

# Getting in and around Waikato Hospital

Waikato Hospital has undergone changes recently including the opening of its new carpark building and the closure of the old main entrance. The carpark building is the main entrance into the hospital and the photos below show you what to expect on your next visit. If you need help, please ask one of our volunteers stationed at key points throughout the new buildings. They are there to help.

## Drive in Gate 1

Enter and exit Waikato Hospital grounds through Gate 1 off Pembroke Street and follow the signs to the carpark building. When you enter the building, take a ticket from the machine to raise the barrier arm and remember to take this ticket with you and pay before returning to your vehicle.



## Lift access to main hospital

The carpark building has 18 levels and each has direct lift access into the main hospital buildings. Before you enter the lifts, take a parking level reminder ticket to remind you what level you parked on and whether you need to take the blue or orange lifts to get back.



The lifts have doors on each side and separate button panels for carpark (left) and hospital (right) levels. If you get in from the carpark building, you will need to exit on the opposite side to access the hospital. Some carpark building levels require you to exit and enter the lifts on the hospital side; signage inside will direct you the right way.



## Shuttlebugs

If you are unable to walk the distance from the carpark building to your appointment, you can catch a free ride on one of our shuttlebugs or the shuttlebus by waiting at one of the stops located around the hospital. The main stop is outside level B5 of the carpark building.



## Level L1

Step out of the lifts at Level L1 to get into the main hospital buildings. Here you will find helpful volunteers, wheelchairs for those who need it and rest-stop seating. We have also put maps on the walls that will show you where you are and help direct you to where you want to go.



## Paying for parking

Parking payment machines are located at levels B5, B3 and L1 and you will need to pay at one of these machines before returning to your vehicle. Once you have paid, the machine will give your ticket back for use when exiting the carpark building.



## Increased diabetes services for South Waikato

Diabetes service in the South Waikato has been increased thanks to the Waikato Primary Health Organisation and Waikato District Health Board.

In the past, the South Waikato district has had limited hours allocated for diabetes care, however this all changed recently when the Waikato PHO provided more funding for the local diabetes nurse specialist's work.

"There are high numbers of Maori and Pacific in the South Waikato, who have a higher rate of diabetes, so it is important that more time and money is spent there," said diabetes clinical nurse specialist Susie Whitcombe.

"The local nurse specialist works in GP practices where possible, and the PHO is looking to fund another nurse for the area as well."

On top of increased staff time dedicated to diabetes, there are now several associated clinics run through Tokoroa Hospital.

These include podiatry, paediatric diabetes, and a clinic by visiting diabetes consultant Dr Wu.

"We also have a primary care project in progress at the moment, using community health workers to help coach people with diabetes and help them access services," said Mrs Whitcombe.

"There is great progress being made in the South Waikato where diabetes is concerned."

## Getting back to her grass roots in home life and at work

It was all about returning to her roots for Rae Gavet, when after 25 years she returned to her hometown, as well as her much loved profession of nursing.

The mother-of-one started her career as a registered primary school teacher in Hamilton. However, further down the track, it became nigh impossible to get a permanent teaching job in the city.

Rae had a mortgage to pay, so decided to widen her career options by training as a nurse.

"I went back to 'school' the same year my son Andy started primary school, and we'd do our homework and study together," she said.

"It was quite hard caring for Andy on my own while trying to study and work at the same time, but we managed."

After graduation, Rae started work at Waikato Hospital, firstly as a ward nurse and then as nurse manager in the outpatients department.

Once Andy started NCEA at high school, Rae decided to take a break and spend her son's last three years of school at home with him, having worked since he was just a few months old. So, then came her five-year nursing 'hiatus'.

At the end of her son's final school year, he went flatting and Rae sold up house in Hamilton to move back to her hometown of Tokoroa.

Rae was born in Mangakino, and moved with her family to Tokoroa when she was five.

"Even after being away for 25 years, I still considered the South Waikato my home.

"I know some people may ask, why Tokoroa? Well, Tokoroa is a multicultural town, and mine is a multicultural family as my father is Samoan and my mother English/Irish. All my family live within an hour's drive from here and yes, I am a rural girl at heart."

While Rae went to the trouble of undergoing the process to re-register as a teacher and worked for a year as an itinerant teacher in Tokoroa, when she saw the vacancy for a position as a public health nurse at Tokoroa Hospital, she jumped at the chance.

"It was just the career opportunity I had been looking for, as the nursing role would allow me the level of autonomy my years of experience would enjoy, the satisfaction of doing a great job well and a full-time wage," she said.

She underwent the six-week return to nursing recertification process to assure the New Zealand Nursing Council of her competency as a health practitioner.

"I thought it was going to be a painful repeat of irrelevant stuff I hadn't forgotten, however I was more than pleasantly surprised to find it



**BACK TO STAY:** Tokoroa public health nurse Rae Gavet has recently returned to her hometown and her much loved nursing.

wasn't at all," said Rae.

"The Wintec co-ordinator bent over backwards to find me a late placement on the course and, knowing I was to be employed as a public health nurse once I gained certification, she negotiated with her equivalent at the Waikato DHB to allow my four-week practicum to be undertaken within their Community Health Team in Hamilton.

"The PHNs there took me under their wings and I was involved in a wealth of valuable experiences while working with them."

The first two weeks of Rae's course were spent at Wintec reviewing the various rules, regulations and

parameters that guide nursing practice.

"Issues of culture were again explored and the new professional development pathway scheme was explained," tells Rae.

"These two weeks were invaluable to me as a returning nurse. In the relatively short time I had been away from nursing practise, a major change in health law had been introduced and the Nursing Career Pathway Framework had had a complete revision."

So, it's been a long road home for Rae Gavet, but after just three months back in the game, she can't imagine any other place she would rather be.