a wonderful part of Dunedin Hospital Emergency Department for many years - a concept initiated by hospital volunteer Christeen Bates.

Due to health issues, Christeen handed the baton over to Susanah Walker from NOOZ and she and her team, led by NOOZ Charity Coordinator Emmerson-Leigh Morgan, have fulfilled the role of purchasing items and making and restocking the packs.

*"It is such a pleasure to be involved and know that we are making a difference,"* says Emmerson-Leigh.

"These magical brown bags filled with age-appropriate items such as books, colouring, bubbles and toys provide a much needed distraction for the little ones in ED."

Altrusa Club is an international, non-profit organisation for women of all ages focusing on literacy and fellowship in the Mosgiel and Dunedin communities.

"The Emergency Department team is incredibly grateful for the donation and also to Emmerson-Leigh and her wee helper Kees," says Associate Charge Nurse Manager, Nic Holborow. "The distraction packs help provide a calmer and safer environment for patients which ultimately helps the staff do their jobs."

A huge thank you to the Altrusa Club of Taieri and to Susanah and Emmerson-Leigh for their support and dedication to this worthy cause.

## Generous donation will help save lives

Southern midwives, babies and their whānau will benefit from the generous donation of a special, lifelike, baby mannequin that will allow them to learn and practice neonatal CPR and other advanced skills.

The Lifecast baby resus mannequin was donated to the Development Practice Unit at Southland Hospital by SIDS Southland.

Southland Hospital Resuscitation Service Leader, Paul Winder says the donation by SIDS Southland of the state-of-the-art mannequin is a very generous and provides practical support for the Southland midwives.

*"Midwives are required to undergo mandatory neonatal resuscitation training each year and the life-like feel and features of this mannequin will give them a more realistic experience."*

Chairperson of SIDS Southland, Jillian Boniface acknowledged the work of SIDS Southland Secretary/Treasurer, Paula Hillman, in driving the project.

"SIDS Southland sees this sits well alongside their drive for all new parents, and those providing care for babies and young children caregivers to learn CPR and Resuscitation skills," she says.



SIDS Southland Chairperson Jillian Boniface and Midwife Annie Paulin hold the state-of-the-art baby resus mannequin donated to Southland Hospital



Occupational Health and Safety Administrator Emma Laing and Occupation Health and Safety General Manager James Knapp contribute an idea to the staff suggestion box

## New wellbeing programme run by staff for staff

Southern DHB has launched a new wellbeing programme to help foster a healthy and productive workplace.

Aukaha Kia Kaha – which relates to working together to strengthen bindings – was introduced to staff members last week and will take a grassroots approach to wellbeing at Southern DHB.

"Unlike other wellbeing programmes, Aukaha Kia Kaha is driven by our staff for our staff," says Southern DHB General Manager Occupational Health and Safety, James Knapp.

"Meaning we want to empower and enable our staff to drive this initiative, and to work together to strengthen wellbeing at Southern DHB."

The WorkWell-accredited programme will act in two ways: as an overarching framework which will pull together current and future wellbeing initiatives,

and as a hub for new wellbeing ideas, with a specific focus on key health areas including mental health, physical activity and eating healthier food.

"We are encouraging all staff to discuss wellbeing at team meetings," says James. "If a staff member or a team has a wellbeing idea that will have a positive impact on the organisation, they are encouraged to send their ideas through to the Aukaha Kia Kaha Committee – made up of staff from across the organisation – for consideration and endorsement or support.

"No idea is too big or small. For example, we've recently approved the installation of picnic tables on the Wakari Hospital site so more staff can enjoy eating their lunch outside. Small changes can have a big impact on our wellbeing, and we're excited to see what our staff come up with."



## Renewed partnership between Southern rūnaka and health authorities



An agreement that provides the foundation for bringing the health aspirations of Māori to life in Southern New Zealand was formalised on Monday.

The signing of the partnership agreement at Ōtākou marae renews the relationship between the district's core health administration bodies, Southern DHB and WellSouth PHN, and the Murihiku and Araiteuru Papatipu Rūnaka, representing Māori from across Otago and Southland.

The partnership agreement updates and renews the first agreement among these parties signed in May 2011. A decade later, the signing underscores a shared commitment to ensuring equity through meaningful collaboration and engagement through the Iwi Governance Committee.

An Iwi Governance Committee spokesperson described the day as significant.

“Manawhenua leadership from across Otago and Southland have come together to sign off a refreshed partnership agreement with the Southern DHB and WellSouth.

“The intent is to work together to increase health outcomes for Māori.

“Māori, as we know, have lower health outcomes than others and this signing represents a joint approach to minimise existing barriers for Māori in the region.

“Collectively we understand that attending to these problems will ensure Māori have equity and best care in all systems. This includes the pathways by Māori for Māori approach that is supported by Southern DHB and WellSouth.”

Southern DHB chair Pete Hodgson says the signing is timely, as Māori, the government and whole health sector demand a step-change in ensuring truly equitable health outcomes for Māori.

“The disparity between Māori and the general population is no longer just a matter of concern; it is a matter that demands resolution. This signing is a day to reassert our absolute conviction that the current inequities are unacceptable, and our shared unwavering focus on making the changes that are needed.”

WellSouth PHN Chair Dr Doug Hill says the time for change is long overdue: “We’re committed to working together with our colleagues to make real progress for Māori health outcomes. We know there is significant work to be done and this partnership is our commitment to effect change. Our combined efforts will benefit Māori and their whānau today and for generations to come.”

### Measles Team attends Moana Nui Festival

The Southern DHB Measles Team took the ‘protect yourself against measles’ message to the inaugural Moana Nui Festival at Forsyth Barr Stadium recently.

Run by the Pacific Trust Otago, the Moana Nui Festival was the opportunity for Dunedin to explore, experience and celebrate the Pacific cultures in the city.

Part of the vision for the Festival was to create networks with social, health and education services to ensure resilience among our Pacific communities, particularly as we deal with the impacts of COVID-19.



Health Promotion Adviser and Population Health, Livia Hardy, and Health Care Assistant, Vaccine Preventable Diseases, Priority Waihirere

### Southland Hospital staff enjoy Surf to City event



Keryn and Simon Donlevy



Around 140 staff and whānau from Southland Hospital participated in the ICC Surf to City event in Invercargill on Sunday 14 March.

Team Captain, Tim Mackay said he was delighted by the support of staff and their families for this important community event, which promotes wellbeing.

“It’s great to get together with Sport Southland and ICC to join so many people in our community in exercising and enjoying the great outdoors,” he says.



Roshan Silva and family

## Board Update



Pete Hodgson, Chair

There has been a curious thing going on in Dunedin and Invercargill hospitals, and in some other hospitals around the country too. They have been full, over the summer. This high occupancy in summer causes much inconvenience to patient and clinician alike.

High hospital occupancy is typically a winter event, but this year it happened early, long before any flu season. Clinicians, who sounded the alarm back in December, are concerned that unless the high occupancy is fixed, our hospitals may become more seriously congested this winter.

What is more, people who have been waiting for their planned surgery face delay, and sometimes don’t find out till the day of their operation.

So, what caused this problem in summer? The best ‘guess’ is that Covid-19 meant health workers had a pretty tough 2020, and that we have still to catch up on the backlog of treatment deferred during the lock down. On top of that Invercargill’s ED is seeing lots more people than expected and of course Dunedin hospital is getting old. Added to this have been challenges in recruiting nurses which has restricted the number of patients we can care for at a point in time.

The solution involves lots of different practices, perhaps already partly but not reliably in place. Two examples: instead of admitting someone for a few days so they can get the CT or MRI scan they need, they can be admitted to a ‘virtual ward’. That means they can wait at home, be sure they still have a timely scan, but in the meantime free up a bed (of course, the better solution is to buy another CT scan – one is on order). Another example is developing discharge criteria so that patients can go home once they have met all the criteria, rather than waiting for the specialist to visit next day. Added to this, of course is the recruitment of nurses, helped lately by recent local graduates from our local nursing schools.

We call all this action the ‘patient taskforce’ and if you notice you are getting through the system a bit more quickly, that might be why.

We hope to unblock our hospitals in time for winter, resume the level of planned surgery we want to have and maybe even give our health workers time in their day to catch their breath.

**REMINDER: Free measles vaccination clinics are available** for 15-30-year olds every Wednesday in March at Wakari Hospital in Dunedin. Bookings are preferred but not essential. Call 03 476 9875. Alternatively contact your GP or participating local pharmacy.