



Top of the South Regional Council Newsletter June 2019

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**Membership Committee
representative:**
Joan Knight
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Te Rūnanga representative:

NSU representative:

NSU Tairā representative

Remit Forums

Constitutional and Policy Changes

This is your opportunity to discuss the proposed changes and the implications of these with your NZNO regional council and colleagues before you cast your vote.

Sessions will be held as follows:

Tuesday 30 July 2019 5.00-6.00 pm & 6.30-7.30 pm	Thursday 1 August 2019 1.00-2.00 pm & 3.30 - 4.30 pm
Nelson Training Room	Wairau Hospital Arthur Wicks Seminar Room

Regional Council Meeting
Thursday, 25 July - 5.00 pm to 7.00 pm

Any member is welcome to attend.

Grants, Scholarships & Funding

Contact the Regional Administrator, Phone 546 7217 or visit www.nzno.org for more information about how to access funds to attend conferences and/or other training opportunities.

Regional Council Chair Report

Joan Knight

Regional Convention 2019, held at Mercure Monaco on 16 May, hit a new attendance record for Top of the South, with 80 attendees including guest speakers. All feedback on the convention, though mostly positive, is being reviewed the outcomes will assist in informing planning for 2020.

Health and Safety Forums, provided by NZNO Educator John Howell on 24 June, contained information in relation to rights and responsibilities under the Health and Safety Act (2015) and the process involved. The forums were held at Nelson Hospital and on VC to Wairau Hospital. Every ward/unit/area/workplace should have Health and Safety representatives. Members are encouraged to become familiar with the Act and how it works within the workplace.

Remit Discussion Forums will be held on 30 July in Nelson and 1 August in Blenheim. Remits are the proposed changes you, as members of NZNO, will be voting on in August. The forums provide the opportunity for informed decision-making. Please consider attending to discuss the proposals with other members and your Regional Council.

NZNO 101 Forums will be held in conjunction with the Remit Forums (on 30 July in Nelson and 1 August in Blenheim). These forums are designed to provide members and delegates with more insight into the NZNO structure, how members' can participate in and influence change in the organisation, and the benefits of membership.

Representation on Council

Please see the NZNO Constitution for the **representation entitlements** for workplaces, colleges and sections, Te Rūnanga, and National Student Unit (NSU). Members also have a right to attend council meetings. If you have an interest, look out for council meeting notices and register your attendance with our administrator.

If you have an interest in representing your workplace, please contact your organiser Denise McGurk or Daniel Marshall. All work areas have a

right to be represented, no matter how many members work there. If you are a member of one of the other groups listed above, please ask your national group if you have a regional representative. We need more representatives around our table.

All members in the Top of the South (from Marlborough to Takaka and down to Murchison) are welcome to attend regional council meetings.

MEMBERSHIP COMMITTEE

Joan Knight

The June meeting of the committee will be my last in this role. Expressions of Interest for this role are being circulated among members of the Regional Council, from which the representative is elected.

I have enjoyed the challenges of this role, working with the committee and workgroups. It has always been my goal to inform and empower members and I believe the work the groups and committee, in conjunction with Te Poari have achieved, has progressed that goal.

Members should look at their NZNO structure diagram to see where they fit and what they aspire to, or become within the organisation.

No matter what organisation you join there are rights and responsibilities. One of the current ones is to exercise your democratic right in regard to remits (change proposals) which you will be able to vote on in August. Your responsibility is to take the time to determine what you are voting on - not just reading a rationale, but looking to see what impact this could have on the organisation and you.

Remember always

"He aha te mea nui o te
He tangata, he tangata, he tangata"

"What is the most important thing It is the people, it is the people, it is the people".

ANNUAL DINNER FORUM

Annual Dinner 2019, also celebrating International Nurses Day, was held on 15 May at Honest Lawyer with 27 attendees including the guest speakers.

International Nurses Day

In acknowledging the work of all those in health care, Joan Knight reflected on looking to the past and considering not only Florence Nightingale but all those who worked to create nursing as a profession in New Zealand too.

Courage and perseverance were the hallmarks of those women. Looking forward we still need the courage to stand up and the perseverance to keep going, if we are ever to achieve health for all.

Plunket

A Nelson based Plunket nurse, Aimee Tinkler, described the history of the Plunket established in 1907 by Sir Frederick Truby King, with Lady Plunket as patroness.

“In the first 1000 days we make the difference of a lifetime” is the Plunket vision. It is a not-for-profit organisation, which offers free services to all tamariki within New Zealand.

Most of us will recall the Plunket books (either our own or those of our children) and the influence of Plunket nurses in early childhood development. Karitane Hospitals were established across the country, but closed by the 1970s and family centres opened in their place.

Aimee talked of the Plunket nurse role and workload today, including assessment requirements (child development, family violence, alcohol & drug, smoking, attachment and bonding, social situation) for caseloads of between 700-800 as hers is. This brought home the huge responsibility we place in their hands.

Cardiology/Radiology

Cardiology/radiology interventionist Nurse Valerie Weir Van-Til, described the work of the unit at Nelson Hospital. Valerie brought with her the lead-lined coat they wear for hours on end to protect themselves from the effects of radiation. It was a trial just to put this on for a few minutes, let alone spend hours in it assisting in delicate procedures.

She used x-rays and equipment (insertion catheters and stents) to demonstrate just one aspect of their work - the intervention for blocked arteries in the heart muscle.

For both Aimee and Valerie, this was their first experience in front of an audience. We express our gratitude for their professional presentations.

Inequities in Healthcare.

Kaiwhakahaere Tōpūtanga Tapuhi Kaitiaki o Aotearoa NZNO, Kerri Nuku, described the inequities in the health system. Registered nurses in Maori and iwi provider services earn up to 25% less than their DHB counterparts for the same work. The differences in funding for service providers, which create these inequities, start at the Ministry for Health.

One of the realities, though, is that there appears to be a lack of support from those working in DHB for their colleagues working within non-DHB funded organisations in the community. If we believe in the concept that no one should be left behind in health care, we should use the same principle in regard to all those who deliver that care - no matter the setting or the funding.

Those of us who stood up last year for the 26,000+ nurses working in DHBs, supporting the bargaining and strike action necessary to make the gains we did, should also be backing our colleagues outside DHBs who lack the numbers and are bargaining in small collectives or individually. Perhaps one day we can achieve a nationally consistent wage structure for all nurses.

REGIONAL CONVENTION 2019

Joan Knight

Leave no one behind

Kaiwhakahaere, Kerri Nuku, used her own tramping experience to emphasise how we should put the slowest or weakest at the front and everyone else behind, so we ensure we all arrive safely together.

Kerri discussed aspects of NZNO's strategy - consulting members and providing submissions on social justice issues. Just one of which is the End of Life Bill and the implications for nurses if this is passed. NZNO is lobbying for an opt-out clause to ensure nurses and their personal beliefs are protected.

PINK SHIRT DAY - spotlight on bullying

President, Grant Brookes, wearing his pink shirt in support of eliminating bullying from our culture, talked about NZNO Organiser Deb Chappell's presentation at a previous regional convention. This is a forthright look at the issues, which was also presented at NZNO Conference 2018.

Alcohol and Us

Addiction Nurse Specialist, Stephanie Anderson, spoke on alcohol and drug use in the nursing population. A doctoral thesis "Hangover to Handover" by Marea Topp RN who studied at the University of Auckland, identified that nurses are no different from the general population in their alcohol use. Steph went on to discuss the contributing factors (stress, anxiety, and depression), the "elephant in the room" (burnout, compassion fatigue, and vicarious trauma) altered work performance, enabling behaviours, management issues, a culture of permissibility, potential to compromise, and strategies (personal and work related) for us to consider. As with the burgeoning epidemic of alcohol-related disease in the general population, which will have to be managed in future, nurses need to look at themselves and consider the implications of choices they make. Steph emphasised being proactive and developing supports, other than alcohol, to ensure that we look after ourselves as well.

Suicide: the reality and impact of suicide within our community and the larger world.

Suicide Prevention Co-ordinator NMDHB, Paul Martin, presented statistics to show the suicide rates nationally are virtually unchanged over the last 11 years, on average at 564 annually. This, of course, in no way detracts from the reality for those "four to fifty" people impacted by each of these deaths.

"We need to talk much less about "suicide" and focus much more on safety prevention tools, skill building, and mental wellbeing", Paul stated.

He emphasised the "A.E.I.O.U. of suicide prevention – what we can all do to save a life.

ASK if they are thinking of harming themselves

ENSURE immediate safety

IDENTIFY problems

OFFER help and support

USE professionals and community supports.

He described establishing a safety plan, so if someone begins to experience identified warning signs, they have strategies and people to contact to help.

Paul stated he is happy to share his PowerPoint, which also outlines a number of services available.

Contact the NZNO Nelson administrator.

Base Resilience

Professional nurse adviser, Suzanne Rolls, described the cumulative effect of stress on our base resilience level. If we are unable to de-stress adequately, the level rises, meaning we have less ability to cope with successive situations.

Suzanne emphasised the need to look after each other and ensure we have time to relax and enjoy life away from the stressful situations.

Suzanne described practising "mindfulness" - stopping and taking a moment to be calm between responding to situations.

Wise words for all of us today!

Fit for the Future -Models of Care

Manager Strategy & Planning, Primary and Community NMDHB, Cathy O'Malley, presented an overview of the process underway to create new models of care for health care delivery in the Nelson Marlborough region into the future.

The Government's health priorities are equity, child wellbeing, mental health, and primary health care. The Government's system priorities are planned care, drinking water regulation, DHB performance, maternity, and capital asset management.

Stakeholder sessions have identified common themes:

"New models of care that are patient centred.....

embedded within primary and community care.....

to provide equitable outcomes for our most vulnerable...

enabled by integrated information and systems."

Members, wherever they are within the region, who have an interest in future health planning are advised to get involved. CEO Peter Bramley has recently sent out request for expressions of interest in joining this project to DHB staff.

Health for All - Reclaiming the Health and Safety at Work Space.

NZNO Organiser, Denise McGurk, presented this session. She opened with a video clip "29 Diamonds for a Chunk of Coal" Bernie Griffin and the Grifters singing about the 29 miners who lost their lives in the Pike River mining disaster. Denise talked us through sections of the Health and Safety Act (2015), the rights and responsibilities of all workers, their Health and Safety representatives, and their employers.

New NZNO CONVENOR NMDHB

My name is Carolynn Hannah, and I have been nursing for almost 20 years, specialising in neonatal nursing. I am a registered nurse in SCBU (Special Care Baby Unit) at Nelson Hospital. I also do the odd extra shift around the hospital now and again. I recently completed a postgraduate certificate in health sciences (Perinatal Mental Health), which is an area of interest to me. I am a preceptor within SCBU and enjoy working with our nursing students. I am also a new Trendcare Champion.



I am a relatively new NZNO delegate (since mid-2018) and was inspired by the recent MECA negotiations to give it a go. I am also a Health and Safety rep and find that the two roles go well together. Recently, I have been elected to the role of NZNO Convenor for NMDHB.

In my spare time I am renovating an old bungalow and gardening, as well as spending time with my daughter and grown-up son and enjoying my black Labrador (which makes me exercise!).