



Manawaru Turanga Health

August 2013

MANAWARU VOL 2, NO 7, AUGUST 2013

Snapshot better than before

by Hayley Redpath

TURANGA HEALTH'S reports to the Health Ministry go way beyond counting the number of contacts each client has received now the organisation is using *Integrated Reporting*.

Despite the bureaucratic sounding name, *Integrated Reporting* is doing more to help whānau achieve wellness than any of its complex and somewhat impersonal reporting predecessors.

"The reality was, we had a maze of reporting requirements, processes and systems with multiple government agencies in Wellington," says Turanga Health CEO Reweti Ropiha.

"And back here in Gisborne the data output never gave us a full picture of what each client was actually getting from us."

But not anymore.

Turanga Health was recently picked to simplify its relationship with the Government and have its multiple



funding agreements merged into two single documents.

"For us here working in Turanganui-a-Kiwa, it means we now have a holistic view of the services provided for any given client, at any given time. We can see it all using our patient information system Medtech."

For example, a whānau hauora nurse due to visit a client will be able to look on Medtech and see very easily which other services or lifestyle programmes their client is accessing. The nurse will also be able to see the client had a face-to-face

consult with a smoking cessation staff member two months earlier.

The detail now in Medtech gives the nurse a much greater chance of identifying the needs of the client. And it's all because of *Integrated Reporting* and the level of information it requires Turanga Health staff to collect.

"It's not more information, it is better information," says Service Delivery Manager, Dwayne Tamatea.

"Turanga Health has moved away from tick boxes in Medtech telling us a client has received a contact from someone here at Turanga Health. Now we can see what kind of intervention it was, what service was involved, and work out what the needs of the client might be at this point in time."

Dwayne says it gives Turanga Health the opportunity to have extensive and integrated care for clients, utilising care plans and existing systems.

Services involved in *Integrated Reporting* are: Kaumātua Programme, Men's Health, Rangatahi Population Health, Mothers and their Pepi, and the nursing services.

Dwayne says the new inputting requirements have reduced administration time. "It's early days but we can get a good snapshot of what is going on for each client. Our focus remains on recording quality progress notes as well as connecting our clients with other services to support their journey to wellness." Staff with any questions can contact Dwayne.

Fisheries staff say YES!



Gisborne Fisheries staff Simon Eder, Phil Mokaraka, Nigel Pewhairangi, and Raymond Pewhairangi had an onsite Turanga Health heart check last month

GISBORNE FISHERIES staff have a better chance at staying well thanks to the Turanga Health Workplace Wellness programme run onsite last month.

Turanga Health is well known for offering health checks at events and community programmes but the Workplace Wellness programme allows more time with each person to complete a cardiovascular (CVD) risk assessment. The assessments are done by an experienced and qualified team of nurses and kaiāwhina inside Turanga Health's state-of-the-art mobile clinic parked onsite.

Turanga Health nurses Linda Hardgrave and Shirley Keown, and kaiāwhina Louise Kemp and Geraldine Nepe performed CVD Risk Assessments on 12 Gisborne Fisheries staff in July.

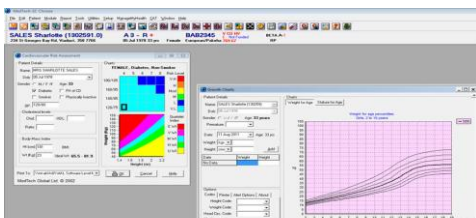
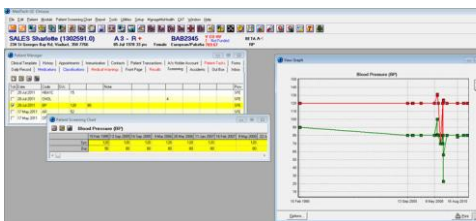
The assessments, which take up to half an hour, look at the staff member's age, gender, ethnicity, weight, family history, blood pressure, glucose and cholesterol levels, and diabetic and smoking status. A person's risk of developing heart

problems in the next five years is assessed. People can be told they have a risk ranging from mild to very high and where appropriate can be directed to see their GP, or health education is arranged.

Medication, alcohol, anxiety and or depression are also discussed during the consultation. Female staff have the chance to talk about women's health issues such as smears and breast checks.

Gisborne Fisheries is a fish processing facility on Peel St owned by the Zame family. It distributes fish throughout New Zealand and overseas. Staff say it was perfect timing for the CVD checks. A Biggest Loser workplace weight loss challenge has inspired them to think about their long term health and Turanga Health's involvement means momentum will continue, says Operations Manager Antony Zame.

"Everyone was becoming more aware of their health, and it's important to us to help staff look after themselves. The Turanga Health programme is just what we need."



Nigel Pewhairangi reckoned the check was good because it was unlikely he and colleagues would actively seek a check elsewhere. "It's good having it down here. Bit hard to get us otherwise and we are all in the right mood for doing something at the moment because of the Biggest Loser Challenge. We are motivated."

Phil Mokaraka was the winner of the Biggest Loser challenge. He lost nine kilograms by eating leaner meat, more vegetables and salads, and cutting out fatty food. He was only too happy to have to have his heart health checked out in the mobile clinic Te Piki te Ora.

"This check was good. There were things I needed to know," says Phil.

Turanga Health Project Manager Dallas Poi said ECT staff had their CVD risk assessments done earlier in the month. "This kind of health check is about more than just talking to someone about their eating habits and exercise."

"Cardiovascular disease (CVD) is the leading cause of mortality in New Zealand accounting for 40% of deaths annually. Many cardiovascular related deaths are premature and preventable. The main benefit of assessing and recording the CVD risk for staff is to enable lifestyle choices and treatment options to be established early."

Dallas thanked Gisborne Fisheries for showing foresight and a dedication to their staff. Turanga Health looks forward to helping out ECT and Gisborne Fisheries with fitness programmes, nutrition education, and smoking cessation. Turanga Ararau is also part of the programme.



Improving Whānau Literacy



DID YOU know a patient may not attend an appointment because they can't follow directions at the practice? Once at reception, they may not be able to complete forms proficiently, and may be ashamed to ask for assistance.

The doctor may have prescribed them with new medication, the name of which is unclear. They may be given brochures about their condition but may be able to read only small parts of them.

This very real issue is referred to as 'health literacy' in the health sector, and Turanga Health has teamed up with Adult Literacy Turanga to help overcome it.

Turanga Health CEO Reweti Ropiha says Midlands Health Network has done a lot of work around increasing health literacy as a way of improving outcomes for patients and whānau.

"Here in Turanganui-a-Kiwa we suspect the issue could be affecting medication compliance. At its worst, a person's challenge with reading and or writing may even prevent some of our patients attending programmes or visiting our general practice."

Turanga Health and Adult Literacy Turanga are investigating the need for a service in the Waikohu area. A relationship already existed between the two organisations and staff are thrilled they can work together on this new project.

"We want to provide a prescription to end confusion," explains Adult Literacy Turanga Manager Rene Babbington.

"One of the key things we can do is give people confidence to ask questions. 'ASK ME 3' is a programme to encourage the questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

"By asking, and understanding the answers to these three questions, people can take action to manage their health and make informed decisions" says Rene.

Rene added that health professionals (doctors, nurses and public health workers) may also have poor health literacy skills, such as a reduced ability to clearly explain health issues to patients and the public.

Community hui later this month will help gauge whānau interest in adult literacy programmes. Anyone who attends will be able to improve their literacy, numeracy and communication skills. Some classes will be tailored to health literacy. Please encourage any relevant friends and whānau to attend.

Community Hui are:

- Monday 19 August: Mangatu Marae, 6pm
- Tuesday 20 August: Te Karaka Hall, 6pm.

Check out the newest page on your website: www.turangahealth.co.nz/content/nursing. As always, let Hayley Redpath know if there are any updates or corrections needed.



CrossFit: It's everywhere!

ENERGETIC Men's Health fitness leader Darryn White is spreading the CrossFit buzz offering a weekly fitness class to Vanessa Lowndes Clients, and competing at the top level of CrossFit competition around New Zealand.

Last month Darryn competed in the Industrial Athletic Invitational CrossFit competition in Auckland. The two-day competition showcased the fittest men and women in New Zealand as they competed across a series of exciting and gruelling events testing their endurance, skill, strength, power, speed and coordination.

This country's top 20 CrossFit athletes qualified to enter via an online competition. Darryn was graded number 22, so didn't make the cut off - until fate stepped in.

"Two other guys were injured and so I got the call up," says Darryn. "I was very nervous and thought I would be caned all weekend." Darryn subsequently came in at number 14!

"I was thrilled," said the 28-year-old who since joining Turanga Health in February

2013 has inspired many Turanga Health staff members and whānau to get the most out of CrossFit. Most recently it's been the Vanessa Lowndes (VLC) clients benefitting from Darryn's enthusiasm and energy.

For the past eight weeks Darryn has led VLC whānau in a weekly CrossFit class which sees them out at the carpark, in the gym, and down at Gisborne i-site, jumping, moving, and most importantly having a good time.

Darryn says he tailors the workouts to the capabilities of the whānau so they are always moving their bodies and having fun. "They love it and tell me they are looking forward to the classes. They question me and make sure I am still coming on Monday!"

Unlike other exercise fads that can fade in and fade out of popularity, Darryn suspects CrossFit will be a stayer. It's was introduced into New Zealand four years ago and into Gisborne around two years ago.

Darryn says the appeal of CrossFit is the diversity of training sessions. One day you can be inside in a gym or at a pool, and the

next day you could be down on the beach, walking or running to a local landmark. Instructors work hard to vary the workouts and as a result people's enjoyment levels go up.

And here's something you might not have known about CrossFit. It was created by an American 56-year-old called Greg Glassman. He was able to spread CrossFit internationally partly because of its use of online challenges. Every day a new Workout of the Day is posted on the CrossFit website, and all around the world people compete against each other to complete a series of constantly varied, high intensity, functional movements (squats, sprints, pull-ups, dead lifts, and more).

Turanga Health staff can head down to Gisborne's CrossFit 4010 gym, Wednesdays, 11.30am-12.30pm, \$5 a class. Talk to Darryn or Shane Hooks for more information.

