

December 2022

NZNO
coastn
COLLEGE of AIR & SURFACE TRANSPORT NURSES



Leading in Care, Soaring in Practice

College of Air and Surface Transport Nurses
Section of the New Zealand Nurses Organisation



Kia ora koutou katoa,

The cheesy Christmas songs, the twinkling lights, and the excitement from my kids has arrived! December already?!? 2022 sure seems to have been a short one!

The committee met for a face-to-face meeting in Wellington at the beginning of November where we are starting work on reviewing the Transport Nurse standards. A successful AGM was held on the 2nd November during the lunchbreak from the symposium. It is great to hear that all committee members are staying on for another 12 months service.

I'm sure you will all agree that Andy and the rest of the Wellington flight team pulled off a fantastic Symposium in November. The speakers were amazing, and so great to hear how teams have coped through different situations in what is such an unpredictable world we live in at the moment.

We were fortunate to give out two very special awards at the Symposium this year. Head to page 5 for more on these, and Toni the very deserving recipient of both!

The next Symposium is going to be held in Hawkes Bay in November 2023 – so watch this space for more info.

Planning is well underway for the next COASTN Aeromedical Retrieval Course to be held in April 2023. This year the committee is offering a scholarship for the Retrieval course, so if it is something you have been considering, be sure to apply via the website. See pages 16 and 17 for more information.

As always, I need your stories, case studies, photos – please forward these to me at any time – tania.parr@nmdhb.govt.nz

Take care over the silly season, and I look forward to what 2023 might bring for Transport nursing in Aotearoa.

Hei konā mai

Tania

Did you know that COASTN is on social media?

Find us on Facebook <https://www.facebook.com/groups/250823442046051/?ref=share>
and on Instagram <https://instagram.com/nznocoastn?igshid=YmMyMTA2M2Y=>



It was a pleasure to be able to hold the AGM in person in November, as we have missed the opportunity to have face to face meetings over the last few difficult years. We are excited to be able to offer education and networking opportunities again. Our thanks go to the Wellington team led by Andy Gibbs who put an incredible amount of work to make the November Symposium happen.

The members of COASTN have gone over and above to provide excellent nursing care to their patients in these troubling times. We applaud you for remaining professional and for striving to make sure that your patients are transported at the right time, by the right team and the right route. We acknowledge the barriers that both Covid and unsafe staffing which has made it increasingly difficult to fulfil your roles. Thank you for all your mahi over the last two years, you have made a difference to your patients.

We have now changed to Te Whatu Ora Health New Zealand and while there have been no real changes to the way we work as yet we are away that some changes will be ahead of us. We will keep updated with any changes that will affect our members and will also keep you updated so keep an eye on the newsletter and our social media sites, Facebook, Instagram and twitter. We have written to all the interim leaders to introduce COASTN and to highlight the work that our members do.

NZNO has introduced Maranga Mai which means rise up and it is a call for NZNO members to come together to take untied action. There are five aspects to Maranga Mai which includes:

1. te Tiriti actualised within and across the health system
2. more nurses across the health sector
3. pay and conditions that meet nurses' value and expectations
4. more people training to be nurses
5. more Māori and Pasifika nurses

COASTN supports Maranga Mai and we will keep our members informed of what this means for us as a college.

We have asked for guidance from our Maori colleagues at NZNO with changing our college logo to reflect te reo, once we have a reply we will bring it to you our members for consultation and ratification.

COASTN has worked at getting our voice heard in phase 11 of the MoH/NASO aeromedical services restructuring where the focus is on integration and standardisation of infrastructure/equipment/plant, logistics and personnel across IHT/interfacility transport community and utilising the current pre-hospital air and road resources in combination with specific IHT. As this work will have significant impact on our members we felt it was

essential that we are at the table when these decisions are made. I am pleased to let you know that Avryl Way the Vice Chair of COASTN is representing us on the group, as a NICU nurse Avryl will also represent NNCA and will feed back to their college as well as to COASTN.

The 2021-2022 aeromedical course was completed after a marathon effort by Taz with many cancellations and new learnings with the main lectures on Zoom. While it was challenging during COVID Taz did an amazing job of pulling it together and making sure it was a positive and meaningful learning experience for the participants. The 2023 course is planned for early next year, again keep a look out on our social media sites and the NZNO/COASTN website.

This year we have found ourselves with a positive bank balance for the first time in a few years so we wanted to make sure to give back to our members. We have increased our scholarships so if you have some training you would like to complete then look on the NZNO website for criteria and the application form. We also have introduced an excellence award for outstanding nursing achievement in transport nursing Aotearoa which will recognise the work of one person each year in advancing transport nursing.

Finally a huge thank you to the committee for the commitment to COASTN and the extra work you have taken on in your roles on the committee. Also a very grateful thank you to Annie our PNA who tirelessly keeps us on track and keeps us up to date on NZNO matters.

Wishing you all a Merry Christmas and a prosperous 2023.

Yours in Transport

Lynette Will

COASTN Chair

Te reo Māori

COASTN would like to encourage you to incorporate te reo into your everyday. Try using some of these simple phrases at work and home.

Mōrena - Good morning

Kia pai tō whakatā Have a good weekend

Mere Kirihimete Merry Christmas

He kāwhe māu Do you want a coffee?

Kei te pēhea koe? How are you?

Mā te wā Bye for now, see you lat



NZNO NATIONAL AWARDS - 2022

SERVICE TO NURSING / MIDWIFERY

Earlier this year, Lynette on behalf of the COASTN committee put forward a nomination for Toni Johnston for the 2022 NZNO Service to Nursing / Midwifery Award. We are happy to say that she was selected to receive the award at the NZNO AGM in September, and was presented with the award at the Symposium in November.

The following is the nomination that was sent in to NZNO.

Toni being presented the Award by Annie Bradley-Ingle

Toni is passionate about sharing her knowledge and building up the skills and knowledge of the nurses and medical staff she works with. She enhances patient safety by ensuring the team looking after them are well trained and well supported. She is committed to teaching both in the ICU and hospital setting as well as in the University and St Johns arena. As vice-chair and chair of the COASTN committee, Toni has advocated for transport nurses in every sector. She has promoted a high standard of nursing. She was a member of a subgroup of the committee along with representatives from across all of the flight/transport services in New Zealand that were formed to examine the scope of practice of flight/transport nurses. The initial aim of the group was to clearly define and articulate the attributes and what skill set a flight/transport nurse is required to possess as a way of standardizing practice across the country – ensuring that it is recognized for the unique specialty that it is.

The group set the following terms of reference for the group

Development of national standards outlining the required skill, expertise and qualification for flight nurses undertaking the transfer of critically unwell patients. This should clarify the necessary certification, competencies and standards for all flight nurses to ensure national consistency across services, regions and practice settings and has been pivotal in introducing the National entry, education, training and maintenance criteria for aeromedical nurses in New Zealand, the Skills and competence framework and the COASTN passport. These

documents underpin the professional standards required for aeromedical nurses and allow nurses to have evidence of their training and updates in a clear format.

Introduction of a credentialing pathway to ensure there is a reliable framework to enable consistency across the profession and the sector

Defining the role of flight nurses in the current and future aeromedical industry in New Zealand. With a position statement being developed outlining the vital role of nurses in the inter-hospital transport of critically unwell patients.

Targeted activity to raise the profile of the work of flight nurses throughout New Zealand so that the public and those within the wider sector become aware of what currently is a hidden workforce. This work resulted in the National entry, education, training and maintenance criteria for aeromedical nurses in New Zealand, the Skills and competence framework and the COASTN passport. The work has also highlighted and promoted the work of flight nurses across the country.

Toni represented COASTN in the ongoing changes to aeromedical missions nationally in work done by the national ambulance sector office of the Ministry of Health within the Aeromedical commissioning program. Her involvement in this work gave aeromedical nurses a voice and helped ensure that the aeromedical nurse's role was valued and enhanced. Most healthcare in New Zealand refers to specific standards set by Standards New Zealand; the ministry of business, innovation and employment convened a committee to review NZS 8156, the ambulance and paramedical services standard; membership of the committee was by invitation, then selection of a cross-section of interested parties. COASTN was fortunate to have two voices on the committee, one of which was Toni. One of the challenges in undertaking such work is being careful not to be too specific in some areas while providing a document that a wide range of service providers can use as a basis for establishing their own policies & procedures - taking care not to lock in anything that may lead current service providers to immediately fail when being audited against the standards (such as mandating that every emergency ambulance must have a minimum of 2 clinical staff when responding to a call - something industry providers are working towards in conjunction with the MOH but are currently unable to meet due to funding constraints). The particular aspects of this standard that relate specifically to nurses are contained within the Air Ambulance section of the document, discussing crew & skill levels of aeromedical personnel - so care has been taken to clarify our position that nurses & paramedics possess specific skill sets that we do not see are completely interchangeable or substitutable. Toni represented both ICU and COASTN on the committee establishing the stroke and clot retrieval pathway, which resulted in changes to current protocols and procedures, such as responding a primary pre-hospital team in some circumstances where significant time benefits may occur for patients.

Toni was a part of the team involved in procuring both pre-hospital resources and ICU capacity/services following both the Christchurch earthquake in 2011 and the terrorist attack in Christchurch in 2019, this involved teleconferences with other ICUs to formulate a plan for transferring critically unwell patients from Christchurch and the surrounding area to allow the Christchurch ICU team to concentrate on the large number of patients arriving in

their hospital due to these events. This work also had to consider airport closure and ongoing dangers from aftershocks.

When establishing the Otago Rescue Helicopter service in the early 1990s, the Dunedin Hospital Intensive Care Unit was fully engaged and participated. Toni was a founding member of the Dunedin Hospital Intensive Care Unit Flight Retrieval Team and has played an invaluable role in providing enhanced clinical care to the Otago and Southland regions, both on the ground and during flight via flight this team. Through these extensive efforts by Toni and many others, the provision of Intensive Care Unit level care extends well beyond the Dunedin Hospital setting and has become an extraordinarily successful and integral component of the Otago Rescue Helicopter operation. The integration of such a level of clinical service is largely unique within New Zealand Rescue Helicopter services and is the envy of many.

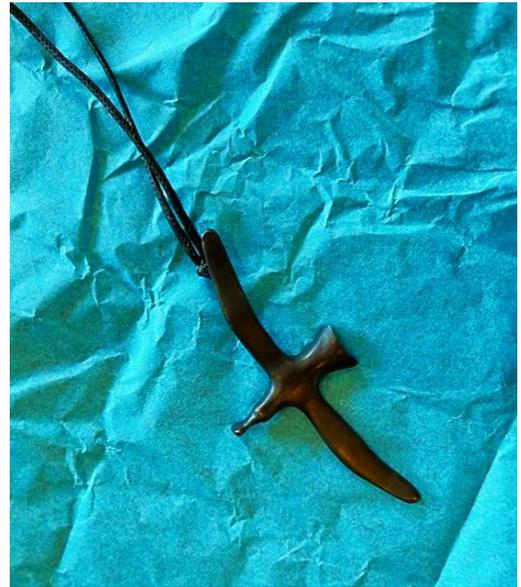
Toni continues an ongoing advocacy for the role of Intensive Care Flight Nurse as an integral part of the Intensive Care Flight Retrieval Team in association with paramedics and pilots. From those early developmental days to the current high performing system, Toni has always displayed a very proactive approach to encouraging fellow nursing colleagues into this unique field of nursing. Toni then supports them as they develop their experiences in the varied range of circumstances they are exposed to, such as operating in the restricted working space in flight, weather challenges, or unexpected diversion to a primary incident requiring an immediate response. Toni spends much time and effort arranging, preparing and assisting in the orientation courses for new Intensive Care Flight Nurses and registrars entering the aeromedical environment. Beyond these activities, Toni often promotes additional training, flight relevant education, and other broader activities that engage the whole Otago Rescue Helicopter team. These efforts foster the close relationship and team approach we value and cherish, enabling the service to continue to provide the best possible patient-focused care to the communities we serve.

In the words of her Charge Nurse Manager, Everyone needs a Toni in their lives.

COASTN Award for Outstanding Achievement in Transport Nursing Aotearoa



Toni being presented the Award by Lynette



Toni was also nominated and awarded COASTN's brand new Award for Outstanding Achievement in Transport Nursing Aotearoa. This award was created by the committee to recognise those who work tirelessly to set the bar in transport nursing.

As you can see from the nomination for the previous award, Toni absolutely works tirelessly for transport nursing. She has certainly set the bar high. It was a no brainer that Toni was the perfect recipient and was presented with the Award at the Symposium, which is a bronze Albatross mounted on a beautiful piece of Rimu (see the cover page of this magazine) donated by Annie our PNA – her wonderful husband mounted the Albatross for us. This award will be handed back next year. Toni was also gifted a matching Albatross necklace to keep.

COASTN member Amie Eden applied for, and received funding from the Committee to attend the Symposium this year, as per the criteria for any scholarship, Amie was asked to write a reflection on learning for the e-mag.

Thanks to the COASTN Committee and their scholarship fund, on Wednesday 2nd November 2022 I was lucky enough to be able to attend the COASTN Flight Symposium “Predictability in an Unpredictable World” in Wellington.

I went in with the goal of gaining a better understanding of how the rest of the country runs their various flight services and what I could possibly take away and use in my own practice as a retrieval nurse and for my team as a whole.

The different speakers sharing their experiences, the good and what could have been done better, was invaluable and highlighted for me what I aspire as retrieval nurse to be: adaptable, flexible, work as a cohesive team, supportive of our team/crew as well as the staff at the medical centre from where we are retrieving the patient and have the ability to communicate effectively to all team members involved in the patients care. The importance of the basics such as making sure equipment batteries are full and plugged in when not in use when out on a job, being aware of the physical space you have arrived in and travelling in and the limitations to care and procedures that may incur, appropriate risk assessments done for patients prior to transfer and the importance into investigating what went wrong and when systems fail in order for positive change to happen to better care for our patients.

What the speakers and their stories reminded me was that communication, adaptability/flexibility and building relationships has such a huge impact on our service. Communication right from the time of referral until the time the patient is dropped off at their destination, and that is not only communication between the flight crew on that job, but the coordinating of where the patient is going when arrived at their destination hospital, but also the communication between the various teams when things don't go according to plan.

The adaptability of our teams to be able to work in confined and stressful situations, the ability to be able to take the lead when in unfamiliar environments when necessary.

The building and maintaining of inter-regional relationships which is not only important to us as a national flight team for standardising models of care for transporting our critically ill patients, but also benefits patient care in the long run making focus and flow more efficient.

The unit I am part of runs the flight team very differently from most others. We are taken off the floor for a flight if and when the need arises, and if the unit is too busy due to acuity or staffing issues and we cannot be released from the floor then a call is sent out for another flight nurse to possibly come in and do the job as overtime.

Our geographical area is vastly different to our northern counterparts and our trips are predominately helicopter, although the number fixed wing trips are making a rise.

We have our own regional rescue heli service down here and our own relationship with that team, which again, makes us unique in how our service is run, as it is not a nationally run rescue service like the Westpac heli.

We all have the same goal, which is to make our retrieval service the best and most efficient that we can make it, with the combination of up to date and fit for purpose machines and equipment, dedicated teams able to operate these things with effective communication and ongoing auditing/debriefing and monitoring will help us achieve that and not become complacent.

I thoroughly enjoyed attending the symposium as it gave me a greater appreciation for our retrieval service in this country and a better understanding of the things that are going on to better our patient care in this sector.

Amie Eden
Dunedin Flight Team



Attendees at the 2022 Symposium in Wellington

Regional Updates



Kia Ora from the team at NZAAS and Skyline Healthcare Group,



While our teams have been keeping busy flying, we have also enjoyed the opportunity to attend some face-to-face conferences and meetings for the first time in 2 years. The annual ASA conference held in Brisbane this year was well attended with around 300 delegates mainly from Australasia and a few from further afield. The presentation topics were varied and included clinical case studies, clinical research, education, logistics and flight crew aspects. There was a strong focus on staff wellbeing and recovery following on from the covid-19 pandemic and looking at the development of effective peer support across the disciplines. For me, an outstanding presentation was from keynote speaker Priya Adhikari. Priya is Nepal's only female helicopter pilot, and she has competed over 1000 high altitude search and rescues in the Himalayas – many for visitors who become unwell or injured climbing Mt Everest. Priya spoke of breaking customary or societal norms by entering a traditionally male profession as a young female, having to persevere to prove herself as the first female pilot in Nepal and then being accepted and rising through the ranks, to where she is now – in charge of a group of male pilots! Priya also spoke of the aviation challenges of working in unpressurised aircraft at high altitude and performing high risk medevacs, and of the beauty of her work environment.

Back on home soil we attended the trauma symposium and the COASTN symposium in Wellington and the ANZICS regional meeting in Dunedin. All conferences and meetings are not only great learning but also valuable opportunities for collegial collaboration.

Wishing you and your loved ones a safe and happy festive season.

Angela and the team at NZAAS.

Whanganui Flight Team



Welcoming summer! And glad to have winter behind us almost!

As with everywhere, our patient numbers continue to increase, which means our service has been out and about the length and breadth of this stunning country. There has been lots happening with our service, new flight nurses joining, the plane rebranding (in the pictures) and the launch of our local patient transfer service. This has seen the efficiencies of the service come to the fore, meaning less waiting times for the crews, and patients, much to the delight of all.

With the reopening of the borders, it was great to get to Brisbane to attend the 2022 ASA conference, and reconnect with flight colleagues from near and far.

It's always beneficial to catch up with those in the industry, and always a great place for ideas and networking.

I also wanted to say thanks to COASTN for hosting the symposium this year under the challenges that COVID have thrown our way, was a well put together informative day, that I know our team thoroughly enjoyed.

Happy flying everyone, and Merry Xmas from us here in Whanganui, roll on the long lazy days of summer



Life Flight Wellington

Kia ora,

Just when we thought things were quietening down a bit, our flight service has gone in the opposite direction with a decent hammering to start off November. We have had both busy days and nights with lots of delays due to the weather being a bit of a problem. Thank you to Whanganui and Christchurch who have helped us out particularly when the acutes have been rolling in the door or when we are down an aircraft. We have a new King Air that should be operational in December and improve our capabilities with



better airfield access and the ability to provide bariatric transfers. Two more King Airs will be added to our fleet next year to eventually replace the Jetstreams.

We have had a few changes in our staffing. We say goodbye to Liz who was a flight nurse for several years and more recently had been doing some coordination. We wish her the best in her future endeavours. Julie and Layton have completed their orientations with Jenny and Nancy commencing their rotations in the New Year. Meanwhile Alex and Hélène have both gone on mat leave, good luck to them in their journey into parenthood! With Alex and Liz off to explore new things, we welcome back Nikki to the coordination team and Sarah will begin in the New Year.

Our awesome Clinical Lead Alex Psirides is heading off on a three month sabbatical in the UK come December, have a wonderful time and we look forward to hearing what you have developed and learned while away. We are fortunate that both James Moore and Shawn Sturland (ICU SMO's) have agreed to step in during his absence.

The flight symposium was recently held in Wellington and we managed to turn on a great gale force wet and windy day just to make sure our reputation was upheld! No one would believe the weather had actually been warm and sunny until that day... but it's true. Thank you to all who joined us, it was a great day with a lot of interesting presenters and discussions. There was a range of presenters from different backgrounds including Major David Barber from NZDF who gave us a very different perspective on flight nursing, being part of the evacuation in Afghanistan in trying circumstances. A big thank you to Andy who organised and facilitated the day and to Annette for her assistance.

See you all around and we hope there's a bit of downtime for everyone over the festive season!

Meri Kirihimete

Sarah R and the Wellington flight team

Nelson NZFDS Flight Team



Kia Ora from (the usually) Sunny Nelson,

The Nelson and Marlborough regions has certainly had its fair share of rain since our last update, with many of you aware of the devastating flooding and slips experienced all around the region in August. The many scars to the landscape are still very evident as we fly in and out of Nelson. Many are still displaced from their homes, and working through the enormity of insurance claims and the like. This situation caused disruption to the day to day process for patients travelling to Nelson for appointments and procedures who were suddenly cut off from getting to Nelson with the main arterial route State 6 closed due to the road largely washed away over the Whangamoas and State Highway 63 had a bridge washed away. (or suffer a 7 hour trip to get here by road). Patients were transferred to phone consults or zoom calls where possible and appropriate, and patients who would have been transported by our road crew in Wairau, were instead transported by us in the plane. We tried to fill empty legs or empty seats in the plane when travelling to Wairau to help get patients home who were otherwise stuck. The saga continues, as currently the Whangamoas are closed again to try and fix the badly damaged road since 1st November and is expected to open just before Christmas – this again is impacting our road capability, and is adding about an hour travel time to patients transferring from Wairau to Nelson.



The state of the Whangamoas – main route between Nelson and Blenheim



Stafford Drive in Ruby Bay remains completely blocked by a huge slip

This October, we ran our annual flight training days at the hangar. These days cover health and safety and CAA requirements for us to fly, safety procedures and reorientation to the rotor and fixed wing aircraft, as well as scenarios based off true events to explore as a group how best to manage a situation that we might find ourselves in when on our own. Several flight nurses presented topics throughout the day, and we joined the challenge of doing 10 for 10 – we filmed ourselves doing 10 press ups for the rescue heli crew, and NBS donated money for every individual who took part.



Thank you as always to Whanganui, Wellington and Christchurch flight teams that give us a hand with our transfer lists every day – we just couldn't do it without you!!

We hope you all have a safe, happy, healthy Christmas, and hope you get some time to spend with whanau and loved ones. Looking forward to working with you all in 2023.

Tania and the Nelson flight nurse team.



The Nelson Region on a good day!!



Aeromedical Retrieval Course 2023

17th -21st April

Price \$1850.00 exc GST.

Applications open 8th December. Closing on the 18th January.

Further information will be available on the NZNO website.

https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_air_surface_transport_nurses/aeromedical_retrieval_course

AUT South Campus
Auckland

The logo for AUT (Auckland University of Technology), consisting of the letters 'AUT' in a bold, white, sans-serif font inside a black rectangular box.

AEROMEDICAL RETRIEVAL COURSE 2023



ABOUT THE SCHOLARSHIP

For the first year one fully funded place has been created on the COASTN Aeromedical retrieval course. This is open to both New Zealand and Australian applicants.

ELIGIBILITY CRITERIA

- Completed the scholarship section on the application form
- Completed application form to a high standard
- Agree to either present at the next symposium (Nov 2023 Hawkes Bay) OR write an article for the e-mag after the course has been completed about your experience

APPLICATION PROCESS

There will be a dedicated section to complete on the online application form.

This will include why you should be considered for the scholarship and how this will benefit the area where you work.

The committee's decision will be final and no discussion will be entered into.

AUT

DISTANCE LEARNING

UNIVERSITY OF OTAGO, WELLINGTON

Postgraduate Certificate in Health Sciences (Aeromedical Retrieval and Transport)



The goal of the Postgraduate Certificate endorsed in Aeromedical Retrieval and Transport (AeroRT) is for graduates to develop an understanding of the aviation environment and its physiological implications; gain knowledge of aeromedical and aviation procedures and be able to utilise current best practice to safely plan and complete aeromedical retrievals and transfers.

In 2013, the PGCertHealSc(AeroRT) underwent a comprehensive review and the curriculum was re-written after wide consultation. The result is an exciting new programme that is tailored to specifically meet the needs of nurses and paramedics working in the specialist area of aeromedical retrieval.

Graduates of AVME719 and AVME720 will have met the educational requirements set out in the NZ Air Ambulance/ Air Search and Rescue Standard, the NZ Standard for Ambulance and Paramedical Services (NZS8156:2008), the educational

requirements of the NZFNA and the educational standards for the Aeromedical Society of Australasia (ASA).

Graduates will also have the opportunity to continue studies towards a Post Graduate Diploma or Masters in Health Science endorsed in Aeromedical Retrieval and Transport (AeroRT).

AVME719 Operational Aspects of Aeromedical Retrieval

The focus of AVME719 is on the aeromedical environment and the operational aspects that patients and clinical personnel are exposed to.

- General organisation and structure of retrieval systems
- Aeromedical environment and physiological implications
- Aeromedical aircraft and aviation processes
- Safety and survival

AVME720 Clinical Aspects of Aeromedical Retrieval

The focus of AVME720 is to expand on the knowledge gained in AVME719 and incorporate this into clinical practice.

- Crew Resource Management, human factors and the impact on safe aeromedical practice and patient care
- Fatigue and systems for identification and management
- Clinical considerations and constraints
- Specialist clinical retrievals
- Integration of theory into independent clinical practice

For further details please contact:

*oamu@otago.ac.nz or check out the website:
otago.ac.nz/aviation_medicine*



COASTN Committee 2022



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Tania Parr and Annie Bradley-Ingle

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