



## Help make maternity care better

Are you interested in representing a community point of view on maternity care?

Hutt Valley DHB is looking for people to represent the maternity community on a governance group. The aim of the group is to guide improvements in maternity care for all women, babies and their whanau across the community.

Ideally you will have had a child in the Hutt Valley within the last 2 years and/or will be actively involved in the local community.

Applications close at 5.00pm on Sunday 29 July 2012. For more information:  
Email: Nicola.Giblett@huttvalleydhb.org.nz  
Phone: (04) 587 2571

## Did you know?

It can be hard to know if you should see your GP or head straight to the Emergency Department – particularly if its night-time.

If you don't know what to do ring your medical practice. Even if it's closed a nurse will answer your call and can give you advice on your options.

## Board meetings

**Hospital Advisory Committee**  
11.00am Friday 20 July 2012  
Hutt Valley DHB Boardroom

**Community & Public Health Advisory Committee**  
9.00am Monday 13 August 2012  
Hutt Valley DHB Boardroom

**Disability Support Advisory Committee**  
1.00pm Monday 13 August 2012  
Hutt Valley DHB Boardroom

**Board Meeting**  
9.00am Friday 3 August 2012  
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)

## Free After Hours health care for children under six

From this July all children under six have access to free General Practice After Hours healthcare services in the Hutt Valley.

24 practices currently provide free care for children under the age of six during normal business hours. Now two After Hours clinics will provide free care for under sixes: Upper Hutt Health Centre and Lower Hutt After Hours Medical Centre. A third, Ropata Medical Centre, offers free after hours care for children under six enrolled with their practice.



Hutt Valley DHB Acting Director of Planning and Funding Shayne Nahu says that this means parents can get treatment for their children when they need it. "We really want to make sure people don't wait. For children this age a few hours can make a big difference."

If in doubt see your GP or an After Hours clinic near you. You can also phone your medical practice for advice 24 hours a day.

## Stomach bugs and kids

Too many kids end up in hospital after a nasty stomach bug, but most times it's avoidable if you know what to do at home. Stomach bugs can last up to 10 days, with cramps, vomiting, diarrhoea and stomach pain. The biggest problem is loss of body fluids. Even if children aren't thirsty or are vomiting, it is important to drink something to help their body recover.

If they can't hold anything down it is still good for your children to drink, because even a little bit of fluid makes a big difference. Diluted fruit juice (1 part juice to 4 parts water) will help. Fizzy drinks, baby formula, sports drinks or energy drinks are too strong and can make them worse.

Your local pharmacy will have solutions designed to help children replace the fluid they have lost. Bread or toast is a good way to start when they finally start to feel hungry again.

You can prevent stomach bugs spreading to your family by washing your hands after toileting, changing your child's nappies and before eating or drinking. Usually children start to feel better after a few days. Keep them home for at least two days after their tummy has settled, even if they say they feel OK. This stops the bug from spreading to friends and schoolmates.

### Make an appointment for your child to see your doctor if:

- Their mouth and tongue are dry.
- Their eyes are sunken.
- They are unusually tired and don't have much energy.
- Their hands or feet feel cold to touch.
- They have not passed urine (wee) for more than 6 hours.

### See your doctor, After Hours clinic or Emergency Department straight away if:

- They are drowsy and difficult to wake up.
- They have blood or mucus in their faeces (poo).
- Their vomiting becomes worse and they cannot keep fluids down.
- They have severe stomach pain.



**(04) 566 6999**  
main hospital phone number