

Fond farewell

Maureen Barnes, Clinical Nurse Specialist Cardiology Services, is moving to a nurse consultant position in Queensland, establishing a new service for the area. Even though the hospital there is five times the size Maureen will take her experience of developing a community model for management of cardiac patients in the community and will keep those Queensland hearts pumping. She has been a trailblazer in the Wairarapa, having helped set up rehabilitation programmes for heart patients at Wairarapa Hospital and in people's homes. When Maureen was Clinical Nurse Leader in the High Dependency Unit she and her HDU colleagues, worked to better coordinate and improve the Cardiac Rehab programme and improve networking with other cardiac centres. Later she became the Cardiac Education and Management Nurse, which enabled her to develop and implement cardiac outreach/rehab work which had become her real passion. She has worked closely with the Heart Foundation, cardiologists throughout the region and our own medical colleagues both in secondary and primary health care. She, along with Mollie Kainuku, initiated outreach nurse lead clinics at Papawai Marae in the south and latterly the Cameron Community Clinic.



Maureen with HDU colleagues Sue Presow, Kathy Lee, Rossie Mutsimba and June Roseingrave.

Colleagues at Maureen's farewell talked of her passion, commitment and dedication to her work. In response she thanked everyone for their support - the district nurses, specialists, nurses and doctors whose help and guidance helped her change her practice.

Pain pumps coming soon

Eleven new pain pumps have arrived and will "go live" throughout the hospital on 19th February. These PCA (patient controlled analgesia) pumps are dedicated multi-function pain pumps to be used in all areas where there are patients with acute pain. REM rep, Jacquie Clarke will be here for a week for so from the 19th, showing staff on the wards how they work and problem solving. CNS Pain Management, Cathy Smith, says, "These pumps are long awaited and we are delighted to have them at last. They will be of great benefit to patients and nurses and they will help with auditing. Pain protocols will be loaded onto them and they will also be able to print out patient events."

PCA pumps provide superior pain relief and increased patient satisfaction for the management of moderate to severe post-operative pain. Even before Wellington had introduced this advanced pain modality, selected post operative patients in the Wairarapa community were enjoying the benefit of this technique thanks to the fundraising efforts of a local community group who purchased the first PCA pump for the region.

Demand quickly grew, and further pumps have been purchased over the years.

Presently other advanced pain modalities offered by the Wairarapa DHB include Epidural Infusion analgesia, peri-nerve and wound local anaesthetic infusions.

These infusions are administered via the current fleet of IV infusion pumps. However, it is no longer considered best practice to use the same pump to deliver IV fluids/medications and epidural analgesia infusions. We will continue to use the IV pumps in addition to the new PCA pumps.



Cathy Smith, Clinical Nurse Specialist Pain Management, with the new PCA pump.

Heart Beat Day Feb 14

Next week is Heart Week, and on Valentines Day, the CNE team has lined up a challenge to get your hearts and minds racing!

How well do you know your heart?

The CNEs have organised a day of questions about your heart. There will be a question each hour from 9am to 4pm.

All areas are invited to participate and the nurses hope satellite areas like Public Health and the DHB building will also join the challenge. A runner will bring each area their questions and instructions, and the replies have to be phoned in to the CNEs within the hour. There is a major prize at the end, with spot prizes throughout the day.

Sponsorship has been provided from Merck Sharp and Dohme and from Roche. Heart Week is supported by the Heart Foundation.

Auction

The Wairarapa DHB, in partnership with Wairarapa STARS Trust, is auctioning off surplus items on Saturday, 24th February at 10.00am in the old laundry of Masterton Hospital. STARS is a community organisation that exists to support people who are affected by disability into employment. STARS involvement with this auction is to raise funds for a resource recovery service they are setting up to create paid employment.

Your support of this auction would be welcomed, and we look forward to seeing you there. The old laundry is opposite where maintenance was located and the Colombo St gate will be open that day from 7.30am.
Penny Deys, STARS Trust



Our rubbish is your treasure. Looking for desks, beds, book shelves, chairs, trolleys, filing cabinets, noticeboards, cupboards, mattresses, computer desks, rubbish bins? Come to the auction on Saturday 24th February at 10am.

Two new school health clinics



Dr David Nixon and nurse Tanith Matthews at Makoura College

Two new on-campus health clinics greeted students at two Wairarapa colleges this week. Wairarapa DHB has funded the Wairarapa Community PHO to have twice-weekly GP/Nurse team clinics at the two colleges for 8 hours per week from the start of term this year. Makoura and Kuranui College students will be able to visit a GP or nurse free of charge two days a week, on the school grounds during school hours for the whole range of health issues. The school health clinics are additional to the services that public health nurses already provide in Wairarapa schools.



Husband and wife team David and Nicole Heard at Kuranui College

"This is a great step forward for youth health in the Wairarapa," says Makoura College Principal Chris Scott. "Being able to see a doctor or nurse in school time, on-site and at no cost will mean health issues get attended to promptly."

Dr David Nixon and nurse, Tanith Matthews, are staffing the Makoura clinic and husband and wife team David & Nicole Heard the Kuranui clinic. They all have a special interest in working with youth and are "in-tune" with youth health issues. Both college Boards and pupil reps were involved in selecting the GP and nurse team for their school. "The pupils found it really interesting being on the selection panel to chose a GP and nurse for their college," said Geoff Shepard, Deputy Principal at Kuranui, "and we are confident that we have made an excellent choice."

"The schools are excited about the new clinics which we believe will deliver real health gains in youth physical and mental well-being," said Wairarapa DHB Youth Portfolio Manager Marie McKay. "A lot of work has been done by the PHO with the two schools in the last few months to come up with the most appropriate service for each of the schools, and we now have a good model for the Wairarapa," she said.

PHO Board Chair Paora Ammunson said the PHO Board welcomed the initiative. "It enables general practice to move outside the square, to provide services in a user-friendly way to better meet the needs of young people," he said. Paora thinks that the service will allow youth/rangitahi of all ethnicities at the two colleges and the Makoura teen parent unit to access free medical services in a youth-friendly environment."