

## Planning for a healthy Christmas

The holiday season is just around the corner and many of us will be busy making plans to see our family and friends. It's also a busy time for your General Practice, so if you see your doctor regularly or need a prescription, don't forget to make your appointment as early as possible. Leaving it until the week before Christmas could mean that you may not get your prescription until the first week of January so it's best to plan ahead.

It's also a good idea to check what times your General Practice will be open during the Christmas period. If your General Practice is closed on what is normally a business day and you need to see a doctor, there are After Hours services in Upper and Lower Hutt. If you visit the Lower Hutt After Hours you will have to pay a bit more than you would at your GP, but you will be given a voucher to reimburse the extra cost.

The following After Hours services will be opened during Christmas:

### After Hours Medical Centre

Weekdays 5.30pm - 11pm  
Weekends & public holidays 8am - 11pm

### Upper Hutt Health Centre

Weekdays 8.30am to 5pm  
After hours 5pm - 8am  
Weekends 9am - 1pm and 2pm-6pm  
Public holidays 10am to 5pm (please call to check)

If you have family or friends visiting that need medical help they can be seen at the After Hours.

If you are not sure what sort of medical help you need you can ring your General Practice for advice 24/7.

## Not an emergency? See your GP



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

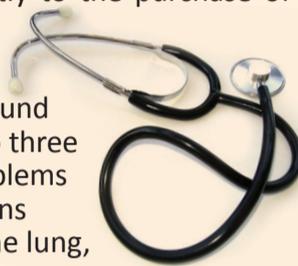
CHOOSE WELL Or call Healthline 0800 611 116

## Buy Coffee and help Hutt Hospital Kids

Thanks to a local fundraising initiative organised by Z Vic Corner, you'll have another great excuse to get your caffeine fix. Buy any coffee at Z Vic Corner on Friday 23 and Saturday 24 November and you'll be supporting Hutt Hospital Children's Ward.

Over half of all coffee sales from 9.00am - 6.00pm on both days will go directly to the purchase of stethoscopes.

Last year Hutt Hospital Children's Ward treated around 2,300 children, with the top three most common medical problems respiratory-related conditions such as viral infections of the lung, asthma and pneumonia.



The humble stethoscope has been a vital and well-used 'tool-of-the-trade' for our health professionals and the Children's Ward need more of them!

So pop in and treat yourself to a delicious hot drink in the knowledge that you're contributing to improving health services for children.

**What:** Fundraiser for Hutt Hospital Children's Ward

**Where:** Z Vic Corner (opposite the new KFC on High St.)

**When:** 23 - 24 November 2012. 9am - 6pm.

## Visitors welcome - usually

Recently there have been a number of outbreaks of norovirus - a nasty and easily spread stomach bug - in hospitals in Auckland and the Bay of Plenty.

It's a good time to remind people not to visit relatives and friends in hospital if they have recently had the bug. Medical Officer of Health Dr Margot McLean says Hutt Hospital does not have any current outbreaks but hospitals and rest homes are always at risk when stomach bugs are doing the rounds.

"At the moment we are seeing an increase in stomach bugs in the community. Since October, we've been advised of 15 outbreaks in the greater Wellington region and six of these were from the Hutt Valley."

Dr McLean says once a bug like this gets into a hospital or rest home it spreads very easily. "The problem is that in these places it will affect very vulnerable people. It is the last thing these patients need."

Dr Mclean's advice:

- If you have had a stomach bug, visiting people can put them at risk.
- Wait at least 48hrs after diarrhoea and vomiting has stopped before visiting.
- Everyone should use the free hand sanitiser at the hospital entrance when they arrive.

## Working with our neighbours



The recent announcement about new ways of working with Hutt Valley and Capital and Coast DHBs was no big surprise to many staff. The direction was set several years ago with the establishment of the Sub-regional Clinical Leadership Group.

Backed by all the Chairs and Chief Executives, clinical leaders from the 3 DHBs set about determining those services which were the most vulnerable in the region and would most benefit from taking a multi-DHB approach. Then they developed workstreams around these services. As work progressed, the clinicians requested expert analytical skills from the planning and funding teams, good financial and HR advice, and expert input from the IT teams so they could make best use of available resources.

The workstreams identified some common barriers. The DHBs had different IT systems, making sharing information difficult. They had different HR systems, making it hard to move between the DHBs. They made different use of their electronic patient management systems so accessing medical records was harder than it needed to be... and the list went on.

Despite the good advice, some barriers remained that only Board level decisions could change.

The requirement that the three DHBs find a sub-regional solution as part of their Annual Planning process to our shared deficits was the catalyst for the Boards. They endorsed a direction of accelerated change, along the path already identified by the Clinical Leadership Group.

So now we start on the next phase of planning and providing health services in Hutt Valley - but this time, we'll be doing it in the context of our wider greater Wellington population of around 500,000, instead of just our local 146,000. Research shows that this wider population base is a much more sustainable way to plan and deliver health services.

The 3DHB Programme streamlines governance and management, retains 3 Boards for local accountability, promotes more joined-up services, consistent business rules, policies and protocols and more equitable access to services across the 3 DHBs.

You can find out more at [www.wairarapa.dhb.org.nz](http://www.wairarapa.dhb.org.nz) > Health Services > Sub-regional

## Board meetings - Nov/Dec

### Hospital Advisory Committee

9am Monday 26 November 2012 (Hutt Valley)

### Board Meeting

9am Friday 14 December 2012 (Wgtn)

The public are welcome at these meetings.

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



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main hospital phone number