Mobile Health Solutions teamed up with a range of healthcare services including many from Waikato District Health Board to showcase some of the innovative and lifesaving services available to Waikato communities.

The result was a massively successful Waikato Health Hub at Fieldays (14-17 June) which covered topics from cancer detection and treatment, hand hygiene, preventing trauma injuries on the farm, to rural mental health and wellbeing, and safe and healthy homes.

There was also a live ‘mock’ surgery on Mobile Health’s amazing surgical bus which travels New Zealand’s rural communities to provide minor surgical procedures, and a life-like robotic simulator at the Waikato Hospital Intensive Care stand where people could literally get hands on with resuscitation.

Even the Fieldays bachelors got involved, completing a series of tests as part of their overall competition.

Chief executive of Waikato DHB Dr Nigel Murray said the health hub showcased some of the latest healthcare advances.

“The Waikato DHB serves the largest rural population in New Zealand. Being able to talk to some of the thousands of people who come to Fieldays about healthcare services available to them, in a really fun and interactive way, is invaluable.”

Waikato DHB teams involved included Critical Care and Midland Trauma, Community Oral Health, Public Health, SmartHealth, Telehealth, Mental Health and Addictions, and Te Puna Ora/Māori Health with the Whare Ora/healthy homes programme, while other stands involved the proposed Waikato Medical School, the Youth Intact (mental health and wellbeing for youth/rangitahi) and the Waikato Breast Cancer Research Trust.

More photos on page 3.
The Heart Foundation’s research revealed those who experience a heart event often feel alone, worried and unsure of how to cope. In response, it has just launched Journeys, a new section of their website that connects people affected by heart disease so they feel less alone.

Journeys features an online hub where real people share their heart-related stories to help and support others going through similar experiences.

Already there are several stories from people in the Waikato with different heart-related illnesses, as well as many others from around New Zealand.

Gerry Devlin, Heart Foundation medical director and a cardiologist at Waikato Hospital says today there are more people than ever living with heart disease.

“Currently, there are 172,000 Kiwis living with heart disease. Time and time again, patients tell me they would like to talk to someone who has been through the same problems and challenges they are encountering.

“Family members too, want reassurance that what their loved one is experiencing is normal.”

The Journeys website is presented in an online catalogue format, where people can search for the stories of those with a similar condition, in the same region or of a similar age.

The programme also offers local support through Heart Foundation branches nationwide.

This includes talks with heart health experts and shared personal stories, while Journeys will connect with heart patients on an ongoing basis, through newsletters and information services.

The Journeys website is available now at www.heartfoundation.org.nz/journeys

Stories help connect people affected by heart disease
Karalus family big contributors to health

In his 31 years of service at Waikato Hospital, including 11 as clinical director of respiratory medicine, Dr Noel Karalus never stopped developing new services and new ideas.

His vision helped the respiratory department to develop many facets including a productive research department, a lung function laboratory and the sleep service, and his special interest was, and continues to be, tuberculosis.

Dr Karalus retired from Waikato DHB in April 2017 and was awarded the title of Emeritus Consultant at a ceremony on 22 May at Waikato Hospital, joining ten other recipients who have been recognised for their service and contribution to clinical excellence, teaching and research at Waikato DHB, their leadership in innovation and the esteem of their colleagues.

Family, friends and colleagues gathered at Dr Karalus’ award ceremony and celebrated his extensive list of medical achievements that were all guided by his faith and a heart of gold for patients.

He is spending time back in Samoa with his wife Elisapeta (Peta), to use their experience to improve health services there.

Dr Karalus worked in Samoa, Peta’s home country, for three years after they married, and now wants to pick up where he left off.

“I actually hope to stimulate them to do some research in the hospital, because their services haven’t changed since I was there in the late seventies, to be fair. I’ll hopefully teach medical students, that’s what I’d like to do.”

Peta Karalus was a board and committee member of Waikato DHB for many years and a passionate advocate of improvements in Pacific people’s health.

Until recently she was chief executive of K’aute Pasifika, an NGO focused on health, social and education services for Pacific people through the wider Waikato region.

Of their nine children, many have become involved in health and science, including son Sebastian who is an anaesthetist at Waikato DHB, and daughter Rachel, who is now chief executive of K’aute Pasifika Trust (see photo).
Maria Baxendine is a brilliant example of continuous quality improvement in practice. Her passion to make a difference has led to her driving a vast number of improvement projects in Waikato Hospital’s Emergency Department (ED), much to the delight and appreciation of her colleagues. There are signs of Maria’s work everywhere in ED – from thousands of hours of practical input to the design of the new Emergency Department, organising a new neonatal resuscitaire for ED, to advancing nursing documentation forms, right down to working out a way to store and dispense yellow personal protection gowns in resus. It was her colleagues who nominated Maria for the Nurse of the Year Award, and their submissions clearly show her attitude as much as her achievements and experience make her such a valued team member. As one of her several nominators puts it: “Not only does she give 110% every shift she works by mentoring all the staff, but she treats the patients and their whānau with the most absolutely fabulous care, and then comes in on her days off to ensure policies are updated and quality improvements are maintained throughout the department. Maria is one of life’s legends and I hear every week how she has influenced or improved somebody’s practice.” Her own response is simply “That’s just how I am.” Maria started working as a theatre nurse aide at Waikato Hospital in 1990 while completing her diploma in nursing. She started working in recovery, then in general surgery and general medicine wards before moving to ED in 2001. Although she has had experience as an acting charge nurse manager, she prefers to remain clinically focused “on the floor” as a senior registered nurse treating patients and making things better. “What is important to me is good old fashioned values, with respect being the most important. I treat all patients the way I would want to be treated, with respect, dignity and empathy,” she says. “If you set and maintain good clinical standards, you will deliver quality care and have good patient outcomes.” Maria Baxendine was presented with the Waikato DHB Nurse of the Year Award 2017 by chief nursing and midwifery officer Sue Hayward at a ceremony on International Nurses Day, 12 May. As always, the nominations showed the calibre of nursing at Waikato DHB across a wide range of nursing roles. Other nurses nominated and celebrated: Raewyn Wilson, Michele Richardson, Analiza Demham, Tracey White, Clare Mills, Chad Pagdanganan, Anne Ellison, Hayley Colmore-Williams, Dr Simone Inkrot and Helen Gavin.

From left: ED nurse educator Helen Gavin, who was also nominated, Maria Baxendine, and ED associate charge nurse managers Kim Trenwith and Rosemary Ryan.
Spreading the word in the community

Kahurimu Flavell knows first-hand how much SmartHealth is needed in the community.

As part of the SmartHealth promotions team, the Waikato University student is on the front line, introducing SmartHealth to the Waikato.

Every week she’s at events or up at Waikato Hospital, spreading the word about the free online health service.

“There is a need out there for this service, and it’s free!” says Kahurimu. “Going to see the doctor or nurse is so expensive - a lot of people can’t afford to go straight away. Being able to talk to a doctor after hours and the free access to doctor approved health information is a huge benefit.”

For Kahurimu, promoting SmartHealth is more than just a part-time job while she studies. Her Māori heritage means she feels an obligation to tell people about SmartHealth.

“It’s so beneficial. I really feel the need to bring it to everyone, especially Polynesian, Micronesian and Melanesian people – taking every opportunity to raise awareness,” says Kahurimu.

Kahurimu’s enthusiasm for SmartHealth and how it can help people is contagious, and she knows the importance of relating to people on a personal level. “I remember talking to a man at the Turangawaewae Regatta event in Ngāruawahia. He could see the benefit of SmartHealth for his whole community and wanted to take SmartHealth back to his marae, to the kaumatua and kuia in his region, and promote it there.”

Kahurimu and the SmartHealth promotions team will continue to have a presence around the region at various events.

E hara taku toa I te toa takitahi. Engari, he toa takitini. Success is not the work of one. But the work of many.

About SmartHealth

SmartHealth offers a free online platform and mobile app that allows people to access a range of health services via smartphone, tablet device or computer including:

- Free after hours online access to doctors by video, voice or text chat (6pm-11pm Monday to Friday, and 8am-8pm on weekends and public holidays)
- The ability to ask a healthcare professional a question 24/7
- Online appointments with hospital specialists without leaving your home, if appropriate for your condition
- Helpful checklists and reminders
- Good quality, doctor-approved health information on topics, conditions, treatments and research.

Join SmartHealth for free at www.smarthealth.co.nz or at the sign up stand in Level 1, Meade Clinical Centre at Waikato Hospital, or the main reception at our other hospitals.

Waikato’s Dame Companion

Emeritus Professor Dame Peggy Koopman-Boyden was one of two dames named in the New Zealand Queen’s Birthday Honours 2017.

Dame Peggy Koopman-Boyden is an emeritus professor at the University of Waikato, and has held teaching and leadership roles in social gerontology and social policy for older people for many years.

She is a community representative on the board of the Institute of Healthy Ageing. The institute is hosted by Waikato DHB’s Older Persons and Rehabilitation service and links with local, national and international academic and research institutions to facilitate research initiatives and the sharing of research information.

Dame Peggy is also the chair of Waikato DHB’s Agewise Advisory Committee that meets quarterly and provides advice to the district health board on matters affecting older people in the Waikato, and chairs a steering group in Hamilton which is working towards World Health Organisation ‘Age Friendly’ accreditation.

Her grandmother Evelyn Boyden who lived at Rua Roa had a huge influence on Dame Peggy.

“I was the oldest grandchild and she always said, ‘enough is never enough. You were born with brains, use them’.”

“My great-grandmother EA Boyden also signed the petition for women to get the vote.”

We congratulate Dame Peggy on this well-deserved acknowledgement of her huge contribution to understanding the dynamics of an ageing population and the wellbeing of older people.
Values underpin mental health rehabilitation programme

Learning tie-dying and baking pink cupcakes for the anti-bullying Pink Shirt Day are examples of a values-based rehabilitation programme at Puna Poipoi, a secure forensic mental health* unit at Waikato DHB’s Henry Rongomau Bennett Centre.

Puna Poipoi is in its third year of using the programme. The team describe it as ‘holistic’ because it encompasses the physical, mental, emotional and spiritual health of their service users.

The 12-month programme has four terms and 90 minute learning sessions every Tuesday, Wednesday and Thursday that focus on an aspect of healthy lifestyles – nutrition and wellbeing one day, social wellness the next, and life skills on the third day.

Another key component is experiential learning, where activities involving physical or emotional challenges improve how the service users see themselves, their self-esteem, their ability to seek help and to help other people, to trust and to act in a social way.

“We do an adventure challenge at the end of each term. An example is a walk we organised. The group had to learn to plan together and to look at any risk – things like needing protection from sun, suitable footwear, and so on. They also learned how to support the group members who were slower or not so able. It was a real challenge for them, but the achievement means a lot because of that.

“At the start of each year all the staff and service users in the programme develop a set of agreed values that underpin everything we do,” Puna Poipoi charge nurse manager Nicki Barlow explains. “They apply to all of us in the unit.”

These values become critical to the programme’s success as inevitably challenges and conflict arise.

“The agreed values are something we can come back to, remind ourselves of what is really important, reconfirm those values in the group and use them to solve issues.

“It gives service users a safe place to gain and practice new skills.”

As these values get reinforced through actions during the year, the aim is to grow self-responsibility, personal growth, development of empathy, healthier living and social skills that service users can use while they are in Puna Poipoi and also when they are ready to move on to an open unit and eventually into the community.

* The term ‘forensic mental health’ refers to those with a mental health disorder and a history of criminal offending or who are at risk of offending.
Life-like mannequins the new face of surgical training

James Reynolds is one of life’s battlers. The 87-year-old has just spent the morning inside one of Waikato Hospital’s operating theatres having a cancerous skin lesion the size of a poached egg removed from his neck.

As he begins to rouse, Kaylene Henderson, an anaesthetic technician, moves to his side and offers him words of comfort. “It looks like your neck has stopped bleeding, so that’s great,” she tells him. “We’ve rung your daughter, so she knows you’re going to be coming out of theatre.”

Reynolds is a humanoid robot, the centrepiece of a world-leading simulation programme known as MORSim being rolled out in hospitals across the country, including Waikato.

Currently, the robot is an elderly man whose back story reveals he lives in a rest home and his daughter has power of attorney over his affairs.

In the future, the robot might be changed to resemble an obese patient, or a young woman.

Waikato DHB anaesthetist Jeff Hoskins said it’s the first time hospitals have had access to realistic mannequins (also known as manikins) that are good enough for every theatre member to work on together.

“Often when we train with simulation training, we just train as a group of surgeons or just as a group of anaesthetists, and that’s not very realistic to the way that we normally work.

“The unique thing about MORSim is that the surgeons and anaesthetists and the theatre nurses and anaesthetic technicians are all working together in the teams in which we normally work.”

Registered nurse Penny Johnstone works as a simulation technician, creating moulage to replicate specific conditions or injuries. She makes blood clots, tumours, pus, urine, and faeces - the “extra little bits” which make the robot patient come to life.

“In one scenario, the robot has a dead gut, its bowel is perforated, and pus and the contents of the bowel have gone into the abdomen cavity. To replicate the smell, I went to a joke shop and got a bottle of smelly spray and put that on the wound.”

“The special thing about the MORSim programme is that the robots are not only able to respond to an anaesthetic, but they also have extremely realistic surgical wounds that the surgeon needs to do something to,” Hoskins said.

“James Reynolds’ back story turns him into a real person and is part of the clinical information that the team needs in order to be able to treat him appropriately.”

The MORSim programme was developed by Auckland University and is intended to enhance participants’ teamwork and communication skills as well as promote patient safety.

Auckland-based company MEDICFX creates the augmentations that are then applied to a SimMan 3G – a wireless, computer-controlled patient simulator.

The manikin blinks, breathes, has a heartbeat and can even talk.

He’s so realistic that those using him often feel compelled to stitch up his wounds once the exercise is finished.
CARAMELISED ROAST VEGETABLE Salad

Roasting onions with beetroot and kumara in this citrus glaze gives a delicious dish in just under an hour. Many vegetables roast well – try capsicums, yams, parsnip or carrots.

Serves: 4

Ingredients
2 onions, peeled, sliced into wedges
3 beetroot, unpeeled, sliced into wedges
2 golden kumara, unpeeled, sliced 2-3 cm thick
¼ cup oil (e.g. avocado, olive, canola)
1¼ cup runny honey (if firm, gently heat until runny)
½ cup squeezed lemon juice (can substitute lime or orange)
2 handfuls watercress (or fresh baby spinach leaves)

Method
1. Preheat oven to 180°C.
2. Place prepared vegetables in a baking dish.
3. Blend oil, honey and lemon juice together.
4. Pour over vegetables and toss to coat.
5. Bake in preheated oven, uncovered for 45-55 minutes or until kumara is golden and tender.
6. Turn during cooking.
7. Place a small handful of watercress on each serving plate and top with roasted vegetables.
8. Pour ¼ cup boiling water into the roasting pan, stir to loosen the cooking juices, pour over salad.

Photo and recipe concept courtesy of www.vegetables.co.nz