



**The PHOnetic**  
*For anyone interested in primary health*

Turanganui PHO's Fortnightly Newsletter, Issue 43, September 3, 2008

**AWHI Helping Families to Help Themselves**

**Article and Image by Clare Webber**



**Gina McGhee chases Rueben Waihape-Kaaho during a fun AWHI activity session.**

Gina McGhee will always be able to pinpoint January 2008 as the month she changed her life and the lives of her whanau, forever.

After years of feeling lethargic, unhappy, disorganised and chaotic, Gina decided enough was enough, and signed the family up for Sport Gisborne's Active Whanau Health Initiative (AWHI) programme.

She said her "upside-down-inside-out,-always-late,-no-routine-home" needed to make some big changes, and everyone needed to get on board.

"Before we started the AWHI programme we were couch potatoes. We were all happy to sit in front of the box and do nothing," Gina says.

Now, the whanau is involved in making healthy food choices and taking part in activity.

programme asks for a commitment from the whole family to weekly activity sessions and a series of intensive workshops.

The McGhees have six children. The two older ones have left home and the four youngest, aged one to seven years, are fully involved in AWHI.

"The kids have made a lot of friends and that takes the focus off the exercise - it makes it fun rather than a laborious activity," says Gina.

"We have running races, three legged races, and we play bull-rush - games we used to play when we were kids.

"It has also been good to meet other families with the same issues - we are all going in the same direction, and meeting each other through AWHI means we can do it together," she says.

"We could not have done it on our own."

The whanau focus of AWHI allowed Gina and husband Ra to have the whole family attend the sessions and workshops, with the younger children being looked after in the crèche provided by the AWHI team.

Other families involved have helped the family on their journey.

Recently some of the AWHI families spotted each other in the supermarket.

"We all saw each other and started putting back all the stuff in our trolleys that should not have been there," Gina says with a laugh.

Gina has organised a walking group for the AWHI families and is enthusiastic about starting up a social touch rugby team in summer.

"The important thing is, if we keep in touch, we might be able to reach others and help them too."

**Earlier this year, Turanganui Primary Health Organisation put \$130,000 toward Sport Gisborne Tairawhiti's AWHI programme. Chief Executive Keriana Brooking said the PHO supports the programme because it empowers families. "By providing practical information and relevant and appropriate support Sport Gisborne Tairawhiti can make a real difference to the lives of these children and perhaps even in time their children. The funding allows Sport Gisborne Tairawhiti to employ a full time AWHI facilitator and a part time dietician. It also covers professional development, resource development and some administration, vehicle and communication costs.**

Unlike Green Prescription and Green Prescription Active Families, the AWHI

**With guidance from AWHI manager Tania Lardelli, the McGhees have changed many aspects of life with noticeable benefits.**

**The Old McGhee's**

In the past, bedtime was "crazy" and the McGhee's were always running late to the school drop-off in the mornings.

Budgeting was a problem and Gina often found she would run out of money near the end of the week.

Gina felt as though she didn't have enough time to plan evening meals, was always nagging the kids, and that discipline was a problem.

**The New McGhee's**

Gina plans and budgets for the family meals each week, and the take-aways have been replaced with fresh, healthy food.

The McGhee household has become structured, with routines and chores allocated for every member of the family.

The kids are all in bed by 7pm and are at school early most mornings.

Importantly, Gina and Ra have worked together on discipline, and their united front has meant the kids understand their boundaries and respond well to them.

**Pen and Paper Pointless when you have The Tablet**

By Hayley Redpath

Turanga Health's five nurses can upload the Medtech patient data base during home visits thanks to the latest in mobile computer equipment.



**Polly Maxwell and Michell Krawczyk put pen to Tablet.** Image by Clare Webber

Tablet PCs are essentially notebook computers that can be written on with a stylus or pen. The tablet's stylus acts as the mouse and the user makes notes and drawings using the natural and comfortable method of writing with a pen.

In a local setting, the Tablet PC is being used by nurses to quickly upload patient information.

"We could do it while still in the patient's home, or it is something you can do when you return to the work car after a visit," says Well Child nurse Michell Krawczyk.

Nurses can also check their emails, connect to the internet, and do everything else they would normally need to wait until they returned to the office to do.

Turanga Health's nurses work predominantly off site, which was the impetus behind the purchase says Turanga Health Clinical Manager Shirley Keown.

"It was part of Turanga Health's commitment to go paperless and improve efficiency by reducing duplication of information. For staff it was about not having to wait for access to a desktop computer. Beforehand, staff had to complete hard copy documentation and then load it into the patient management system. Now they can load straight into the database while out in the field or scan relevant documentation."

"There is no need to use a keyboard, though Tablets usually come with them. The hard drives and processors are comparable to those of laptop and desktop computers."

## Turanganui PHO Nurse Practitioner to Conferences



**Nurse Practitioner Diane Williams**  
Image: Clare Webber

By Hayley Redpath.

Turanganui Nurse Practitioner (NP) Diane Williams is attending two international nurse practitioner conferences offering her the opportunity to promote the benefits of the New Zealand NP model.

In mid-September Diane will attend the International Nurse Practitioner/ Advanced Practice Nurse Network's conference in Toronto, Canada. The conference theme is: "Leadership in Advanced Nursing Practice: Maximizing Health, Celebrating Collaboration and Promoting Innovation".

Then in October Diane will attend the Australian Nurse Practitioner Association conference in Melbourne where she will make two presentations based on her Masters thesis "One for the Boys".

"One for the Boys" relates to Diane's work with men at the Juken New Zealand East Coast timber mill over the past five years.

Diane's conference attendance has been funded by Turanganui Primary Health Organisation.

She says the conferences are an opportunity to learn more about NP practice from countries way ahead of New Zealand in terms of utilizing NP care. It will also provide an opportunity for "picking up new skills and knowledge of working with populations who have high needs and many disparities".

## Radio Advertising on The Edge

Turanganui Primary Health Organisation's free sexual health consultations for under-25 year olds will be advertised on The Edge this month.

The aim of the free general practitioner and/or practice nurse service is to reduce the number of unwanted pregnancies and reduce the Chlamydia infection rate.

Turanganui PHO Chief Executive Keriana Brooking said the radio advertising is a trial ahead of more advertising planned for the new year.

"Looking at uptake figures, and after research by our Communications Coordinator Hayley Redpath, it was clear that the Sexual Health Service to Improve Access might benefit from a little promoting."

"In the past 12 months we have had 745 new clients receive 1306 consultations. While this meets our targets, the feedback from general practitioners was that more under 25-year-olds could benefit from knowing about this free service."

The adverts, sourced from a similar advertising campaign done at Taupo PHO, will run during September on The Edge, thereby ensuring a younger listening audience is captured.

The advertising forms part of Turanganui PHO's sponsorship package with More FM and its 2008 Gizzy Awards.

The Gizzy Awards are for everyday people in the Gisborne community whose efforts can sometimes go unnoticed and would certainly never usually

### 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](mailto:info@phonetice.org.nz).

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.

**City Medical Centre requires a part time Practice Nurse** Please apply in writing with CV to: PO Box 672, Gisborne, or email [City Medical Centre](mailto:info@citymedical.org.nz) by Friday 5 September.

**Privacy Workshop** Presented by the Tairāwhiti Community Law Centre, at Turanga Health, 145 Derby St, in the Boardroom. 29 September and 14 October, 10am to 11.30am. Facilitator: Ruth Quilter. Note: If the dates don't suit, Pinnacle Practice Liaison Robyne McKeague is organising a Privacy Evening for general practice staff. The proposed date is 18 November. Pinnacle's Denise Ward will be the presenter.

**Wound Care Study - One Day Workshop** Presented by Tairāwhiti District Health with Ann Corak, Woundcare Nurse Specialist, and Donna Johansson from Smith & Nephew. Wednesday 26 November, 9am-4.30pm, Conference Room, Tairāwhiti District Health.

The session covers A & P skin, physiology of healing and moist wound healing, assessment and documentation, choosing a dressing, and dressing products.

Registration is essential as numbers are limited to 40. A charge of \$30 incl GST per person will apply. To register please contact [Candy Hauti](mailto:Candy.Hauti@tdh.org.nz), or phone on 869 0500 x8034.

**Alzheimers Society Gisborne AGM** Tuesday 9 September, 11am, Alzheimers Gisborne Centre, Morris Adair Building, Gisborne Hospital.

**Gisborne Volunteer Centre AGM** Gisborne District Council chambers, Fitzherbert St, 12 noon, 10 September 2008.

**Tairāwhiti District Health Board Meeting**, Tuesday 16 September, 9am, Morris Adair Building, Gisborne Hospital.

**Community and Public Health Advisory Committee/Disability Support Advisory Committee Meeting** Tuesday 23 September 12.30pm, Morris Adair Building, Gisborne Hospital.

**Hospital Advisory Committee Meeting**, Monday 15 September, 12.30pm, Morris Adair Building, Gisborne Hospital.

Visit [www.tdh.org.nz](http://www.tdh.org.nz) for all TDH meeting agendas.

bring them an award.

More FM will take nominations for the various categories over a two week period in September via its website, calls to the studio, text and by fax.

Three finalists per category will be named followed two weeks later by an awards ceremony night.

Categories include Best Teacher, Best Tradesman, Best Emergency Service Worker, and Best Healthcare Worker. Turanganui PHO is sponsoring the Best Healthcare Worker category.

To make a nomination [click here](#).

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