



Turanganui PHO's Fortnightly Newsletter, Issue 26, January 9 2008

Quite a Quake!

Image and Article by Clare Webber

It was the big one.

It struck us all, shaking our homes, our community, our confidence.

It will be one of those times where we will always remember exactly what we were doing the moment the earthquake struck a few minutes before 9pm, Thursday December 20, 2007.



For most people, the stories from that night are ones of fortune, luck, and appreciation that things weren't a whole lot worse.

The six GP practices and Maori health organisation of Turanganui Primary Health Organisation have similar stories to tell. All escaped serious damage. The most affected was City Medical, whose Derby Street premises remained closed until 3pm Friday while experts assessed the structural damage to it and surrounding buildings.

City Medical General Practitioner Dr Lesley Hawkins said it caused some angst.

"It was quite frustrating not to be allowed in on the Friday, but it was understandable as there was concern about the risk of aftershocks and the instability of the building next door to us,"

While the closure kept staff and patients out of the centre, it did not stop one GP, Dr Bernd Stoltenberg performing a medical consult for one of his patients on the street outside.

A patient of Dr Stoltenberg's had sustained an injury to his foot during the earthquake and approached the doctor as he waited for the all clear to re-enter the building.

"The man had bandaged his injured foot, so Dr Stoltenberg examined it to see whether it needed stitches or any other further treatment," Dr Hawkins said.

"Once we were allowed back in to the building we realised we were not too badly off, building wise. We had a few files on the floor and some other minor things to clean up, but otherwise we were very lucky."

Files on the floor was a common theme across the medical centres. Desmond Road Medical Centre and Village Medical Centre both had filing cabinets fall over, and a falling water dispenser at Village Medical Centre caused minor water damage.

Serendipity Health Ltd came out of the shake up "pretty lucky", receptionist Sharron Wickins said.

"The fish in our fish tank had their own private tsunami which sloshed over the floor, but that was about it," she said.

Mangapapa Medical Centre's fish survived a similar experience, while other damage at that centre was limited to a small number of notes falling out of files.

Kaiti Medical Centre was the exception when it came to falling files and patient notes, having made changes to its filing cabinets after the 1993 shake-up.

"Now they [the filing cabinets] are bolted to the roof with steel rods, so they didn't move at all," said KMC co-owner and practice manager Ingrid Collins.

Some medical centres saw a number of their patients in the days following the earthquake presenting with minor injuries such as cuts and bruises sustained during the event.

The Turanga Health buildings escaped major damage during the quake however continuity of services were affected for nearly 24 hours as the surrounding area was cordoned off, said Chief Executive Reweti Rophiha.

"Apart from that we were very lucky, one broken flower vase, that's all."

Order of New Zealand Member Pulls All-Nighter!

□ By Hayley Redpath

Community News

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Implementing Routine HIV Screening In Pregnancy - Update

The production of the national HIV screening in pregnancy guidelines is behind schedule therefore we will not be able to start implementing routine HIV screening in pregnancy on 14th January as originally planned.



Ingrid Collins, Member of the Order of New Zealand. Photo: Clare Webber.

On the eve of receiving the Order of New Zealand for services to Maori, Kaiti Medical Centre co-owner and Practice Manager Ingrid Collins pulled a New Year's all-nighter!

But it had nothing to do with celebrating the distinguished honour she had just received. Instead Ingrid and fellow volunteers spent 1am to 9am directing traffic at Rhythm and Vines.

"It was all on for some parts of the night...buses, taxis, people in their cars. We only had one spot of trouble and that was from one female driver who didn't cooperate."

During the long night she worked alongside friends and family raising money for the upcoming 28th Maori Battalion Reunion in 2008. It was exhausting work yet she was at her desk at KMC the next day!

Ingrid first learned of her nomination for a New Year's honour when she received a letter from Government House in November. She was sworn to secrecy but there was one special person she decided to share her excitement with – husband John Collins.

John died in 2007 and Ingrid says she is sad not to have been able to celebrate this achievement with him. But he was definitely in the loop.

"I went out to Whangara where John is and read him the letter. It was the first time in my life I could tell him a secret because he could never ever keep a secret when he was alive!"

Ingrid celebrated Christmas and New Year's Eve with her children, one of whom had travelled from Scotland to be with her.

"Thank you to everyone who has contacted me with messages of congratulations, and celebrated with my family and I these past days. I am so humbled."

To learn more about Ingrid's work and commitment to Maori visit [The Gisborne Herald](#) front-page article that appeared on Monday 31 December 2007.

The MOH are going to let me know when the guidelines will be ready for distribution. As soon as I know this date I will contact everyone concerned with a new launch date and make arrangements to distribute the guidelines and blood test leaflets as previously planned.

During the next month I will contact anyone who has not yet received training/information on The HIV screening programme and offer to make arrangements to update any staff individually or in groups.

If you have any questions or queries at all please contact me: Kim Quartermain, Antenatal HIV Screening Coordinator [via email](#) or by phoning (06) 867 9119 ext 8721, or 0274871247.

Appointment of Community Members to the Statutory Committees of the Tairāwhiti District Health Board The Board wishes to receive applications from members of the public with a range of backgrounds and expertise to be considered for appointment to the Hospital Advisory Committee, Community and Public Health Advisory Committee or the Disability Support Advisory Committee.

For further information on each of the committees and an application form please contact the Board Secretary Joyce O'Donnell on (06) 869 0500 x8093 or joyce.o'donnell@tdh.org.nz.

Applications close on 25 January 2008 for consideration and finalisation of appointments in February.

Ingrid Collins, TDH Board Chair.

Tairāwhiti District Health Board Meeting, Tuesday 19 February, 9am, Morris Adair Building, Gisborne Hospital.

Community and Public Health Advisory Committee/Disability Support Advisory Committee Tuesday, 26 February, 9am/11am, Morris Adair Building, Gisborne Hospital.

Hospital Advisory Committee Meeting, Monday 18 February, 12.30pm, Morris Adair Building, Gisborne Hospital.

Visit www.tdh.org.nz for all TDH meeting agendas.

Doing it for the Kids, E

By Hayley Redpath



Sport Gisborne Tairāwhiti's Joy Williams. Photo: Hayley Redpath.

Turanganui Primary Health Organisation has put \$130,000 toward a Sport Gisborne Tairāwhiti programme helping children aged between five and 12 lose weight and live healthy.

AWHI or the Active Whānau Health Initiative was developed to help children with a higher than recommended weight for their age get more active, make better food choices, and improve their overall enjoyment of life.

The unique thing about the AWHI programme according to Sport Gisborne's Joy Williams is that the child's family also takes part so newly learned healthy behaviours are adopted by everyone living under the same roof.

"We involve the whole family because we were finding that's where the children had been modelling certain unhelpful habits like inactivity and poor eating."

AWHI is a far more intensive version of the Healthy Kids Active Families (HKAF) programmes started by Sport Gisborne Tairāwhiti two years ago. An evaluation of the original programme showed "interesting but not surprising trends" said Joy.

"While over 75% of parents reported that the child was more active, had more self confidence, more energy, improved sleeping, and an improved knowledge of healthy eating, the decrease in body mass index, did not correspond."

Joy said their research showed that contributing factors included waning parental or caregiver support. "And this can be for a number of reasons such as parents who are unpractised in saying "no" to children, and the social or geographical isolation of some families and children," said Joy.

AWHI was created for those families who require a greater level of support. The workshops for parents and children cover topics around self esteem, parenting strategies, role modelling, healthy food choices, meal preparation, bullying, managing feelings, and activity options.

AWHI involves a small number of families in weekly workshops and family activity sessions – an intake of only four or five families take part in AWHI each school term. Each family will receive tapered support over a 12 month period.

Turanganui Primary Health Organisation Chief Executive Keriana Brooking said the PHO supported the programme because it empowered families.

"By providing practical information and relevant and appropriate support Sport Gisborne Tairāwhiti can make a real difference to the lives of these children and perhaps even in time their children. "

The funding allows Sport Gisborne Tairāwhiti to employ a full time AWHI facilitator, a part time dietician (0.4 FTE), and a part time coordinator (0.5 FTE). It will also cover overheads such as professional development, resource development, and some administration, vehicle and communication costs.

AWHI programmes for the first families begin in February 2008.

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