



Manawaru Turanga Health

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Waikohu Staff Make Impact at Māori Women's Welfare League

CONGRATULATIONS to the four Waikohu Health Centre staff who made a polished and professional presentation about Turanga Health to around 100 Māori Women's Welfare League delegates last month.

The League's two-day birthday celebration meeting was held at Tapuihikitia Marae in Puha and visitors included local members as well as others who had travelled from all over the North Island. Over the two days delegates were treated to a range of local speakers and also took part in their regular craft and baking competitions.

The Waikohu Health Centre speakers were Practice Nurse Kylie Morresey, Whānau Hauora Nurse Laura Pepere, Kaiāwhina Sue Andrew and Rural Health Nurse Michelle Hunter. Sue said everyone spoke well but Kylie's presentation was outstanding.

"She was so talented and competent the way she represented Turanga Health. I had people commenting to me afterwards about the job she had done."



Michelle Hunter and Kylie Morresey at Tapuihikitia Marae *Image Laura Pepere*

Kylie spoke about Turanga Health's takeover of Waikohu Health Centre and the models of care used by staff. She used her time to explain Turanga Health's preventative approach to keeping people well and outlined many of the services.

Kylie has been nursing with Turanga Health for three years and lives in Te Karaka. She admits to being nervous, particularly when the introduction revealed her strong ties to the area.

"I had notes written down, but all that went out the window after my introduction. I wanted to keep it personal too, so I just started talking!"

While at the Marae, the Turanga Health nurses carried out some health checks and met and mingled with delegates. "It was a good day," says Sue.

Tidy your work space! You won't believe the time it saves you...

WITH the warmer weather it's time for a spring clean and Turanga Health staff are getting practical tips on how to create a cleaner, leaner, work space.

It's about getting clutter off your desk and more specifically improving your flow of work, says Lisa Tamatea. "It's about looking around, identifying what you don't use, and getting rid of it!"

Staff have received tips this month on how to better organise their personal and shared work spaces using *Lean Thinking* techniques and *Lean Tools* learned during a workshop earlier this year.

Lean Thinking helps you categorize items in your work area into three piles.

1) I very rarely use this item, so I can store it away from my work area.

2) I have used this recently and I will be using it again, so I can store it closer to me.

3) I use this item regularly, so I need one on my desk.

Lean Thinking is not the only model for this kind of thing. Gisborne Hospital has introduced a management tool called *Releasing Time to Care*. It includes W.O.W. or the Well Organised Ward to simplify the workplace and reduce waste by having everything in the right place, at the right time, ready to go.



Is it just like a big tidy up and spring clean? Lisa says, "yes, a little bit", but the ongoing benefits should last longer. "As well as a tidy workspace with clean surfaces, you will also reduce time spent on activities that don't add value to the work you are trying to achieve".

"As you look at your workspace ask yourself, are things easy to find? What does your workspace say about you, and what would a visitor think?"

So go on! Have a clean-up.

- Think hard about what you need to surround yourself with.
- Make a concerted effort to streamline your filing.
- Remove what is not needed and position items needed daily next to you.
- Set everything in place.
- Regularly clean and maintain the area.

And you may just find you improve key areas that historically used to cause you double-ups on work, searching and waiting.

Just a reminder while we are talking about improving efficiency at our work stations: our IT guru Tony Scragg has been out and about this month helping staff move to a system whereby computer-generated documents are saved with other documents from the same service. This will coincide with a server upgrade beginning Friday 1 November.

Lisa says until now, staff have saved their work on their own personal folders. A disadvantage of this comes when a staff member leaves and access to any historical work is difficult. By saving documents to service-specific databases Turanga Health will streamline its computer filing system, speed the system up, and staff will be able to find things easier.

How good is that!?

Professor Sir Mason Durie to visit Gisborne next week



Sir Mason Durie

ONE of the country's leading experts in health research and development, Professor Sir Mason Durie, will visit Gisborne on 10 October and Turanga Health CEO Reweti Ropiha says his presentations are always very thought-provoking.

Reweti says he's had the privilege to listen to Sir Mason numerous times and Turanga Health's model of care draws heavily on Sir Mason's Te Whare Tapa Whā model of health.

Sir Mason's model is based on four cornerstones of health: whānau (family health), tinana (physical health), hinengaro (mental health) and wairua (spiritual health).

Reweti says Turanga Health's work will always be aligned to the model. "The key message from many of Sir Mason's presentations is how to shift that into everyday practice," says Reweti.

"That's always the hardest thing but here at Turanga Health we have

developed a model that translates that academic premise into a reality. We are working on improving it every day,"

Reweti said it was a shame Sir Mason's presentation is on a day where many Turanga Health staff will be at one of the two Turanga Health Wānanga. However, there is a chance some staff will be selected to attend.

Sir Mason will deliver a day seminar as a guest of Te Waiora o Nukutaimemeha (TWON), the Māori advisory committee to the Tairāwhiti District Health Board.

'An integrated approach to Māori health wellbeing' is expected to attract an audience of health professionals as well as leaders of local business, non-government organisations, Māori health providers and iwi trusts. TWON chair Na Raihania says he is excited and grateful that Sir Mason agreed to visit Gisborne.

"This is a chance for our community to hear an outside, informed view on our own potential health needs. It is both a privilege and a pleasure to have an opportunity to receive expertise and guidance from such a noted scholar."

He says Sir Mason brings a broad perspective, providing comment with authority on how the current state of Māori health within te Tairāwhiti compares with the rest of New Zealand, and insights on the best strategies to reduce illness rates.

"The challenge for TWON and for the Tairāwhiti District Health board – and for everyone working to improve the health of Māori in Te Tairāwhiti – will be the application of this knowledge to improve the provision of effective health services for all whānau."

In recent years Tairāwhiti has closed the gap on childhood immunisation, with children now being immunised at comparable rates as non-Māori. But Māori people still die at a younger age than non-Māori and are over-represented in statistics for complex long-term conditions like diabetes.

Sir Mason's day seminar 'An integrated approach to Māori health wellbeing' will be held at the Emerald Hotel on 10 October.

Below is a summary of Sir Mason's life.

Sir Mason Durie KNZM FRSNZ FRANZCP (born 4 December 1938), was until last year Deputy Vice-Chancellor and Assistant Vice-Chancellor Māori and Pasifika at Massey University. He led the work on establishing Massey's new College of Health and is known for his far reaching contributions to health.

Early life

He has affiliations with the Rangitane, Ngati Kauwhata and Ngati Raukawa tribes of New Zealand. Durie grew up in Feilding and attended Te Aute College, Hawke's Bay. John Mason Durie is his grandfather.

Education

Sir Mason graduated from the University of Otago with a Bachelor of Medicine and Bachelor of Surgery in 1963. He has a Postgraduate Diploma in Psychiatry from McGill University, Canada, and was Director of Psychiatry at Palmerston North Hospital before his appointment to the Royal Commission on Social Policy from 1986-88.

Achievements

For 40 years, he has been at the forefront of a transformational approach to health and has played major roles in building the health workforce. His efforts have been recognised by the Royal Australian and New Zealand College of Psychiatrists, the Public Health Association of New Zealand, the Medical Practitioners Association, the Thoracic Society of Australia and New Zealand, and the Polynesian Society.

In addition to a lifelong commitment to health, Sir Mason also championed higher education. As Deputy Chair of Te Wānanga o Raukawa, Professor of Research and Development, and more recently Deputy Vice-Chancellor at Massey University, he continues to provide national academic leadership for and indigenous development and regularly assists iwi and communities to realise their own aspirations for socio-economic advancement.

Apart from serving on the Boards of Te Papa and the Foundation for Research Science and

Technology, Sir Mason has been Chair of the Guardians Group for the Secondary Futures project, and a Commissioner for the New Zealand Families Commission. He chaired the Ministerial Taskforce on Whānau Ora and is Chair of Te Kāhui Amokura, a Standing Committee of the New Zealand Vice-Chancellors' Committee.

In 2002, he was awarded a Doctor of Literature from Massey University and in 2008 received an Honorary Doctor of Laws from Otago University. Professor Durie is a Fellow of the Royal Australian and New Zealand College of Psychiatrists, a Fellow of the Royal Society of New Zealand, and a Fellow of the Humanities Council of New Zealand Academy. He has published widely and has regularly presented keynote addresses at Iwi, national and international conferences.

In the New Year Honours 2001 Sir Mason was appointed as a Companion of the New Zealand Order of Merit For services to . In the New Year Honours 2010 Sir Mason was appointed as a Knight Companion of the New Zealand Order of Merit for services to Māori health and public health services in particular.

Whānau

Durie is the older brother of former High Court Judge and Chief Judge of the Māori Land Court The Honourable Sir Edward (Eddie) Taihakurei Durie KNZM. John Mason Durie, a New Zealand tribal leader, is his grandfather.

Our Workplace Wellness Day Will Clean up the Back!

THE BUS shed and the area at the end of the Derby St driveway will get a much needed make over in November as it becomes the focus of the next Workplace Wellness Day activity.

The bus shed is bursting with equipment long since surplus to requirements and the whole area has become overgrown

and dreary looking. But not for much longer.

During this month's Wānanga staff will be asked to come up with ideas for a re-designed area that is more attractive and a desirable outside spot to eat lunch.

Once the best design has been selected all staff will muck-in to create the area on Friday 1 November. "Be prepared to work hard and burn some calories, so we end up with a fresh, great looking area for staff to enjoy," says Corporate

Services Manager Lisa Tamatea.

The Workplace Wellness Day activity is a quarterly event and is part of Turanga Health's five-year-old Workplace Wellness programme. Previous Workplace Wellness day activities have included the Master Chef Challenge, the Survivor Challenge, the CrossFit Challenge, a Muck-In for the Te Rauna-Lamont whānau, and a chance to listen to motivational speakers Tawerau Nikau and Lisa Tamati. The Wellness programme also includes a weekly crossfit class at Crossfit4010.

Please make sure you stay long enough at this month's Wānanga to help with the beautification project as this issue will be part of the after-dinner activities.



'Down the Back' is in for a clean up! These 'before' images were taken by Lexi Green.





Health and Safety 'Spot Check'

THE HEALTH and Safety 'Spot Check' in Manawaru each month is a great way for you to keep up with what your Health and Safety Committee is working on to keep you and the whānau you work with safe.

Earlier this year Turanga Health's Health and Safety Committee was revamped with new members (Polly Maxwell, Darryn White, Chris Miller, Anahera Mita, Lorraine Brown and Shirley Keown), and a new chairperson (Robyne McKeague).

Committee members were selected based on the perceived skills they could bring to the committee, which has as its focus workplace safety, emergency and hazard management, and injury prevention. The committee is working to make health and safety activities an integral part of Turanga Health's operating procedures, culture and programs.

Please support the Health and Safety Committee. We are educating everyone through awareness and other activities that YOU are primarily responsible for the prevention of workplace accidents.

Here's what you need to know this month:

Health and Safety Forms:

Hazard (Red) and Quality Improvement (Blue) forms have been reinstated and staff are encouraged to use these. You can find them alongside the red and blue boxes mounted adjacent to Health and Safety Notice Boards at VLC, in the Main Office, and in the Waikohu Health Centre staff room. Fill out the form and pop it into the appropriate box.

Boxes are cleared regularly, tabled at the monthly Health and Safety hui, and feedback to any items will be via Manawaru. Any hazards requiring immediate action are taken straight to the appropriate senior staff



member or Dwayne Tamatea as Manager of Service Delivery.

Crash Envelopes: These now live in each company vehicle glove box. They contain an Insurance Claim Form, a copy of an updated Vehicle Rules, a step-by-step guide, and a copy of our Vehicle Policy with contact numbers to use in the event of an accident.

Health and Safety Boards: Our information boards display meeting minutes, the names of the Fire Wardens and relevant information to keep everyone safe. A copy of the Health and Safety Programme is also displayed showing what the committee is focussing on over coming months. The calendar will be updated as jobs are completed.

Fire Wardens:

Christina Sayer: Corporate Office

Kelsey Barbarich-Nepe: Main Office (Reception)

Anahera Mita: Waikohu Health Centre (Reception)

Guy Moetara: Vanessa Lowndes Centre

Denzil Moeke: Main Building Rear Office (Chief Warden)

Please note: Staff relieving Reception Areas will assume the role of Fire Warden in the event of fire.

Wānanga

Staff are reminded to book themselves in to one of the two Turanga Health Wānanga being held at Parihimanihi Marae in Waihirere in October.

Please contact Administrator Lorraine Brown to book in for the Wānanga on:

Thursday 10/Friday 11, October or

Thursday 17/Friday 18, October.

Wānanga are a chance for all staff to learn more about the strategic direction of the organisation, plan ahead for spring and summer events, and spend informal time with colleagues.

Reweti says areas of discussion this year will include: 1) Primary care in Waikohu; 2) the new Turanga Health Quality Plan; and 3) Changing demographics and environmental issues and their bearing on health delivery.

"This is a chance to step outside the daily grind and hard work and take a broader look at what we are doing. It's a chance to bridge some gaps between your service and another, and it's also a great chance to spend some informal time with work mates."

Whānau are welcome. Please remember to bring a contribution for the Thursday night dinner. Turanga Health will supply breakfast on Friday morning.