

## New plan for Diabetes Care

Over 200,000 New Zealanders have been diagnosed with diabetes and as many as 100,000 more have diabetes but have not yet been diagnosed. The likelihood of getting diabetes is three times higher for those of of Māori or Pacific descent. This year will see the introduction of the Diabetes Care Improvement Plan, a primary care-based programme that builds on current diabetes services.

It will replace the current Get Checked programme. The aim of the new plan is to support better identification and management of diabetes by GPs and practices. It has a strong focus on support for people with high levels of need or risk. Over the last 6 months consumers, GPs, and health agencies have developed the plan. It has also received the support of the Diabetes Forum.

“The new Diabetes Care Improvement programme expands on the areas of Get Checked that worked well – particularly partnerships with primary care providers. The initial focus was to encourage people with diabetes to get regular checkups. This new programme will make better use of outreach services and give greater attention to education, particularly for newly diagnosed patients,” says Bridget Allan, Director of Planning and Funding for Hutt Valley DHB.

The plan has been incorporated into the Hutt Valley DHB Annual Plan. The new programme will be rolled out in October this year and current support will continue until then.



## From the Chair

As we head into winter in the Hutt Valley, we will again have high demand for our Emergency Department services. It's good to know that specialist care is there when we have serious health

problems. While we have good progress at Hutt Hospital towards the Emergency Department Health Target of no more than 6 hour waits, we have not quite reached the 95% target in the last quarter.

Remember that your General Practitioner (GP) - or regular doctor - is the first and best person to see when you first have health problems over winter. GPs are specialists at providing healthcare in the community and when you first get ill. Now is also the time to plan with your GP if you have a condition such as asthma or diabetes, as good preventive care over the winter can help prevent hospital admissions and emergencies during this time.

The Emergency Department can be busy any day of the week. Although we are now seeing people faster, we will always see emergencies first so it will still take some time if your condition is not an emergency.

If you are unsure whether you need a doctor or are worried, advice is only a phone call away. You can call your own general practice for advice 24 hours a day, or ring Health Line on 0800 611 116 for free health advice. The overnight phone lines are staffed by qualified nurses who can assess your health needs and give you advice on what to do next. Remember to call if in doubt. It may save a trip to hospital. Watch out for the 'GP or ED' message on the back of the Airport Flyer bus over the next few months - a reminder that your General Practice should be your first choice for winter illnesses.

Wishing you the best of health,

Virginia  
Dr Virginia Hope, DHB Chair

## About Diabetes

Diabetes is caused by too much glucose (sugar) in your blood. This happens because the pancreas cannot make enough insulin. There are three types:

**Type 1:** People whose bodies do not make any insulin (or very little)

**Type 2:** People whose bodies do not make enough insulin or whose bodies are resistant to it. Often a result of weight or diet issues.

**Diabetes during pregnancy:** some pregnant women get high levels of glucose in their blood because they cannot produce enough insulin. Pregnant women need up to three times more insulin. There is no 'cure' for diabetes but it can be managed and people with it lead full, active lives. All diabetes patients should see their GP at least once a year.



Unless it's an emergency  
Your General Practice should always be your first choice

You can call your General Practice after hours, or Call Healthline 0800 611 116

For free advice 24 hours a day

## Board meetings

Hospital Advisory Committee  
11.00am Friday 22 June 2012  
Hutt Valley DHB Boardroom

Community & Public Health Advisory Committee  
9.00am Monday 16 July 2012  
Capital and Coast Boardroom

Board Meeting  
9.00am Friday 3 August 2012  
Hutt Valley DHB Boardroom

Disability Support Advisory Committee  
1.00pm Monday 13 August  
Hutt Valley DHB Boardroom

Members of the public are welcome to attend these meetings. Meeting agendas are available on our website

[www.huttvalleydhb.org.nz](http://www.huttvalleydhb.org.nz)

## Family violence - it's not OK



Clinical Nurse Specialists Annie Vekony and Lynn O'Toole (centre) were appointed last year to roll out the Ministry of Health approved Violence Intervention Training to frontline nursing, clinical and allied health staff. They are sponsored by Population Health Manager Nicholette Pomana, (left) and Director of Operations Sarah Boyes (right). Training is vital," says Sarah. "The hardest thing for health professionals is to understand what the warning signs are. Training ensures staff have a clear understanding of the signs of abuse and how to manage cases where there is cause for a concern."

Family violence is a significant health care problem in our communities, with police attending a family violence incident every seven minutes. Violence and abuse can have long-term negative health impacts, affecting the emotional, medical and psychological wellbeing of individuals and families. The longer violence and abuse continues the worse the mental and physical health harm.

Every hospital and healthcare worker has a role to play in raising awareness of family violence and abuse and supporting affected families to seek help and support. Our goal is to educate our staff in recognising the signs of family violence and sensitively providing immediate support. This may include offering referrals to other community agencies (including the Police, Woman's Refuge, Maori, Pacific and other providers).

An independent audit has noted the achievements made by Hutt Valley District Health Board in response to violence against women and children, noting management's commitment to the programme, and endorsing DHB policies for the management of suspected abuse.

"The Hutt Valley District Health Board is committed to tackling family violence. The statistics nationally and locally are simply unacceptable. This is our community and as healthcare professionals we can and should make a significant contribution to the wellbeing of people affected by family violence," says Pete Chandler, Chief Operating Officer for the DHB.

"Our goal is to help and support patients as much as it is on treating their illness or injuries."

### More information:

<http://www.health.govt.nz/our-work/preventative-health-wellness/family-violence>



## Hutt Hospital Parking

From 1 July the cost of parking will be:  
0-20 minutes free  
Up to 4 hours \$5.00  
4 hours and over \$9.00

Parking barriers will operate at all times including night-time and weekends.



(04) 566 6999