



Manawaru Turanga Health

June 2014

MANAWARU , VOL 2, NO 15, JUNE 2014

CREATED BY REDPATH COMMUNICATIONS

Doorstep conversation about smoking



THREE Rivers Medical is so determined to help patients quit smoking its seconded smoking cessation staff are dropping in on patients in their homes and giving them brief quit advice.

"I don't think there is anyone else trying this hard," says Three Rivers Medical General Manager Adrian Tucker. "It's

fantastic that our seconded staff are keen to help this way and talk to people in their homes."

Mr Tucker said Turanga Health smoking cessation staff were seconded by Three Rivers Medical in April to help meet six smoking cessation referral targets set by Midland Health Network. "They are

tough targets but we wanted to achieve them because quitting smoking is the single best thing our patients can do for their own health and the health of their whanau."

As of Monday 30 June Three Rivers Medical had achieved or very nearly achieved the six smoking cessation targets and Mr Tucker was thrilled with

the combined effort of all practice and seconded staff. "It's fantastic to hit the target because it's a very important one. The staff have done a great job."

Mr Tucker said the practice, which has 18,650 enrolled patients, used a three-step approach to meet the targets. Patients who came in because they were unwell had their smoking status coded, were given brief advice about quitting, and if they agreed, were referred to a quit programme by the nurses and doctors. But Three Rivers staff don't see all their patients every year, so hundreds of other patients were rung by staff seconded from Turanga Health.

The seconded staff worked out of a Three Rivers Medical office with a telephone and a computer spreadsheet mainly during weekends and evenings. Hundreds of patients were rung, asked about their smoking status, and given brief advice. But even after multiple attempts there were still some patients who couldn't be contacted, and these are the patients who have been targeted on foot.

Seconded staff Christine Nepia and Mere Waihi say door knocking was just one more way to make contact, and the

strike was about 50 percent. On her first day Mere knocked on 17 doors and completed eight ABC's. Christine knocked on 18 doors and completed 10 ABC's. ABC is a memory aid for smoking cessation staff to help people who smoke: **A**sk people about their smoking status and document it; **P**rovide **B**rief advice to stop smoking regardless of their desire to quit; and make an offer of **C**essation treatment.

"Some of the patients I spoke to face-to-face I had already rung five times with no luck, so it's just one more way of helping get the numbers up," says Christine. Christine says she quickly told the person who answered the door she was working on behalf of Three Rivers; there was nothing to worry about; and that she simply wanted to talk to the specified person about quitting smoking. "They don't seem to mind once we say all of that."

Mr Tucker said even though the Midlands targets have been reached or are close to being achieved, work around smoking cessation doesn't stop. "There is strong evidence that brief advice from a health professional is highly effective at encouraging people to try to quit smoking, and to stay smokefree. Research shows that one in every forty smokers will make a quit attempt simply as a result of receiving brief advice."

Turanga Health helps Three Rivers GPs learn the ropes

Turanga Health is helping with Three Rivers Medical Centre new GP inductions, says Turanga Health Chief Executive Reweti Ropiha.

"We are going to be orientating new GPs in five areas: Smoking cessation ABC's,



Dr Simon Spenceley oversees the orientation for Three Rivers' new GPs.

smoking cessation referral, home insulation services, positive rheumatic fever response, and Well Child books."

Reweti says Turanga Health's expertise is recognized by Three Rivers so it makes sense for the Maori health organisation to introduce new GPs to the Turanga Health resources and people.

"The basic information provided when a new GP starts a new job will give them confidence to convey helpful relevant information to the patients, make referrals, and follow up," says Reweti.

Three GPs from England are expected to start at Three Rivers in September and General Manager Adrian Tucker says as always, their orientation will be intensive and thorough. "It usually takes two weeks to fully orientate a GP and we don't want to ever rush it as we have found the better the orientation, the quicker they catch on to our systems and processes."



Mr Tucker said Three Rivers Medical enjoys a special relationship with Turanga Health and regularly refers patients. He says it makes sense for Turanga Health to be able to present to the new doctors. Giving the doctors a chance to meet some of the staff and get the information first hand will

ultimately pave the way for smooth referrals and follow ups.

Turanga Health has sought help to create its orientation presentation from visiting Otago University medical students taking part in their rural education programme. Eight Otago University final year medical students are in the district to complete the rural education component of their studies. They live together in shared accommodation and spend time at participating general practices in the district including Turanga Health's Waikohu Health Centre.

During their time the students are required to write a research proposal and this year the students working at Waikohu will draft the new orientation programme. Reweti says Turanga Health doesn't have a blueprint for this project. "The situation the students find themselves in - new doctors in a new setting - is not too dissimilar to what a new Three Rivers new doctor experiences, so the students' insight and knowledge will be very valuable."

All Staff Emails

Susie Pineaha is the only person to send out all staff emails. If you have an email that needs to be sent out to all staff please forward to your coordinator who will then pass over to Susie to email out. In Susie's absence then Lisa can email these messages out.

Stationery

Stationery will be ordered weekly on a Friday for delivery on Tuesday. If you require stationery please ensure you have your request emailed to your coordinator who will pass this over to Susie Pineaha to complete the order. Basic items like pens, paper, whiteboard markers etc will be held in stock. Waikohu will continue with their current process of ordering.

Below is a sneak preview of today's Turanga Health Pipiwharauoa page as it appears in The Gisborne Herald.



Te Hauora o Turanganui a Kiwa Ltd
Turanga Health



Monday 30 June 2014

Sounds of Healing!



Singing with a group never fails to leave everyone feeling fabulous. That's how clients and staff feel every Monday after waiata practice at a Gisborne centre for people living with mental and physical disabilities. Clients, or whānau as they are known at the Vanessa Lowndes Centre (VLC), have been singing for five years and recently made their stage debut. *Words: Hayley Redpath. Image: Alexandra Green.*

Singing is good for the soul The Vanessa Lowndes Centre is about building confidence and preparing people with mental, physical or intellectual disabilities for independence and employment. The Centre's dedicated staff guide and nurture around 45 whānau through a wide range of educational and fun programmes and activities. One favourite is singing. VLC Manager Laura Biddle says singing delivers a host of physical and emotional benefits including improved mindset, confidence and self esteem. "While singing alone is good, singing with others can be even better". She says a significant barrier for people with disabilities can be the stereotypical assumptions and attitudes about what people can and cannot do." By encouraging singing and performance, VLC can create normal experiences for the whānau and improve community attitudes.

Mauriora! Numbers at VLC's Waiata Group practice are swelled by Turanga Health staff. John Pomana from Turanga Health is a guitarist for the group and says Waiata Group began as a natural addition to the te reo Māori lessons he was running at VLC. He believes strongly in the educational, therapeutic and healing powers of song. "Even the odd off-key note or wrong lyric can't detract from how good singing makes everyone feel." Whānau and staff leave the session uplifted. "I love seeing the enthusiasm and excitement they generate themselves. The ihi, wehi, and wana comes through. Its' about Mauriora!

On Stage VLC staff are always looking for ways to instil a sense of worth and wellbeing for the whānau and at the same time encourage the community to be more inclusive of people with disabilities. Inviting the Waiata Group to perform on stage at the Tamararo competition was a suggestion from the group's singing leader Mere Waihi. Mere says VLC and Turanga Health wanted to support the local event but "do you think we could find enough Turanga Health staff to be in the group to go on stage? No!" The idea was abandoned. VLC whānau never waived in their enthusiasm and a week before the March event a team was entered. John says it was important those on stage upheld their own mana and were treated with respect. When the Waiata Group walked on stage the crowd loved them and once the music started there was nothing but support and admiration. Guitarist Denzil Moeke said when Waiata Group member Bos Apelu unexpectedly presented a patu and delivered pūkana it was amazing!

Do you hear the people sing? Waiata Group's next performance is likely to be a Christmas concert for friends and whānau at the end of the year. Laura is in awe of the passion and enthusiasm shown by whānau, and thanks staff who have nurtured the group with their musical teaching. She says in the words of Ella Fitzgerald, "the only thing better than singing – is more singing!"

Bos Apelu

Powerfully built with an equally powerful voice Bos Apelu is an enthusiastic Waiata Group member. He was singled out to use his formidable voice and lead the group into *Taku Rākau e*, a mōteatea about a kuia returning to her homeland now bereft of her family. "I felt proud to do that," says Bos. Bos has Niuean heritage and says other family members sing well. He loved being on stage with the Waiata Group and smiles with delight when reminded he surprised everyone with his patu. "It felt marvellous." Advice from his waka ama coach to channel any nerves into the activity being performed kept him calm and he said the only thought going through his head was to make VLC proud.

Leanne Smiler

"It was the first time I had been on stage in front of everybody and I got the shivers," says 34-year-old Leanne Smiler who has an amazing set of pipes. Stage fright was out of the question "because I am a music lover and it was natural. The words came and they stayed." Leanne's singing ability was obvious to Mere who suggested to Leanne last year she lead a waiata called *Heke Tuna*. The song tells the story of the mysterious migrations of eels, and Leanne has made it her own. Her powerful soprano voice exploded over the group as she sang the first lines of the song on stage. "I know the song now and I know the tune," says Leanne. Leanne lives at home with her mother and comes to VLC every day where she is supported by her grandmother Queenie Takurua.

Queenie helps her with activities and personal care. She says her family is blessed to still have Leanne after a car accident nearly 10 years ago left her with neurological and physical challenges. Her singing voice never changed and they were proud when Leanne was on stage. "She is a survivor and we were so happy for her."