

Waikato DHB in New York City Marathon

THREE Waikato District Health Board employees will take to the streets of New York city in November when they participate in the world's largest marathon.

The annual New York City Marathon attracts thousands of entrants from all over the world and entrants are limited to 37,000 people.

On November 2 Betty Holden, Carlee Logan and Helen O'Connell will be three competitors among this huge crowd of runners.

Each has their own reason for entering the 42.2km race but all have one goal in mind – to finish.

Ms Holden, a Te Kuiti health promoter, is hoping to complete the course in less than five hours.

"Everyone who finishes under five hours gets their name in the New York Times so that's something extra.

"I'll just be telling myself you can do it, just keep putting one foot in front of

the other and do not go out too hard too fast," she said.

Ms O'Connell, a Waikato Hospital haemodialysis nurse is aiming for 4.5 hours and Ms Logan, a Tokoroa community mental health nurse and the only one who has previously competed in a marathon, is aiming for less than four hours.

"As long as you finish, that's the main thing.

"You get a real sense of achievement when you finish a marathon," said Ms Logan and Ms Holden agreed.

"Crossing the finish line makes it worth it after all this effort and training," she said.

"You could go to New York anytime but this will make it so much better".

The fact that the event is held in the media capital of the world was also a key attraction for the three women.

"I've always wanted to go to New York so when I heard that Betty and

Carlee were going I thought I'd join in too," Ms O'Connell said.

Ms O'Connell is looking forward to the atmosphere of the race with two million spectators expected at the event and 315 million worldwide TV and on-line viewers.

"I've heard that there are at least people three-deep along the whole course cheering you on. That will be pretty amazing," she said.

All three are also looking forward to some serious shopping and then some well-deserved relaxation time after the race.

The New York City Marathon course runs through all five areas of the city starting on Staten Island then through Brooklyn, Queens, Manhattan and The Bronx with the finish line inside the famous Central Park.

Previous competitors have said that crossing the finish line is one of the great thrills of a lifetime.



IN TRAINING: Tokoroa community mental health nurse Carlee Logan is competing in the New York City Marathon in November.



POOL TIME: Benjamin Henwood helps his son Cameron practice visual skills in Waikato Hospital's hydrotherapy pool.

Warm water therapy aids rehabilitation

FOR hundreds of years, physicians all around the world have prescribed water therapy as a treatment for common health ailments and Waikato Hospital is no exception.

More than 70 patients exercise in the 35-degree heat of the hospital's hydrotherapy pool on a daily basis to aid their recovery from stroke, injury or surgery.

Kylie Parker, physiotherapy team leader said they encourage patients of all ages to use the pool as part of physiotherapy and rehabilitation.

"We have people using the pool as a part of their stroke rehabilitation, following surgery or injury, as well as pregnant women and children with disabilities.

"Hydrotherapy for children is fun as well as therapeutic. The water allows them to experience more freedom of movement.

"It can also be a time for the parent and child to bond and enjoy therapy in a relaxing environment whilst building water confidence," said Mrs Parker.

The use of child friendly equipment makes therapy more enjoyable and effective for children.

Bubbles are used in the pool with young children to help them practice visual skills such as looking and tracking. Kick boards and other floatation devices like noodles are also used.

"Ultimately, each activity in the pool is designed to improve a person's health and wellbeing

with exercise programmes tailored specifically to them.

"The buoyancy and resistance provided by water assists with their exercise programs.

"It's not for everyone, but the warm water provides a relaxing and supportive environment to gain muscle relaxation and the weightless feeling in the water makes it easier for some patients to exercise."

Any person under the care of a Waikato District Health Board physiotherapist can have access to the pool at Waikato Hospital, if appropriate. Patients reap the full benefits from the water if used in conjunction with other physiotherapy or rehabilitation treatment.

Americans check out new 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,



NEW HOME: Waikato DHB's new look website.

lia, 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."

Transit Lounge eases the pressure for patients at Waikato Hospital

WAITING for a ride just got easier at Waikato Hospital.

The recent addition of the hospital's new Transit Lounge provides a restful environment for patients who have been discharged but are unable to leave.

These patients may be waiting for medication, a doctor's letter or a ride home from relatives, friends, or even a taxi.

The facility is furnished with recliner chairs, television, reading material, light refreshments, toilet facilities, an information board, and a curtained area for consultation with members of the clinical team.

Clinical nurse manager Fiona Liddle is pleased that the Transit Lounge can provide

such a convenient service to patients.

"Previously these patients would have waited in a ward, usually on their bed, but the Transit Lounge now provides them with a comfortable and relaxing place to wait that is also staffed by a full clinical team."

The Transit Lounge is a purpose-built facility, established to improve a patient's journey.

It plays an important role in the discharge process at Waikato Hospital by receiving at least 30 per cent of the 80 discharged patients each day.

Not only does the Transit Lounge provide a place for these patients, it also caters for those who are travelling from rural hospitals to outpatient

appointments and day procedures.

Patients can wait in the Transit Lounge before their scheduled appointment as well as after, while waiting for transport back to their hometown.

Waikato Hospital's Transit Lounge is located at level B3 of the carpark and main entry building.

Services such as the Transit Lounge are part of Waikato District Health Board's service and campus redevelopment project.

Other parts of the project currently underway include a new emergency department, major refurbishment to the delivery suite and an extension of the newborn intensive care unit.

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

