

HealthMatters

April 2013



We are very fortunate to have a wonderful team of thousands of people working tirelessly day and

night for our patients and community.

As we change how we provide health services we have to think about an integrated approach, which allows improvement across the whole system. This means focusing on population health, costs and patient experience. The result will be safe and high quality services, providing value for money and the best

health outcome for the community as a whole.

The enhanced intermediate care service is a great example of how we can make better use of the skills and resources available and improve the service for the patients.

We will be working further with the Taranaki health community to develop and implement more ideas like this, as we continue to improve our

health services whilst also managing the financial challenges we have.

Immunisation is a cost effective health intervention to protect our children and wider community. Let's make sure we take this opportunity during National Immunisation week.

Tony Foulkes
Chief Executive

Get involved in your health...

MAY 1

May Day. May 1st is Disability Awareness Day. Activities in Barretts Lounge, Taranaki Base Hospital. 10am-2pm.

MAY 31

World Smokefree Day.

MAY 5 - 12

International Nurses and Midwifery week. Taranaki DHB celebrates and acknowledges the hard work of all nurses and midwives.

Protecting our children

Taranaki families are reminded to get on top of their immunisations during National Immunisation Week 22-28 April 2013. The theme for immunisation week is protect your children, our community.

Taranaki DHB Medical Officer of Health, Dr Jonathan Jarman said immunisation is one of the most successful and cost effective health interventions to prevent serious disease and also one of the safest.

Dr Jarman urges all parents to ensure their children are immunised on time for best protection.

"There is an epidemic of whooping cough all over New Zealand at the moment," said Dr Jarman. With 50 cases of whooping cough reported in Taranaki since the start of the year.

Whooping cough is a highly contagious disease that is best prevented by immunising your baby on time, every time: at 6 weeks, 3 months and 5 months old. It spreads

easily by coughing and sneezing, and it can make your baby seriously ill. The symptoms of whooping cough in young children can include prolonged coughing, turning blue, vomiting and stopping breathing.

"Because young children are the ones most likely to have complications and end up in hospital, is the reason that vaccinations start at 6 weeks of age. On-time vaccination is the best protection," said Dr Jarman.

Free whooping cough vaccination is also available for pregnant women who are between 28 and 38 weeks gestation in their pregnancy. Whooping Cough is passed on by parents and close family members in 70% of newborn cases.

If parents have any questions about whooping cough or other immunisations they should ask to discuss these with their family doctor or practice nurse.

To date...

18,830 people in Taranaki have been immunised for influenza

700 staff at Taranaki DHB have had their influenza vaccination

Rest home boosts recovery

Allowing older people to go to a rest home to rehabilitate after a stint in hospital instead of staying in hospital for weeks is working well in New Plymouth. Enhanced Intermediate Care Service for older people began last year with the Taranaki DHB contracting four beds in Tainui Residential Care Facility.

From there rehabilitation is provided for people who would otherwise have to face either a long stay in a hospital ward before returning home or consider prematurely entering residential care.

The service is designed to facilitate the transition from hospital to home by encouraging the patients practical ability and independence. A multi-disciplinary team of health care professionals, including occupational therapists,

physiotherapists, doctors, nurses and rest home staff all work together to provide a restorative programme of rehabilitation. A maximum stay of six weeks in the Enhanced Intermediate Care beds can be provided but some people require as little one to two weeks of therapy and care in this more home like environment.

Since its implementation in July 2012, 41 people have been referred to the service who would otherwise have remained in hospital.

Older People's Health Service Manager, Wendy Langlands said this initiative was a perfect example of a win-win. "It's helping patients get back into the community and freeing up expensive hospital bed space," said Mrs Langlands.

Be Wise! IMMUNISE!

You won't forget the first time your baby sits up. So don't forget their immunisation milestones.

Immunisation is FREE!

If your child is due for their immunisations call your doctor or practice nurse today. Immunise your child on time, every time! **6 weeks, 3 months, 5 months, 15 months, 4 years, 11 years.**

Protect yourself, your whanau, your community. Immunise!

For more information on Immunisation you can call **0800 IMMUNE**, visit www.health.govt.nz or www.immune.org.nz



It's Safe

It's Effective

It's Proven