



Turanganui PHO's Fortnightly Newsletter, Issue 41, August 06, 2008

Keriana Overcomes Nerves to Receive Prestigious Award



Keriana Brooking receives her prestigious award

By Hayley Redpath

Amidst the pomp and circumstance of last Saturday's 2008 Sir Peter Blake Emerging Leader Awards our own winner, Keriana Brooking, hoped above all she wouldn't get her knickers in a twist.

"I spent the first part of the award evening afraid I was going to tuck the back of my dress in my underwear and wander up stage looking frightful!" said the 37-year-old winner, and Chief Executive of Turanganui Primary Health Organisation.

Keriana received her award at Parliament Buildings last Saturday in front of a crowd of 150 distinguished guests including award panellists Sir Ron Carter, Eion Edgar, John Graham, and Sir John Anderson.

"We got to the part of the night where they were going to read the citations and I realised, with a shock, that being a "B" last-namer, I was probably going to be up first. What were my instructions...no one had told us?!"

Keriana knew for three weeks that she was one of six young men or women selected for the awards created after the death of Sir Peter Blake, one of New Zealand's greatest yachtsmen, environmentalists, and leaders.

The other five 2008 Emerging Leader awardees were Sarah Ulmer, Oscar Kightley, Rebecca Caughey, Julie Helson and Michael Sabin.

It was a hard secret to keep, particularly as she had to conceal a number of "appointments". One such rendezvous involved a fleeting trip to Auckland to meet Pippa, Lady Blake, and be interviewed and photographed by the Sunday Star-Times.

"There was an enormous amount of subterfuge, even from them. I didn't know every winner until the actual night....I saw Oscar Kightley in the lift and thought he might possibly be one. Poor man, he had been sitting in a plane since Thursday so was very tired!"

Keriana said having husband Jack with her at the awards dinner was special. She still marvels that she got her "jeans-and-rugby-jersey-not-talking-much-husband" into a tux.

Now, ten days on, Keriana is still embarrassed when people marvel at her full and busy life. She says she is no different to any other person who is working, bringing up children, and giving time to causes, organisations, and events that she loves.

"I have no magic system, it's pretty naff really, we just have a planning calendar on the wall in the kitchen!"

Recipients of the award have the opportunity to regularly chat with other amazing New Zealanders and Keriana is excited at the "international" doors the award might open. She is pragmatic too.

"It probably has a shelf life this award you know, but for right now, it means nothing changes, it doesn't give me any exemptions, in fact probably the work just got harder."

"To me it says it's time to re-launch the Mauri!"

To read Keriana's citation and learn more about why she has received the award [click here](#).

[Click here](#) to read Gisborne Herald coverage of the awards.

A Community Congratulates

Messages of congratulations have poured into Turanganui Primary Health Organisation this week after Chief Executive Keriana Brooking was announced as a recipient of a Sir Peter Blake Emerging Leader Award.

Labour Member of Parliament for Ikaroa-Rawhiti Parekura Horomia and Gisborne Mayor Meng Foon led the accolades.

Mr Horomia said Keriana had earned the respect of her community, but also that of many in Aotearoa.

"A strong and healthy whanau leads to a strong and healthy future. Keriana Brooking embodies that

Community News

This section of our newsletter is devoted to you and your projects. If you would like to advertise your event, seminar or meeting, email details to [The PHOnetic](#).

If you do not wish to receive this newsletter, please click [here](#) and send an email requesting that you unsubscribe.

Alternatively you can request an addition to The PHOnetic's email distribution list.

Cancer Society's: Out of Sight Out of Mind, Multi Media Production In the lead up to Daffodil Day the Cancer Society is touring Out of Sight Out of Mind multi media production. It includes a 10 minute drama by Lytton West High School, a short film by Revolution Youth Media, and a gritty real life short documentary looking at the effects of smoking on New Zealanders.

Make your booking NOW to have the Out of Sight Out of Mind multi media production come to your marae, school, church or community organisation today.

Bookings through Mary Mazengarb at the Cancer Society, (06) 867 1795.

Al-Anon Family Groups Contact We would like to ensure that the contact details for Al-Anon Family Groups are accurate, so people are aware of the peer support that is available.



Labour MP Parekura Horomia

sentiment. Her commitment to providing effective healthcare to residents of Turanganui, and especially her dedication to Maori healthcare has earned her not only this prestigious award – but the respect of many.”

Mayor Foon praised Keriana’s way of working with those around her.

“She has a great love for people,” and shows leadership in many areas, he said.

“You will see her setting up functions, in the kitchen cooking, facilitating, presenting lectures. It is her work ethic which enthuse all those who work with her.”

Turanganui PHO Board Chair David Scott said the PHO was extremely fortunate to have someone of Keriana’s ability as its leader. Keriana’s husband Jack, son Te Aho, and extended family needed thanking for “sharing this incredible person with the board.”

Tairawhiti District Health (TDH) Chief Executive Jim Green worked with Keriana between 2001 and 2003 during the time PHO’s were being created.

Mr Green said Keriana’s enthusiasm for health, and getting the most out of this district, is infectious.

“Her relationship skills have been key to some successful TDH/PHO partnerships over the last years, and she has been instrumental in supporting a number of new initiatives aimed at making a difference to the patient journey through primary care.”

TDH Kaiwhakahaere Hauora Maori, or Maori Health Manager, Maaka Tibble, said Keriana was goal driven, focussed, single minded, and determined. He said he was a realist, and suspected Keriana’s future may not necessarily be in this district.

“For those of us who know Keriana it is not surprising that she was selected for the award. There are many such persons in our communities but there are those that rise above the pack.”

The six 2008 Emerging Leader awardees announced at a banquet dinner in Wellington last week were: Keriana Brooking, Sarah Ulmer, Oscar Kightley, Rebecca Caughey, Julie Helson and Michael Sabin.

During Saturday’s prestigious ceremony Sir Murray Halberg, sportsman and the man behind the Halberg Trust and Awards, was announced as the 2008 Blake Medalist.

For more information on this year’s awards and to read each recipient’s short bio [click here](#).

We recently had an enquiry from an AA member who had a list of “Groups in Gisborne” that had Al-Anon Family Groups incorrectly listed. We are not sure who initiated this so we are sending this to any relevant organisations. As we are a volunteer, anonymous program, we would appreciate that any queries go to our national office (09) 309 4790 or 0508 425 2666

Who Are We: The Gisborne One Day At A Time Al-Anon Family Group. For families, friends, colleagues, and adult children of alcoholics (or people whose drinking is a problem for us). Meet every Wednesday at 7:15pm-8:15pm, St Andrews Church (in the music room at rear of church), 176 Cobden St, Gisborne. Local Gisborne Contact: Nadine (06) 867 3316.

Let Your Patients Know About Plunket’s Free Parenting Courses Your Growing Baby, suitable for parents with babies around four months of age. Information on introducing solids, nutrition, teething, active movement, safety, and more. Next class starts Friday 8 August, 10am.

Your New Baby, suitable for first time parents due late September-November 2008. Incudes sleeping, bathing, crying, strategies to cope with first six weeks. Next class starts Monday 25 August, 7pm.

Money Minded, a workshop to help parents make conscious decisions about how to stretch the dollar further. Friday 12 September 10am-12 noon.

Your patients needs to register by phoning Leanne on 868 3697.

SF Tairawhiti Annual General Meeting, Monday 11 August, 81 Childers Road, 12.30pm. Guest speaker: CYF Social Worker Kay Symes ‘48 hours in the life of a Children and Young Persons Social Worker’. Inquiries to 868 5295 or [via email](#).

Disposal of Clinical Information Tairawhiti District Health’s policy is that clinical information of any individual aged 19 years or over will be kept for 10 years after death and then disposed of. Records of individuals who died between the years of 1994 and 1997 are now due for disposal. Requests can be made to transfer health information to a personal representative of the deceased person. For more information contact Team Leader, Clinical Records, Gisborne Hospital, Private Bag 7001, Gisborne. Requests should be made by September 30, 2008.

Tairawhiti District Health Board Meeting, Tuesday 19 August, 9am, Morris Adair Building, Gisborne Hospital.

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

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

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



Dr Yukio Flinte Image by Clare Webber

More Work Needed with Diabetes Patients Reveals Young Doctor

By Clare Webber

A new young doctor who has joined the GP training programme at Kaiti Medical Centre has delivered some useful research results regarding the centre’s treatment of diabetes patients.

Dr Yukio Flinte graduated from Otago University in 2005 and worked as a house surgeon at Gisborne Hospital in 2006/2007, before returning to Gisborne this year.

Dr Flinte, who is supervised by Dr Johan Peters, says he is enjoying the challenge of working as a GP.

“It is definately a positive experience overall, although it is a challenge getting through all the work.”

Dr Flinte’s training is motivated by his desire to work as a doctor in developing countries.

“Working as a GP gives me a good set of skills that can be applied to a variety of medical situations in remote areas.”

As part of his training, Dr Flinte recently completed an audit of the management of Type II Diabetes at Kaiti Medical Centre, asking important questions; are we meeting targets and are there any gaps in our management of diabetes?

Dr Flinte says while the results show there is room for improvement, a great deal of work was done by doctors to achieve as close a result to the national targets as possible.

“No-one met all of the strict diabetes targets set out by the national guidelines.

But in saying that, about half of the patients came close enough to the targets to be effective,” he says.

“These targets are quite lofty, and it is simply not feasible to reach all the targets in every patient.”

Factors contributing to patients falling short of targets include a reluctance by doctors to have patients on too many medications, medications being overlooked, patient motivation and compliance, and telephone scripting causing interrupted follow-up and management, Dr Flinte says.

Although Dr Flinte hasn't worked directly with the HealthRight programme yet, he believes the principle of the programme is a good one.

"It helps us identify any areas there might be holes in our treatment, and stop patients falling through the gaps.

"Although the programme is quite labour intensive and will take a while to get up and running and be effective, quite a few of my patients have already responded to HealthRight checks, which has been great."

Dr Flinte will sit his exams at the end of this year, then have a further two years of supervision, before becoming a fully-fledged GP.

Cultural Competence Symposium

Check out [Cultural Competence Symposium](#) for copies of three of the presentations delivered at last month's symposium.

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