



WELCOME: Health Waikato chief operating officer Jan Adams congratulates Fiona Reid on the birth of her daughter Brooke Arapera Naomi Phillips – the first baby born in the new delivery suite.

Brooke welcomed to new suite

When Hamilton mother-to-be Fiona Reid went into labour three weeks ago, she was not expecting to see brand new facilities at Waikato Hospital – and be the first to use them.

“It was quite a surprise. They moved me in halfway through labour and it looked awesome. Much nicer and brighter,” she said.

Ms Reid was the first woman to give birth in the newly refurbished delivery suite.

Brooke Arapera Naomi Phillips was born at 3.07pm on Tuesday, July 29.

Health Waikato chief operating officer Jan Adams congratulated Ms Reid on her new arrival and being the lucky first to use the new facilities.

Major refurbishment of the suite began in January as part of Waikato DHB’s Service and Campus Redevelopment project to provide a more comfortable place for women to give birth.

A more secure and modern clinical environment was also part of the brief.

The new larger, modern and more private rooms now receive natural sunlight making the rooms a much brighter place to give birth.

Most of the rooms also include an ensuite bathroom with shower – a significant improvement from the old suite where women were required to share.

Work is now set to get underway on the second half of the suite, with full completion by the end of the year.

The result will be a one-stop shop for pregnant women with a central reception area directing women to either the delivery suite or Women’s Assessment Unit.

For more information about Waikato DHB’s Service and Campus Redevelopment project visit:

www.waikatodhb.govt.nz/SCR.

It’s a jungle in there

A jungle adventure awaits children in Kids’ Place at Waikato Hospital’s Emergency Department.

Peering down from the walls of the Kids’ Place waiting area are murals of jungle animals designed to create a more fun, relaxed feeling for children and their families when visiting the Emergency Department.

Emergency Department clinical nurse manager Jenni Yeates said the murals provide some fun for the children in the Kids’ Place waiting area.

“We find that the paintings and toys in the waiting area are a diversion therapy for the children while they’re waiting to be seen,” she said.

These murals are just the latest in a series of initiatives by the staff in Kids’ Place.

The jungle murals use recycled wood and paints, showing that fun art can be cheap, cheerful, and environmentally responsible.

“They were created by a nurse on her own time and are an example of a team that goes over and above the call of duty to create somewhere special for sick children,” said Mrs Yeates.

“Emergency Department staff really care about creating an environment that is calming for sick children and their parents, going above and beyond their job description to make it happen.”

Staff also use their own time to find businesses willing to donate toys and art supplies for children.

“The staff really want the children to feel relaxed when they come into this foreign and often daunting environment.”

At Christmas the Kids’ Place becomes Santa’s Grotto, over the V8s you would’ve mistaken it for pit lane, and when the rugby is on it becomes a rugby fan’s paradise.

A big snake will soon join the jungle theme. It will run along the corridor leading to the Kids’ Place as a teaser of what is to come.



JUNGLE FEVER: Some of the art work adorning the walls at Kids’ Place.

Rest stop seating on long hospital corridors

Red seats have been installed on Waikato Hospital’s main corridors to provide a much needed rest-stop area for visitors.

The seats are the latest addition to the services available for patients or visitors who are finding the long walking distances difficult.

A wheelchair capable bus was added to the hospital’s existing shuttle service earlier this year that provides free rides around the campus, starting from the carpark building.

Waikato DHB Service and Campus Redevelopment project director Ian Wolstencroft is keen for visitors to use these services, particularly while the hospital is changing so much.

“It is understandable that some people are finding the distances difficult.

“Having to walk the full length of the red corridor from the carpark building to a clinic is a fair hike for any person.

“Anyone who thinks they will have trouble should get a ride on a shuttle to the hospital area they are visiting. The service is free and there for visitors to use,” he said.

Waikato Hospital’s red



TAKE A SEAT: One of Waikato Hospital’s volunteers has a breather.

corridor is a familiar walkway for patients and visitors and the length of it has been a popular topic of conversation since the opening of the carpark building.

Mr Wolstencroft said not many people would have walked the full distance before the carpark building opened because of where the old main entrance was.

“But this long distance to clinics is only temporary,” he said.

“In 2012 when the project is complete the Waikato Clinical

Centre will link directly into the carpark building at three levels so your appointment will be merely a few metres walk from your car.”

“The carpark building needed to be built before other planned construction so the hospital could maintain the number of carparks onsite.

“We had to close the old main carpark to allow construction of the new emergency department building to get underway.

“If we hadn’t completed the carpark building before this,

then there would be nowhere for patients and visitors to park,” Mr Wolstencroft said.

Other planned work for the redevelopment of Waikato Hospital includes:

- Major refurbishment to the delivery suite
- Neonatal Intensive Care Unit extension
- Emergency Department construction
- Forensics upgrade at Henry Rongomau Bennett Centre
- Waikato Clinical Centre construction.

Waikato DHB Major Incident and Emergency Plan gets board sign-off

In an emergency providing essential health services is a critical requirement for Waikato District Health Board.

It doesn’t just happen.

Lots of planning occurs as the Waikato DHB board learned last week when it signed off on a report to ensure watertight procedures for Waikato residents in the event of a regional emergency.

The Major Incident and Emergency Plan 2008-2010 is now available on the Waikato DHB website.

The plan outlines different parts of the region most at risk of certain emergencies, including flooding, earthquakes, pandemics and fire.

Waikato DHB emergency management

manager Stuart Cockburn said the Waikato DHB version of the plan was in line with the Midland regional and national plan.

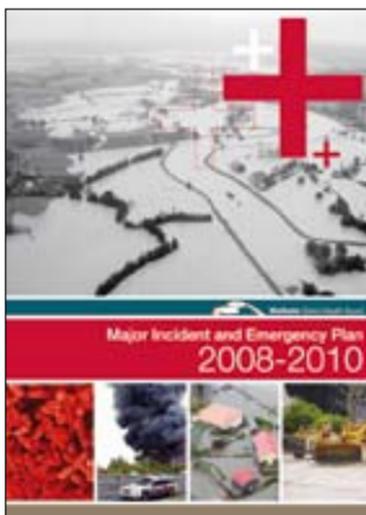
“The organisation is constantly maintaining and revisiting best practice approaches to emergency management,” said Mr Cockburn.

“It is an important planning element nationally, however very important for us here in the Waikato as this region faces a large number of natural and technological hazards.

“Its geographic size, coupled with the spread of rural communities linked primarily by road, emphasises the need for emergency management systems that take into account the need for self-reliance, while working to a wider co-operative framework.

Transit Lounge eases pressure

Waikato Hospital’s Transit Lounge helped the hospital get through recent busy times, freeing up a record number of beds and taking pressure off the wards. The hospital was close to full capacity early this month and as a result, the lounge had its busiest week since opening in January. A record 40 people were discharged to the new facility during one day and a total of 144 for that week.



Back in action after 16 years away

No matter how long you stay away from nursing, you can always come back.

Just ask Katarina Simon of Hamilton who is back on the wards at Waikato Hospital after 16 years away.

When Katarina went along to the Waikato District Health Board's open day earlier this year, she had no idea what to expect.

Katarina left the profession in 1992 to raise her three sons and was unaware how much nursing had changed.

In the intervening period she continued her studies and you can today call her Dr Simon because she completed a PhD last year.

She also has a postgraduate diploma in development studies, master of social sciences and bachelor of social sciences.

However, when Katarina heard about the open day at her old stomping ground she decided to go along.

"The open day was a great idea," said Katarina.

"I am really glad I went along as it enabled me to familiarise myself with the new registered nurse context of Waikato Hospital in a non-threatening way."

The changes in working conditions for nurses made such an impression on Katarina that she has since completed the six-week return to nursing course offered by Wintec.

The 41-year-old is due to start full registered nurse duties in Waikato Hospital's Neonatal Intensive Care Unit this week.

"The course was absolutely brilliant. It covered all the necessities for coming back to nursing today, within a user-friendly environment," she said.

"A significant amount of time was spent on cultural safety and the Treaty of Waitangi with much

enthusiasm, which was neat to see."

Included in the six-week course is a clinical placement, which Katarina spent in ward 51 (gynaecology).

"I thoroughly enjoyed and appreciated my clinical placement. It was a valuable opportunity for me to get back into the swing of things under the guidance of a mentor.

"It felt wonderful to experience the passion for the job again; being part of the nursing team and going home inspired and feeling you make a real difference."

Following the successful clinical placement, Katarina went for a job interview where she more than impressed the panel with her knowledge and passion.

Fifteen nurses completed the competency programme to reenter the nursing workforce as a result of Waikato Hospital's open day.

Due to this success, the hospital will host another open day for former and future nurses on Friday, September 5 from 9.30am to 2pm.

Katarina is one of the faces and voices of Waikato's 'return to nursing' campaign and can be spotted in newspaper advertising and heard on the radio promoting the next open day.

She says she is glad to help Health Waikato's drive for the return of experienced nurses to its hospitals and communities.

"Coming back with fresh eyes certainly made me realise what a wonderful profession nursing truly is and how much of a privilege it is to be part of," said Katarina.

"It is a pleasure to share that with others who may be thinking about returning too."

Visit www.waikatodhb.govt.nz for more information about next month's nurses open day.



SHE CAME BACK: Katarina Simon.

Americans check out DHB website

Americans seem keen to check out jobs in the Waikato if hit rates to Waikato District Health Board's revamped website are an indication.

www.waikatodhb.govt.nz went live in late June after six months development.

The site replaces its seven-year-old predecessor with a clean and fresh design, providing clear, concise and up-to-date information for patients and visitors.

"Websites are an increasingly important way for organisations to communicate with the public," said Waikato DHB media and communications director Mary Anne Gill.

"We took the time to make the new site easy to navigate and helpful for people outside the organisation.

"The focus is on useful information aimed at specific audiences such as patients and their families, visitors, health professionals and possible recruits, rather than details about the health board's structure."

In its first month, there were more than 13,000 visits. The main countries visiting, apart from New Zealand, in order were the United States, Australia, United Kingdom, India and Canada.



NEW HOME: Waikato DHB's new look website.

More people from Auckland than Hamilton visited the site and the top reason for visiting was to check out jobs while the news pages and photo library also attracted plenty of interest.

People are able to visit the site for the latest news and changes taking place at Waikato and Thames hospitals as part of the \$252m redevelopment project – an ever-changing process.

"The website also covers what services are provided by Health Waikato, what to expect when coming

to hospital, what advice and support is available, who is on the board and its committees, the latest public health advice notices, jobs at Waikato DHB, and other practical and interesting information," said Mrs Gill.

Individual pages feature Health Waikato facilities at Taumarunui, Thames, Te Kuiti, Tokoroa, Te Awamutu and Morrinsville.

"It is a vast improvement on the previous website and was created with the public in mind."

Maeroa kapa haka star in Fresh Future campaign launch at Waikato

A rousing performance from Maeroa Intermediate School's kapa haka group proved the highlight of the day when Progressive Enterprises' Fresh Future fundraising campaign to support children's health launched at Waikato Hospital last month.

A crowd of about 100 attended the ceremony from various Waikato Progressive Enterprises supermarkets and Dick Smith stores.

The campaign, now into its second year, is raising funds for 10 New Zealand hospitals with dedicated children's wards.

Last year, the appeal raised more than \$1 million, of which Waikato Hospital received more than \$210,000.

Health Waikato chief operating officer Jan Adams said the hospital really appreciated the funds raised from the event last year and was

looking forward to supporting the campaign again in 2008.

"We're very, very grateful for the money received last year and I can assure you that the money was well spent.



"It went towards the Child Development Centre, the children's wards, new born intensive care unit, and the Mothercraft unit.

"Everyone has been delighted with what the money bought," she said.

Television personality and Hamilton city councillor Kay Gregory compered

the launch.

During the next eight weeks, various fundraising activities - ranging from bike rides to head-shaves, trolley races to raffles – will take place for sick kids and their families. Waikato Hospital staff will support and get involved in these activities.

Progressive Enterprises managing director Peter Smith said the team was keen to support kiwi children who are in hospitals, their families and the "wonderful" medical professionals who treat them.

To make a donation to the appeal customers can text 'kids' to 883 to make an automatic \$3 donation; place money in the boxes situated at store check outs, or online grocery shoppers can add a \$1 donation onto their shopping bill when they shop at www.foodtown.co.nz or www.woolworths.co.nz

Eat well. Be active.

Exercise your sense of humour.

Share Sarah Walker's journey to the Kona Ironman World Championship – and pick up some tips for healthy eating and healthy action along the way.



Sarah's blog www.waikatodhb.govt.nz/sarah

Waikato District Health Board

I came back to nursing...

So can you

NURSING OPEN DAY

Friday, September 5, 9.30am-2pm
Bryant Education Centre, Waikato Hospital

Calling all former nurses keen on getting back into the workforce at Waikato Hospital or those wanting to pursue a nursing career.

Why Waikato Hospital?

- 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

Why not come along and have a chat with us?

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

T: 07 839 8899
X: 8614



HEALTH WAIKATO
CARING FOR YOU

Waikato District Health Board

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