

Working together for their patients

Taumarunui Hospital nursing staff plan to go against the grain and treat patients with a team approach.

As a way to provide better staff support and optimise skills to improve the patient flow/care continuum, a 12-week pilot called the 'Working in Teams Project' has been devised and will be implemented next week.

Hospital manager Tina Baker said one of the main project objectives is to support staff while providing a high standard of care to patients.

"In the past we have had a very stable workforce within the hospital, however that trend is changing," said Ms Baker. "More staff are rotating through the inpatient unit and there is a need for stronger links to support and supervision, so we have decided to pilot a workforce development project around working in teams rather than the present primary nurse-based care system."

Under the new system, nursing staff will be working in senior nurse-led teams for each morning and afternoon shift in the inpatient acute care unit.

It will be a delegated team leader's responsibility to support, supervise and direct her team comprised of three nurses and healthcare assistants.

"Some aspects of patient care will be performed as a team," explained Ms Baker.

"For example, staff will meet and greet patients as a team at the beginning of each shift and relieve each other for planned breaks and medications management."

She said as part of the pilot, a registered nurse becomes a 'transfer nurse' and their hours of work will change to 11am-7.30pm, Monday-Sunday, which will enable them to provide better scope for acute transfers.

"When there are no patient transfers, these 'transfer nurses' are still available to cover parts of both shifts, or when they are busy, will allow for extra support and relief for planned breaks," said Ms Baker.

"Emergency nurses will also be able to help with planned transfers and support will be reciprocated in the emergency department by the transfer nurse and other members of her team, as required."

As a result, this inpatient acute care team will have less inpatients to care for and be able to cater for ED admissions into the ward, providing continuity.

"This is of benefit to both patients and staff as staff are supported by their team, will learn from each other and develop interpersonal and personal skills, while patients are dealt with more efficiently and receive a higher standard of care from a well supported team," said Ms Baker.



TINA BAKER

Snacks do not need to come in packets

Looking for ideas for quick, tasty, cheap snacks for the family?

"Try homemade snacks" is the latest message from the Feeding our Futures programme.

The programme offers tips for parents to help them achieve healthy diets for kids.

This latest tip urges parents to make homemade snacks for children, instead of reaching for the processed, packet-snacks.

"Home-made snacks can be low-cost, fun to make and better for kids than the high-fat, high-sugar options that we see on many supermarket and dairy shelves today" said Feeding our Futures programme manager Michelle Mako.

"They can be super quick to make too."

Some examples of home-snacks include popcorn, sandwiches, cereal, pieces of fruit, a glass of milk and yoghurt.

"Or try a monkey roll – a banana in bread – which is quick, tasty and low-cost, plus it'll keep them satisfied until dinner time," said Ms Mako.

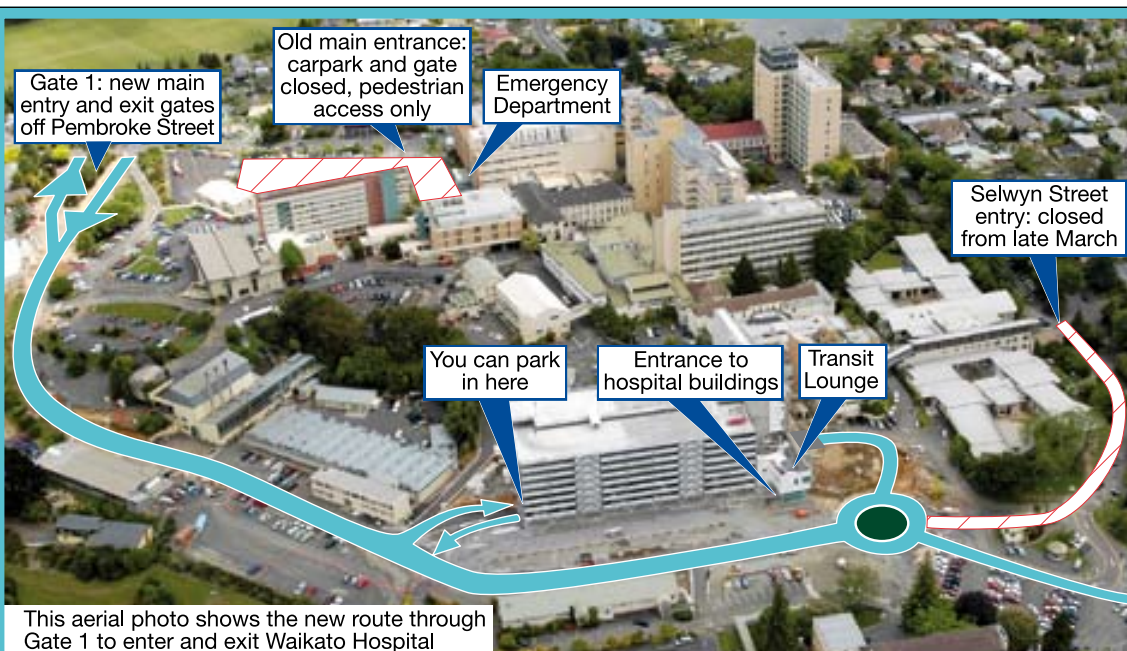
"If you're giving your child fruit as a snack, you'll know that you're getting more goodness into their diet."

"Getting kids to help you in the kitchen or to make their own snacks, means that they're learning about preparing healthy food. Plus you can show them how to clean up after themselves."

Visit www.feedingourfutures.org.nz for more tips on healthy eating for families.



NO PACKET SNACKS: The Feeding our Futures programme team are urging parents to try snacks such as popcorn as an alternative to often unhealthy packet snacks.



This aerial photo shows the new route through Gate 1 to enter and exit Waikato Hospital

Easy access, more parking at Waikato Hospital

The Pioneer Jet Tours' daily bus service between Taumarunui and Waikato hospitals will continue. The new drop-off and pick-up points at Waikato Hospital are outside the entry building and Transit Lounge.

Carpark building open

The 18-level building can hold more than 800 cars and provides direct lift access to the main hospital buildings.



www.waikatodhb.govt.nz

If you need help, make sure you ask for assistance. Our hospital hosts and friendly staff are on-hand to help you find your way.

REGISTERED NURSES

Want to return to the workforce?

Information Day

Waikato Hospital, Friday March 14

9.30am – 11.30am and 1pm – 2.30pm

LEVEL L1, ENTRY LINK / CAR PARK BUILDING

Park in the car park building

Take the lift to level L1

Whether you are a returning, or prospective nurse This day is designed for you.



WHY HEALTH WAIKATO?

- Flexible working hours to suit you!
- Supportive orientation
- Ongoing education and learning opportunities
- Staff discounts at a number of retail outlets
- Squash/tennis courts available onsite

COME ALONG AND HAVE A CHAT WITH US

- Have fun practising with equipment
- Have a ward/hospital tour
- Refreshments provided
- Information packs/handouts available



We would love to see you!