



Hospital shop now open

Patients, visitors and staff can now buy toiletry items, magazines and gifts from the newly opened Hutt Hospital Foundation Trust shop.

Located in the main entry foyer, the shop will initially be open 9-4.30 on weekdays, but has plans to be open longer hours and at the weekend, once a roster of trained volunteers is established.

Last year the Hutt Hospital Foundation undertook to open a shop, with the profits providing a much needed income stream for their work, which includes fundraising for hospital equipment, extra services for patients and building a children's playground.

Gemma Whitehead, Shop Manager, is looking to recruit a volunteer workforce to help run the shop.

If you are interested in becoming a volunteer please contact Gemma at the Foundation shop on 587 2804.

Board meetings

Hospital Advisory Committee
3.00pm Friday 23 September 2011
Hutt Valley DHB Boardroom

Board Meeting
1.00pm Friday 7 October 2011
Capital & Coast DHB Boardroom

Community & Public Health Advisory Committee
9.00am Tuesday 25 October 2011
Capital & Coast DHB Boardroom

Disability Support Advisory Committee
1.00pm Monday 21 November 2011
Hutt Valley DHB Boardroom

Remember to bring your medication

Medicines reconciliation is a national initiative in hospitals throughout New Zealand to ensure patients receive the right medication at the right time.

The medication reconciliation initiative involves all patients having their medication checked when they are admitted to hospital.

If you come to hospital, whether it is in an emergency or for an appointment, please try to bring your medication with you.

If you bring your medication, hospital staff are able to easily check your medication and ensure you are receiving the right medication for your treatment.

Hutt Hospital will be starting this initiative for all patients admitted to the orthopaedics ward next month and will look at rolling it out to the rest of hospital next year.

If you do forget your medicines, or are unable to bring them, hospital staff may contact your GP or community pharmacist. This is so they have all the information necessary to ensure you get the right medicines while in hospital.



Protect your family from influenza

With recent reports about influenza affecting a Wellington Primary School, here are some simple but effective ways you can protect your family from influenza and other viral illnesses, such as gastroenteritis. They will also help prevent the spread of illness in your community:

1. If you have flu-like symptoms you should not attend school, childcare, work or social functions until 48 hours after symptoms have stopped. Symptoms can include a fever, cough, sore throat, runny nose, body aches, headache and fatigue.
2. Prevent the spread of germs by covering your mouth and nose with tissues when coughing and sneezing and put used tissues in a covered bin or a plastic bag.
3. Wash your hands before preparing food and eating, after coughing, sneezing, blowing your nose, or visiting the toilet. Wash hands for at least 20 seconds with soap and warm water and dry them for 20 seconds with a dry towel or paper towel, or use an alcohol-based hand rub.
4. Regularly clean surfaces that are touched a lot, such as door handles, bench tops, toilet and bathroom areas. Viruses can live up to 48 hours on hard surfaces. One of the most effective and cheapest disinfecting solutions to clean these surfaces is a solution of household bleach and water.

For more information about influenza visit www.moh.govt.nz and click the influenza 2011 tab.

If you are aware of increased numbers of sickness within a school, childcare centre or other institution, please contact the local Public Health Unit on (04) 570 9002.

Your doctor knows you best

Your doctor knows you best and you should always go to them for treatment of coughs, colds, minor injuries, viral illnesses, if you are generally feeling unwell or your condition is not getting better. Emergency departments provide specialist and life saving treatment for patients and should only be used when it is an emergency.

If you are unsure if you need urgent medical care you can phone your doctor any time of the day or night for free advice. If you call outside their normal open hours, you will automatically be transferred to the free Nurse Triage Service for advice.

There are also two after hours services in the Hutt Valley if you need to see a GP in the weekend, evening or on a public holiday. For information about GP practices and after hours services in the Hutt Valley visit our website www.huttvalleydhb.org.nz



Healthy People

Healthy Families

Healthy Communities



Virginia Hope Wayne Guppy Katy Austin David Bassett Debbie Chin Peter Douglas Peter Glensor Keith Hindle Ken Laban David Ogden Iris Pahau John Terris



566 6999



www.huttvalleydhb.org.nz