

## Earthquake preparedness



In the wake of the recent earthquakes, all our buildings have been assessed and are suitable for use. Staff have been offered training and discounted preparedness supplies. Everyone is encouraged to have a 'household plan' (See the Get ready, Get thru website ). We've allowed staff access to Facebook and twitter so they can more easily check on their families, as most need to stay on duty and phone systems quickly become swamped in emergency situations.

## Pomare Redevelopment

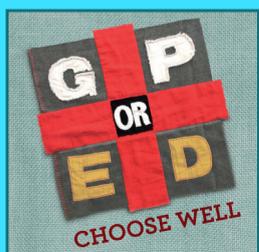
Regional Public Health staff are delighted their recommendations have been heard by Housing New Zealand to improve the design specifications for this area. They recommended better pedestrian access to public transport and recreation areas, improved road layout to reduce block sizes in high density areas, a greater mix of section sizes and house styles, and increased public open space. All of these environmental factors have a significant influence on population health and wellbeing.

**NOT AN EMERGENCY?** Call your GP for advice. Even if they're closed you'll be put through to a helpline. Or call Healthline on 0800 611 611

### After Hours Medical Centre

5.30pm–11pm weekdays

8am–11pm weekends and public holidays



### Upper Hutt Health Centre

after hours clinic

5pm–8am weekdays

9am–1pm & 2pm–6pm weekends

## Buck Visits Hutt Hospital Staff



Wayne (Buck) Shelford, the face of the national 'Get a heart health and diabetes check' campaign, visited the Board and staff this month, to drive home the importance of getting a heart check and eating healthy food.

Buck talked about the importance of 'getting fit' to the Board members, cleaners, kitchen staff and orderlies. He decided to be the face of the campaign

because he knows first-hand how important it is to be healthy. He emphasised the importance of 'looking after yourself so you can be there for your grandchildren'.

"We don't go to the doctor a lot, especially our Polynesian and Maori people, and we are living 10 years less than our pakeha brothers and sisters, because we are not looking after our health."

Heart disease claims one New Zealand life every 90 minutes.

**Hutt Valley residents are encouraged to call their Hutt Valley Practice or GP, to find out if they qualify for a free test.**

## On Target

The national health targets measure how DHBs are tracking on issues that are important to the health and wellbeing of New Zealanders.

Hutt Valley DHB has achieved 91% of eight month-old children fully immunised, while maintaining high levels of coverage of two year olds. The national target for 2012/13 is 85%.

Health Minister Tony Ryall has congratulated Hutt Valley District Health Board for its outstanding progress on faster better care for patients in emergency departments. Hutt Valley ED has improved its performance to 97 per cent, exceeding the national target of patients admitted, discharged or transferred from EDs within six hours.

The national target is for 95% of all smokers in hospital to be asked about smoking and advised to quit. For the last quarter, and for the year 2012/2013, Hutt Hospital achieved a 97% average for this target. In the coming year, we will have a greater emphasis on supporting staff to also achieve the Primary Care target for helping more smokers quit.

On the financial front, the bottom line result at the end of June was a surplus of \$716k compared to a budget surplus of \$586k. "The DHB will work hard to achieve a similar result for this year, always mindful of the balance between quality, cost and access as we explore more efficient ways of using public money," said Chief Executive Graham Dyer.

## Working together

Hutt Valley DHB scooped three out of eight awards at the inaugural 2013 Allied Health Technical and Scientific Awards. The Healthy Environments Team at Regional Public Health won the Innovation Award, Natalie Richardson the 2DHB Allied Health Director won the Leadership Award and the Hand Therapy Team at Hutt and Wairarapa DHBs won the Across DHB Collaboration Award.

The three DHBs (Wairarapa, Hutt Valley and Capital & Coast) have joined forces on the IT front, to make it easier for staff to share information and support 'patient journeys' through our region's health services. Hutt Valley DHB has switched over to Outlook so we now have one email system for the three DHBs, making contacting staff and arranging meetings much easier.

In the same way, we will soon appoint one Executive Director of Finance for the 3 DHBs to help line up our systems, processes and reporting. "We are certain that being able to compare apples with apples will help us use resources more wisely," says Graham Dyer.

Our three Boards are also working together, sharing some committee meetings to discuss issues that affect the whole region. Nominations have now closed for the three Board elections, which will be held in tandem with the District Council elections on October 12.

## Sore Throats Matter!

Rheumatic Fever is an illness that often starts with a sore throat (a Streptococcal infection). This is sometimes called a "strep" throat. Rheumatic fever can cause permanent damage to the heart. Maori and Pacific Island children between the ages of 5 and 15 years are most at risk. Children and young people who have a sore throat should see their doctor or nurse to get a throat swab. To find out more about Rheumatic Fever please ask your doctor or nurse.