



WELCOME: Health Waikato chief operating officer Jan Adams (right) of Cambridge congratulated 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 of Cambridge 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.

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.

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.”



NEW HOME: Waikato DHB’s new look website.

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.

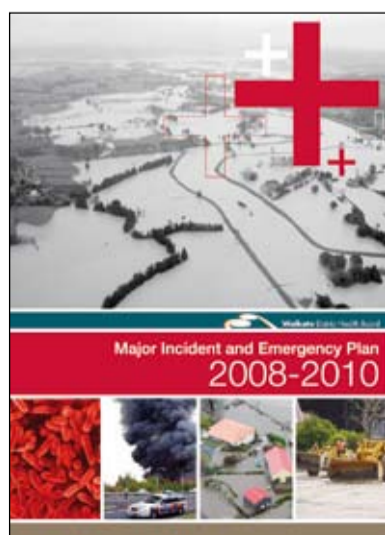
“We had to close the old main carpark to allow construction of the new emergency department building to get underway.

“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.

“The region is host to active faults, volcanic action and large rivers. The further challenge for Waikato DHB is that its boundaries are different to those of Environment Waikato and other emergency organisations providing services to the region,” he said.

The plan occurs when a local, regional or national incident meets the definition of a health emergency.

Examples of these activations in the past year are: the Sans computer failure at Waikato Hospital, Christmas/New Year hospital overcrowding, Resident Medical Officers’ strikes, the Tamahere cool store fire, the Coromandel toxic honey poisoning, Thames storms and a norovirus outbreak in Henry Rongomau Bennett Centre.

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.

Maintaining a work-life balance in nursing

GOING back to nursing after having her daughter Charlotte was an anxious time for single mother Sonia Wells.

The Morrinsville woman always enjoyed her nursing career, but could not escape the fears about returning to the workforce as a solo parent who spent the first three years of Charlotte's life at home.

"Having a child changes everything and I didn't know how I was going to manage to go back to work while giving Charlotte everything that she needed from me as her mum," said Sonia.

"But the time came when I needed to go back to work and all I knew was that I didn't want to work full-time and I didn't want to work overnight.

"The logistics of returning to work seemed too hard to make it a positive thought."

Sonia first had the daunting task of finding childcare for Charlotte. She found a babysitter for the evenings

and a friend offered to have her daughter on Fridays. Then she rang Waikato Hospital to see what hours she could get through an agency.

"Contacting an agency wasn't something I had never done before, but I will certainly never regret it," said Sonia.

"It enabled me to get my nursing confidence back and widen my scope of practice."

From there, Sonia was able to secure a afternoon shift position close to home at continuing care facility Rhoda Read and maintains one day per week at Waikato Hospital.

"I must admit it was very nerve-racking to come back to nursing. Because I was a surgical nurse through and through, the thought of working in a medical ward or the emergency department was pretty scary.

"But it has not been a problem at Waikato Hospital. They gave me a three-week orientation through all the



NO JUGGLING ACT: Morrinsville nurse Sonia Wells has found balance between being a mother to Charlotte (3) and her career when she returned to nursing recently.

wards that utilise an agency and took me on one day per week from 8am-3.30pm."

Sonia said all the nurses on the wards show her the ropes.

"Sometimes someone from the agency even comes with me," she said.

"There is so much more flexibility in nursing now than there was even three to five years ago.

"It has allowed me the work-life balance of doing a job I enjoy in nursing, and doing a job I love – being a mum to Charlotte."

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.



I came back to nursing...

So can you

Nursing Open Day

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

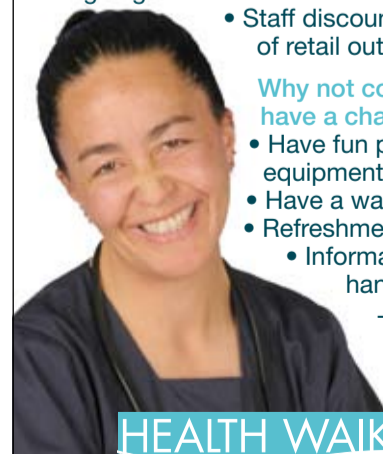
Calling all former nurses keen on getting back into the workforce or people wanting to pursue a nursing career.

Why Health Waikato?

- Flexible working hours to suit you!
- Supportive orientation
- Ongoing education and learning opportunities
- Staff discounts at a number of retail outlets

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.



To register:
T: 07 839 8899
X: 8614

HEALTH WAIKATO
CARING FOR YOU
Waikato District Health Board
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