

## HEALTHY SKIN

Clean hands often \* Cut fingernails \* Cover sores and cuts with plaster \* Keep skin clean



Well child



Child with minor cut, sore or other skin condition



Child with minor skin infection



Child with skin infection that is getting worse



Child with serious skin infection

## Healthy skin – preventing cellulitis

The odd scrape and cut is inevitable no matter the season so keeping your skin healthy all year round is important.

While a minor scrape is easily managed by washing and covering the wound, infection can occur that causes more serious skin conditions such as cellulitis.

### What is cellulitis?

Cellulitis is a skin infection in the deep layer of the skin that results in redness, painful swelling and blisters. It is caused when bacteria gets into a break in the skin, such as a cut, skin ulcer, injection, insect bite, scratch, burn, or through damaged skin like athlete's foot.

### Go to the doctor if you have symptoms of:

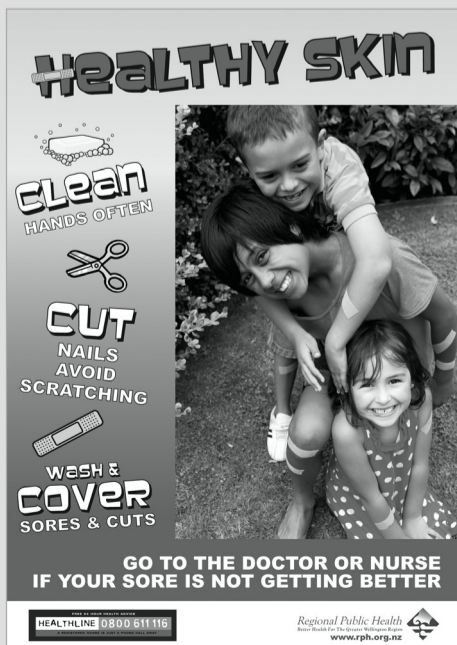
- Increased redness or inflammation
- Tight, glossy, 'stretched' appearance of the skin
- Increased pain and tenderness of the area
- Fever, chills and sweats, and
- A general feeling of feeling tired and unwell

**See the doctor or nurse immediately if the sore or redness has any of the following:** Is the size of a 10c piece or bigger, has pus, is getting bigger, has red marks, has not got any better in two days, or is near the eye.

### How do I protect my family against cellulitis?

If you or your family member have a minor cut, sore or other skin infection:

- Wash the wound well with running water and soap. Cover with a plaster and keep an eye out for any signs of infection.
- To keep clean, use a clean rag and a cup of warm water with half a teaspoon of salt. Use the rag to soak the wound or sore and throw the rag into rubbish when you are finished. Dry with a clean rag and throw rag into rubbish afterwards.
- If you or your child has eczema, keep the skin well moisturized and the eczema as under control as possible.



- Try to protect skin from injury by using protective clothing and equipment when playing sports or participating in at risk activities.

For more information about keeping your skin healthy visit [www.rph.org.nz](http://www.rph.org.nz)

## uBOOK

Online appointment booking gives people more control

Online booking system 'Ubook' was launched in April this year. Now people needing outpatient appointments at Hutt Hospital have more control over their appointment times because they can book when it suits them.

Ubook is the first online appointment booking system to be used in the New Zealand health sector. Hutt Valley DHB Ubook Project Manager Dawn Livesey said, "it's all about giving people greater choice and flexibility. So far 34% of people that used Ubook booked their appointment outside of normal working hours."

People referred to outpatient services receive a referral letter inviting them to make or change their appointments using Ubook, or via the usual method by phoning the booking office. Since its launch on April 2, 20% of people have booked using Ubook.

"It's a very user-friendly system," said Ms Livesey. "We've had people who aren't digital natives use it with no problems. Our very first user told us she found it really easy and that she'd use it again."

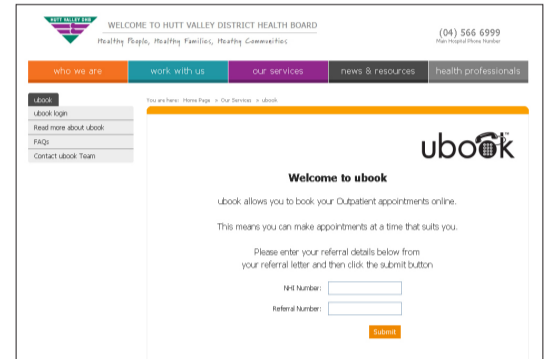
It was out of a conversation that Ubook was born. Hutt Valley DHB Women and Children's Health Service Manager, Sarah Boyes received a notice from her children's school advising her that she could book her parent-teacher interviews online.

"I'd thought - why couldn't we have something similar for outpatient bookings?," said Ms Boyes. The following day she discussed the idea with her colleagues and the seeds of Ubook were sown.

Ms Livesey said that it was her hope that as a product, Ubook would be developed and refined by Hutt Valley DHB, then rolled out sub-regionally and eventually on a national level. "Patient empowerment is at the core of the Ubook concept, but the system also has the benefit of streamlining booking administration processes, in particular the number of phone calls needed to make a booking," she said.

Currently, people can book outpatient appointments with general surgery, gynaecology, dermatology, colposcopy and gastroenterology. Plans are underway to include other services at Hutt Valley DHB and make follow-up appointment bookings available to users.

More information about Ubook is available at [www.ubook.huttvalleydhb.org.nz](http://www.ubook.huttvalleydhb.org.nz)

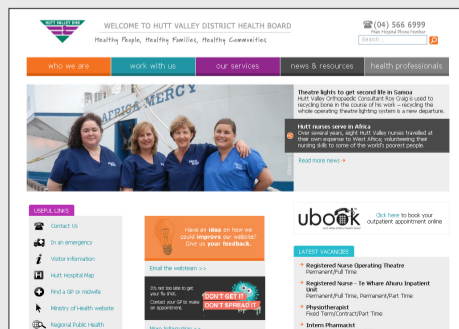


## Check out our new website!

Hutt Valley DHB has a new look website with more user-friendly navigation.

This year we will be adding more information about our services.

Please send us your feedback so we can continue to improve our website.  
Email: [webteam@huttvalleydhb.org.nz](mailto:webteam@huttvalleydhb.org.nz)  
[www.huttvalleydhb.org.nz](http://www.huttvalleydhb.org.nz)



## Board meetings

Community & Public Health Advisory Committee  
9.00am Monday 11 June 2012  
Hutt Valley DHB Boardroom

Board Meeting  
9.00am Friday 15 June 2012  
Hutt Valley DHB Boardroom

Hospital Advisory Committee  
11.00am Friday 22 June 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)

(04) 566 6999  
main hospital phone number