

Changes to support for people with diabetes

The Ministry of Health has replaced the ten-year-old diabetes 'Get Checked' programme with the Diabetes Care Improvement Package. This new national package allows District Health Boards to work more flexibly to meet the needs of their populations. In the Hutt Valley a team of health professionals and consumers have developed the programme to best meet local needs.

The new programme started at the beginning of October. It has a greater focus on education, to assist people to manage their diabetes. People with diabetes will continue to receive free services including podiatry (specialist foot care), eye checks and diet advice.

Practice nurses, GPs and the DHB diabetes specialist team all agree that annual checks are a great opportunity to help patients plan how to best manage their diabetes. If you have diabetes, make sure you keep up your annual checks. Your General Practice team will let you know if you are eligible for free annual checks, in addition to the other free services available.

Free community-based treatment of skin conditions

Silverstream Health Centre will run a project offering community-based cellulitis treatment from this October until May next year.

Cellulitis is a skin infection. Normally your skin protects you - but if you have a cut, sore or insect bite the bacteria can get under broken skin and spread. Without treatment the infection gets worse. Antibiotics are the best treatment.

Most adults with cellulitis who have seen their GP and been treated with oral antibiotics but need further treatment, can be referred to Silverstream for a free short course of intravenous antibiotics. This will avoid a stay in hospital.

The project is possible thanks to funding from the Hutt Hospital Foundation Trust's Primary Nurse Innovation Fund.

Cellulitis is more common in spring. If you have a sore that is red, larger than the size of a 10c piece or hasn't got better after a couple of days, see your doctor.

Information on keeping your skin healthy is available at www.rph.org.nz

Getting things right

We are committed to giving our patients the best quality care we can. Feedback from patients and visitors is important to us - and we regularly survey patients to find out what went well and what we could do better.

If you have feedback or an issue with something we've done let us know. If there's a problem, we'll work with you to sort it out quickly. Most issues can be resolved by raising them with the person you've been dealing with. Or you may prefer to talk to their manager. If you don't feel comfortable doing that or you're still not happy afterwards, contact us.

Feedback forms are available from all wards and reception areas. Or you can contact us:

Quality team
Hutt Valley DHB, Private Bag
31907, Lower Hutt 5040
(04) 566 6999
feedback@huttvalleyDHB.org.nz

Wellington Region Health Boards Announce Changes



Dr Virginia Hope

The district health boards in the Wellington region have announced changes that will streamline and integrate services. Hutt Valley and Wairarapa DHBs will share a senior management teams. A Chief Executive for Hutt Valley and Wairarapa DHBs will be appointed by the end of the year. Each region will still have an elected board to represent the needs of the community. Virginia Hope, the chair of the Capital and Coast and Hutt Valley District Health Boards, says the changes will allow the DHBs to work closer in the face of shared financial pressures and allow clinicians to lead the integration of hospital and community services.

Bob Francis, the Chair of the Wairarapa DHB, sees this as an extension of existing work - and says that his team are up for the change. "This is just a deliberate move to accelerate the changes".

Not an emergency? See your GP



Call your GP for advice - even if they're closed you'll be put through to a helpline.

Or call Healthline 0800 611 116

Board meetings

Community & Public Health Advisory Committee

9am Monday 12 November 2012
 Capital and Coast DHB Boardroom

Hospital Advisory Committee

9am Monday 26 November 2012
 Hutt Valley DHB Boardroom

Board Meeting

9am Friday 2 November 2012
 Hutt Valley DHB Boardroom

Disability Support Advisory Committee

1pm Monday 12 November 2012
 Capital and Coast DHB Boardroom

The public are welcome at these meetings.

Agendas are available at www.huttvalleydhb.org.nz

Liver products and Campylobacter

Campylobacter causes nasty stomach bugs, with symptoms including diarrhoea, abdominal pain, fever, headache, nausea and vomiting. Most people know they need to be careful about undercooked chicken - but did you know campylobacter is also found in liver?

Lamb's fry and chicken liver are increasingly popular meals. But you need to be careful. There have been 26 cases of illness related to Campylobacter from eating liver in the Wellington region October last year. Under a third of Campylobacter cases are reported - so the actual number is probably much higher.

Tips for cooking liver

- Sauté livers in small batches for at least 5 minutes until juices are clear.
- Cover raw liver and keep separate from other food.
- Use a different cutting board for raw meat and clean the board and utensils with hot, soapy water.

Have your say on Elder Abuse

The Capital & Coast and Hutt Valley DHB Disability Support Advisory Committee are hosting a forum on Elder Abuse. If you are interested in the well-being of older people you are invited to attend.

When: Tuesday, 30 October

Time: 1pm - 3pm (Tea and coffee will be available from 12.45pm).

Where: James Coe 1, The Dowse Art Museum, Laings Road, Lower Hutt.



(04) 566 6999

main hospital phone number