



E-Magazine

Online Publication

March 2018
Edition



Photo Courtesy of Kate Tweedie, HBDHB.
Takapau Plains with Ruahine Ranges in the
Background.

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

www.nzno.org.nz/groups/sections/flightnurses
:Facebook Page: NZNO COASTN

COASTN Committee 2018



Back Row: Jo Knight, Lisa Black, Rachel Pringle, Toni Johnston, Di Fuller
Front Row; Angela Coward, Annie Bradley-Ingle, Amanda Thompson. Absent; Anju Sethi

Chairperson	Toni Johnston	Antonia.johnston@southerndhb.govt.nz
Treasurer	Rachel Pringle	Rachelpringle71@gmail.com
Secretary	Lisa Black	Lisa.Black@wdhb.org.nz
Magazine Editor	Angela Coward	angela@nzaas.co.nz
Deputy Chair	Joanna Knight	Joanna.Knight@wdhb.org.nz
Website/Facebook	Amanda Thompson	amandathompson987@gmail.com
Course Coordinator	Di Fuller	dianef@adhb.govt.nz
Committee Member	Anju Sethi	anju2372@yahoo.co.nz
Professional Nursing Advisor	Annette Bradley-Ingle	AnnetteB@nzno.org.nz

Letter from the Editor



Hi everyone, and welcome to the launch of our new look NZNO COASTN E-magazine. I hope you enjoy this edition.

We have decided to go with a new format for the magazine and as always your feedback and suggestions are welcome. The magazine is for all transport nurses and is made all the more interesting with your input. I hope that you enjoy some of the new segments. Included is a quick quiz, a featured wine style, a couple of recipes and a gardening tip all in recognition of the importance of maintaining a work-life balance in this busy industry that often demands long and unsocial hours.

Take a look at the 'Save the Date' for the Waikato COASTN symposium later in the year. This promises to be an excellent day. The symposium theme is "it's all about the patient", a phrase that I am sure most of us have used from time to time!

I would like to include links to pod casts, upcoming conferences and learning opportunities in the next magazine, so please submit any useful links that you may have, the magazine is only as good as **we all** make it!

Thank you to all of you who have contributed to this edition. It is great to see so many regional round ups, some from regions that haven't contributed for quite some time—welcome back! My favourite part of past editions has always been news from the services around NZ. The magazine also gets distributed to some of our colleagues in Australia. I would like to extend an invitation for our Australian readers to contribute to the next addition also—no pressure!

Thank you to Rachel Lauchlan for submitting an interesting and informative summary of the Sydney 2017 ASA conference in Sydney. Rachel received a \$500 scholarship from COASTN towards her conference expenses. If you are interested in applying take a look at the link to scholarships included in the magazine.

Have a look also at the COASTN course coordinator role that is advertised, this is a unique opportunity to coordinate and deliver the annual 5 day aeromedical retrieval course in Auckland. Applications close on May 18th.

Keep sending in photos, interesting cases and articles at anytime during the year and I will add them to the next addition which will be due out in July.

Safe flying.

Angela..



Chair Report February 2018.

Hello & I hope the start to 2018 is treating you all well! To those who managed a break over the crazy Christmas/ New Year holiday period well done & I hope you have enjoyed time to relax & celebrate with family & friends - either at home or your favourite getaway hangout. To those that worked through the holiday period I trust you had the odd quiet moment to get together with others & celebrate the dawn of a new year.

Summer often brings more visitors to New Zealand and enables our intrinsic population to leave home & adventure out within our beautiful country - increasing numbers of busy transient populations that appear in our fabulous holiday destinations - places that often do not have the infrastructure of larger NZ cities such as healthcare services, which may impact on the amount of transport work we are called on to undertake. The regional roundups talk of some of the challenges services have faced over the past few months - something that does not appear it will change anytime soon.

The air ambulance national restructure project appears to have come to a standstill - with the Clinical Advisory Group having not met for a few months. It remains unclear where the other 3 arms of the project are at (operational, technical & fiscal) or where the project is heading. With a change in government some other more pressing health issues have taken the forefront while officials seek direction on the new Governments focal points, so it remains to be seen what happens with the planned timeline for the project & when/where it will progress.

As voted on at the AGM in Christchurch in November a working party has been formed to examine the scope of practice of Flight/Transport nurses. The first meeting of this group, with representatives selected from across all of the flight/transport services in New Zealand, is scheduled to meeting in Wellington ahead of the 2-day COASTN committee meeting. Committee member Di Fuller (the Flight Nurse Specialist from PICU at Starship Hospital) has volunteered to lead this process. Services & transport nurses will be kept informed as things are discussed & investigated - aiming to clearly define & articulate the attributes & what skill set a flight/transport nurse is required to possess, as a way of standardising practice across the country. At present there is no standard job description, person specification, pay scale, list of knowledge & skills that apply across the board - each service has over time developed their own in response to the needs of their particular areas & constraints. This work has the potential to have a great impact on the specialty of flight/transport nursing - ensuring it is recognised for the unique specialty that is.

Angela Coward - our new magazine editor - has been busy chasing up contributions for the magazine, so please remember it is only as good as those who contribute towards it. Case studies, unusual trips to different places with new challenges always provide our membership with inspiration as to how maybe their service may tackle the same challenge..... so please consider contributing something to be shared with your peers. Happy reading. :)

Toni Johnston

Chair - Dunedin Hospital ICU Retrieval Team



MBIE revision of NZ 8156

MBIE Revision of NZS 8156 - Ambulance & Paramedical Standards in New Zealand.

Much of healthcare in New Zealand relates to specific standards - held by Standards New Zealand. In September last year the Ministry of Business, Innovation & Employment sought members to join the P8156 committee convened to review NZS 8156 - the Ambulance & paramedical services standard. Membership of the committee was by invitation then selection of a cross section of interested parties - stakeholders such as ambulance service providers (including aeromedical providers), educational institutions providing paramedical studies, professional groups (medical colleges, COASTN), unions, Ambulance NZ, NZTA, ACC, Ministry of Health & NASO (National Ambulance Sector Office). COASTN is fortunate to have 2 committee voices present at the meetings - both Angela Coward & myself were selected to participate in the review process.



For anyone unfamiliar with NZS 8156 it is a long & specific document against which ambulance services & service providers across New Zealand can be measured &, more importantly, audited to receive accreditation in this standard. It is well past any review date - with the last iteration having been produced & published in 2008. Hence there have been significant changes since it was written. Various committee members will have had exposure to the process of writing standards but the MBIE representative took time to explain the steps involved in such an undertaking - allowing those of us present who were completely ignorant to the process to take in just what was required. There is a relatively tight timeframe for this undertaking - including a proposed 8-week public consultation process, allowing those not currently on the committee to add to or comment on areas of the standards where they perceive there is an omission or correction required. We encourage members to discuss the proposed changes with their services when they are made public & submit any changes they wish to be considered. This working committee is hoping to have all the work completed in time for the final draft to be submitted to the Standards Approval Board in July 2018 for its approval & adoption.

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. Please look out for this document when it is released for public consultation & provide feedback as appropriate.

Toni Johnston

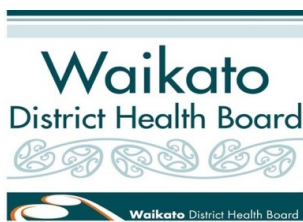
**Waikato Transport Services invites you to
our.....**

Aeromedical Symposium

'It's all about the patient'

Save the date!

2nd November 2018



Enquires to Leanne Stokes email: Leanne.Stokes@waikatodhb.health.nz





COASTN (NZNO) POSITION DESCRIPTION – Course Coordinator

Title

Course coordinator for the Aeromedical Retrieval Course - NZNO College of Air and Surface Transport Nurses

Position description

- You will be responsible for the ongoing development, coordination & delivery of the annual COASTN Aeromedical Retrieval Course, run annually in Auckland over 5 days. This position is remunerated by individual contract.
- You will report to and maintain professional relationships with the National committee of COASTN,
- You will establish and maintain professional relationships with the course venue staff, course presenters, & other stakeholders.

The Course co-coordinator is appointed for a two year term, which is renewable by mutual agreement.

Key attributes

The successful applicant will

Be a current NZ registered nurse with recent experience working within the aeromedical field

Belong to NZNO & hold COASTN membership

Have successfully completed the COASTN Aeromedical Retrieval course or equivalent

Hold relevant post-graduate qualifications

Have the ability to communicate effectively orally & in writing (including the use of electronic devices as required)

Have knowledge of & implement relevant technology

N.B: It is desirable for the successful applicant to reside within the Auckland area, & hold existing professional relations *continued over page*



Course coordinator responsibilities

You will be responsible for:

- Developing, coordinating & maintaining course content (in collaboration with the COASTN committee), ensuring it remains contemporaneous & aligned with best practice & clinical evidence
- Recruiting appropriately qualified course instructors/presenters and seeking out new partnerships.
- The day-to-day delivery of the course, being available to students & presenters face to face for the duration of the course
- Creating & managing a budget associated with the provision of the course (in collaboration with the COASTN committee treasurer) and developing a budget report for COASTN within six weeks of the course completion.
- Course administration - including the construction and marking of the written course assignment (to 700 level)
- Evaluating effectiveness of the course against aims, taking in to consideration feedback from participants, presenters and stakeholders post completion and developing a report for COASTN Committee within six weeks of the course completion.
- Developing and maintaining a course resource repository

Expressions of interest close: **18th May 2018**

Please apply in writing (including a current Curriculum Vitae) to:

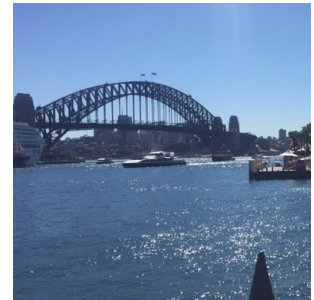
Toni Johnston - COASTN chair

Electronic applications :mtj1@outlook.co.nz

Written applications to Toni Johnston, 4 Joshua Place, Helensburgh, Dunedin 9010.



ASA & FNA 29th Conference Sydney 2017.



The beginning of Sept 2017 saw two of the Flight Nurses from the Christchurch Air Retrieval team excitedly flying out to the 2017 Aeromedical Conference. This year's location was at Sydney Harbour with the conference venue being directly on the water at Darling Island, just a stone's throw away from Darling Harbour.

The conference was a 3 day event (with interactive practical sessions being held the first day), and we were lucky enough to get a portion of funding from COASTN to assist us to attend the last 2 days of conference talks. The overall theme of the conference was "Learning from the past and adapting for the future" and was attended by colleagues and Aeromedical professionals from around the world such as the USA, China, Malaysia, Europe and Canada.

We excitedly landed in Sydney, and after a hair-raising "frightened for your life" kind of van transfer from the airport into the city, we arrived at what could only be described as "the best apartment ever" right in the heart of the city. As this apartment was so great, we spent our first night inside ordering room service, enjoying the views from the balcony, with great company (yes, just us ;-) and good wine.

As we had earlier arrived as the sun was still coming up, we had the whole day to explore what Sydney has to offer. Our exploring took us to The Rocks, an environment where buildings and public places of the last few centuries still remain. The Rocks brags quaint cafes, guided walks and a number of different bars and restaurants. We also walked across the Sydney Harbour Bridge, which boasts dramatic views of the nearby Sydney Opera House. We ended our self-guided tour with bubbles and freshly cooked seafood on the pier.

The first day of Conference kicked off with a 'Welcome to the Country' greeting from respected Gadigal elder 'Uncle Chicka Madden'. Following that were more 'welcomes' and opening addresses from His Excellency General The honourable David Hurley (Ret'd Governor of NSW) and from Mark Buick, ASA President.

This first day had some really interesting talks from all of the speakers. Professor JN Armstrong, Chief MO of the Shock Trauma Air rescue society gave a great talk on "Appropriate Application of the Aviation - Medicine Analogy" where he talked about the 'Pro's' of adopting the aviation CRM model of checklists, decision trees and Safety management systems to Anaesthetics to reduce risk factors and human error. The aim was to try and be 'pro-active' rather than 're-active' as it was much more economical to be safe than deal with the 'aftermath' of an incident. This is an approach we see already in use and being adopted by many more teams within our own hospital in Christchurch NZ, and many others around the world now.

Talks from Clinical Nurse consultant Tina Kendrick on a Paediatric theme, Nicole Ghedina on Skill maintenance in Airway management, and Simon Craddock on training roles and standards in South Australia followed, and took us through to morning tea where we got to mingle and see the displays and latest equipment from well known companies such as Zoll, Toll, Tempus, USL medical, Earth Sea sky and many other exhibitors within our field.

Continued over page

Following the mornings talks, it was particularly great to hear talks from our own 'Kiwi speakers' Angela Coward and Sam Love. Angela (from NZAAS), recalled a particularly challenging job in the South Pacific where her, and her team worked tirelessly round the clock, to retrieve a critically unwell young lady using a little 'Kiwi ingenuity' and a 16fr gastric tube. This type of job is a reminder of the challenges we all face from time to time and the skills we develop in adaptability to the varying situations we face within our field, which help shape us into the specialist nurses we become.

Pertinent to this theme was the talk from Sam Love, a pilot for Skyline Aviation, who gave another interesting insight into the 'Emergency Procedures Course' (EPC) and the training for Crew and Flight nurses run on regular occasions involving real life scenarios to make the training as realistic as possible. This is a resource that could, and should be utilised by all of the teams in our field throughout New Zealand as it's an ever evolving area of change, with the life like scenarios providing an invaluable experience and training true to our jobs and the situations we may all face (and probably have all faced) within our flight careers. We left with ideas for our own team on how to go forward and improve our own study days and training sessions incorporating some of these ideas.

The first day carried on with other interesting topical talks such as :- "Managing the pregnant retrievalist" (Stephen Langford, RFDS), A suggested framework for "Competence and Credentialing in Pre-Hospital and Retrieval medicine", which was presented by Toby Fogg (MD of Careflight). "Application of Airline standard safety management systems", presented by John Tessarolo (Pel-air Aviation). "National co-ordination of Paediatric Critical Care retrievals (Bruce Wickstead, PCCRS), and concluding with a talk by Cameron Edgar (NSW Helicopters) on "Investigating the Past to Improve the Future" a talk on training paramedics to conduct safety investigations.

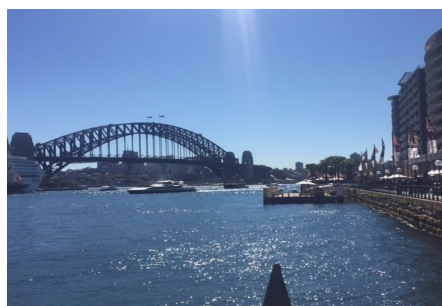
We ended this day with a marathon late night shopping spree, coming to the conclusion that "Sydneyiders" seriously know how to shop! That night we ventured by foot to find some of Sydney's best Indian cuisine. This was found at Manjit's @ The Wharf and comes highly recommended.

The second day of Conference was much like the first but opened with the ASA AGM. Following this were more fascinating presentations given by a multitude of Aeromedical speakers. Talks on "Lessons learned from 40 years of Emergency Medicine and Transport" (Dan Hankins, Emeritus Consultant). "Training and Simulation" (Mark Delaney - TOLL). "Offshore Medical Rescue", This was a particularly emotional talk given as part of the 'Mick Wilson Oration' (a dearly loved and missed colleague who was lost in the line of duty) and was well presented and received by all.

The presentations that particularly stood out to us that second day were from Neil Alexander (Director of Total Aerospace Solutions), who gave an interesting talk on Indigenous Health and Aviation in East Arnhem land, and the technicalities and Logistics involved in providing medical assistance and retrieval in such a vast area. This also tied in nicely with Naomi Lacey's later talk on a similar subject with her job experience as "Logistics co-ordinator" for Careflight.

Caren Harrison (Nurse Manager RFDS) gave an excellent thought provoking talk called "Ravenshoe to Kowanyama", Lessons learned from 2 Multi Casualty disaster responses in 16 months. This covered two mass casualty incidents the RFDS were sent to and how they had to deal with each (as first on the scene in one case), and lessons learnt from each different case. It sounded extremely traumatic for all involved, but also showed a great level of 'teamwork' and 'thinking outside of the box' to ultimately make the best of a bad situation and provide the care and prioritisation needed to deal with the sudden deluge they were faced with, excellent work!

All of the talks and speakers were compelling and engaging, with the key themes being the evolution of our pre-hospital and Intra hospital retrieval services and the magnificent care and standards we can offer by utilising what we have learned from the past and evolving our practices to improve the future of the services and industry.



Regional Round Ups: Christchurch

Hello from the Christchurch Retrieval Service.

As many of you are aware we held the NZNO COASTN symposium was here in Christchurch in November. We had approximately 60 people attend the day and from the feedback forms it was a great success. We made a good profit, which has gone back into the NZNO flight nurses conference account ready for the next symposium held in Hamilton, in November.

We now have a face book page if you would like to join: NZNO COASTN.

Thank you to all who attended and supported this meeting, and a huge thanks to all who presented. It was an informative day with some fabulous speakers, and it was particularly good to meet nurses from our flight teams from around New Zealand. We are a specialized group of nurses, and it was great to see how all the other flight teams work, where they fly to, type of jobs we are doing across NZ, and crew configurations. We really are a “special” bunch.

Prizes for best speakers were awarded to the following people:

Kate Lawrence – for her paediatric case study

Anne Jackson – NICU transportations

Rachel Riach – transporting challenging patients

Our big news is that in October last year moved into the new Garden City Aviation building. We are feeling a little “fancy” I must say!!



We now have both sets of equipment (helicopter and fixed wing) under the same roof, which makes our life a lot easier.

Regional Round Ups: Christchurch

Here are the Mission Stats for the past four months. Our workload increased greatly last year compared to previous years.

October: Total 61 transfers, 39 urgent, 22 elective

November: Total 52 transfers, 34 urgent, 18 elective

December: Total of 58 transfers, 38 urgent, 20 elective

January (2018): Total of 57 transfers, 37 urgent, 20 elective

We have a stable group of flight nurses that have been in the service for a while now, however one of our flight nurses has reduced his hours to casual therefore we will be looking for another nurse to join our service.



Happy and safe flying from the Christchurch team

Regional Roundup - Dunedin ICU Retrieval Team .

Hi from the currently warm & sunny South! Down here we are slowly recovering from the influx into Central Otago - with the strain that is put on the remote/rural healthcare services with a surge in visitors here to experience the great weather & adventure tourism, as well as extreme sport activities that are offered in our part of the country. Summer here also heralds the arrival of the cruise ships - which for Dunedin has a reasonably significant impact on the city in terms of fiscal gains but also in terms of increased demand on health services. For a majority of ships (including the large Caribbean Cruise Line Ovation of the Seas, which houses around 4000 passengers & 1500 crew) Dunedin is the first port of call having been at sea crossing the Tasman for the previous 3-5 days..... meaning those who are too unwell to continue on their journeys disembark at Port Chalmers & seek an increased level of care at Dunedin Hospital. That is - if they indeed make it as far as Dunedin - last week we equipped a flight that travelled 150 nautical miles out off Fiordland to rendezvous with a cruise liner to evacuate a patient with a significant GI bleed. The nature of the distances involved meant the usual ICU team were not able to accompany the double pilot - double paramedic team due to the requirement for a significant extra fuel load & the probability the patient would require winching from the vessel. So a crash course in how to administer Tranexamic acid & how to decide on the need for infusing the 4 units of ONegative Red blood cells packaged to accompany the team was given to the paramedics during the planning phase of the operation (during the time it took for the vessel to travel closer to the coast in order to be at a reachable distance). Equipped with extra supplies, up-to-date weather & medical reports, with us tracking their journey on TracPlus they set off, managing to land on the vessel & uplifting a very grateful patient from a capable healthcare team who had reached the end of their on-board resources. An earlier blood drop planned to be undertaken by an Airforce Orion was deemed unnecessary as they on-board clinical team had achieved a degree of haemostasis in the patient. Just another example of the challenges you may face should you decide on a career change & go cruise-ship nursing!

Another unusual trip was to meet a cruise ship off the coast of Timaru who had on board an intubated & ventilated patient suffering from severe cardiac failure. I'm not sure of others experiences of ships such as this but I remain a little surprised that they rarely consider calling in to a port that is not on their schedule to offload sick passengers - instead expecting emergency services to meet them en route, no matter what hazards that may involve. Anyway the ICU team on this trip (Flight nurse Elly Campbell & ICU Consultant Martin Garland) commented on how slick the operation appeared to go from both ends - with a total on-board time of ~ 45minutes (as the Otago Rescue Helicopter was able to land on a designated landing area at the bow of the ship). Better work stories.....

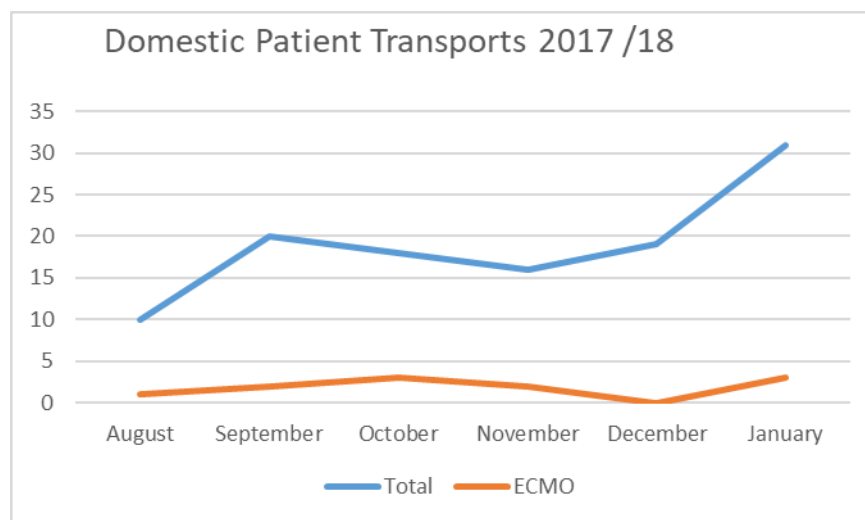




The Auckland team has had a great end to 2017 with 2 new nurses joining our team, Peter Fortes an experienced flight nurse, and Claire Stanaway from CVICU at Auckland Hospital. They've both adapted to the challenges of our busy service and have quickly become valued members of the NZAAS family. Angela and I attended the COASTN AGM and symposium in Christchurch in November which was great for updating on the current political climate within Aeromedical retrieval and to hear of the experiences of our colleagues around the country.

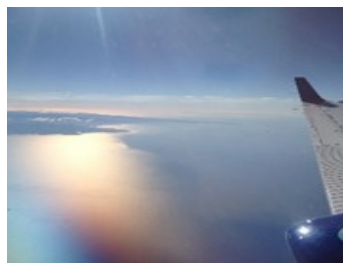
A new trend for us in Auckland is the transfer of mental health patients and particularly forensic paediatric patients to Nga Taiohi Youth Forensic Inpatient Service at Kenepuru. This has been an interesting and challenging experience for everyone as it involves a very vulnerable population and a multidisciplinary team approach. We have developed a protocol for safe practice that involves the sedation and restraint of our patients and have not had any adverse events since implementing it.

It's always difficult to predict trends and seasons in flight nursing as it doesn't always follow the hospital trends such as a pressured winter season, for us January has been super busy with a spike in flights and already 5 adult ECMO retrievals.



Looking forward to 2018, in April there's the Aeromedical Retrieval course and the ANZICS conference both in Auckland. See you there!

Emma.



Farewell Spit...heading home from the south island.

Up and Away Feb 2018 - Northland

Kia ora and a quick note from a wet and humid Northland!

We started the summer flying in very hot and dry conditions and it looks as though we will go into spring in high humidity. It's pretty exhausting working in this heat and humidity and we all appreciate landing and getting back into the air conditioned ICU. This humidity affects the helicopters ability to lift so everyone's weight is a topic for consideration for most flights at the moment! The low cloud levels associated with our weather also mean we are flying around Northland on IFR a lot of the time.

We seem to be retrieving quite a few patients with pneumonia and other respiratory issues. This is very unusual for this time of year and even more so, as some have then gone on to ECMO in Auckland. We haven't seen the usual amount of trauma this summer, again very unusual for us particularly with the annual influx of tourists to the North.

Our annual flight training day saw a new approach to some of the safety training at the hangar with the addition of an 'Air New Zealand' style safety training video to go along with our practical. This new approach was well received and added a measure of standardisation to our training.

I would like to welcome Emily to our flight team. Emily joined us about a year ago from Middlemore ICU and has become one of the family here in Whangarei. She has already had some complex flights which all helps build experience.

Finally I would like to acknowledge Dean Voelkerling who was tragically killed at the beginning of this year. Dean had been a pilot with Northland Emergency Services Trust (NEST) since the early 2000s and we had all spent many hours flying with him. Previous to his pilot career he had worked for many years at Wellington Free as a paramedic, for which he was well respected. He is sadly missed by not only our flight team but also others around New Zealand.

Thank you to the flight teams who sent our flight team and NEST condolences and memories of Dean.

Happy flying everyone

Sarah

B a y o f P l e n t y



2017 in the sunny Bay of Plenty saw us gain 4 new flight nurses to our team. We also saw a 220% increase in flights compare to 2016. This was likely to some changes to medical cover and an increase in services provided to the western part of our DHB. 2018 also brings exciting new changes with the arrival of a twin engine aircraft and the ongoing development of our flight team.



Many Thanks for the warm receptions we get when we arrive to retrieve a child.



We are always really grateful to all the services that enable us to get to our patients quickly and safely.



Starship PICU Transport Team

Taz Irvine-Fynn

Where do we start with this update... there has been a lot of changes within the PICU transport team service since we updated you in the last magazine.

The biggest change has been the development of a formal role of Nurse Specialist Transport. Di Fuller was appointed into this role in November 2017. We would like to acknowledge all the hard work Kris Caton has contributed over the years and thankfully she and her knowledge remain on the team and are still flying.

Auckland View

We may not always feel like it but sometimes we are very spoilt with this job. There is one sight that we on the Starship transport team love and that is coming into Auckland at night. One, you know you are almost home and two, it is a pretty special view that many pay a huge amount to see!





We are looking forward to playing with the Isimulate monitors on our training days

We have had several interesting challenges present themselves to us as a team lately. This includes the increasing number of bariatric children that we are transporting. We realise our rig is not set up well for this patient group, and as transport nurses we are having to adapt our thinking around these patients to safely get them back to Starship Hospital.

What is happening within the team?

Team members

There have been several changes within the team and many of the well known faces have stepped into other roles within PICU. Most are still flying however you may not see their faces as often as before. As a result we welcome new members to the team. There is an orientation day coming up and you will see soon see them out and about.

Update day

Within Starship we are always striving for new and improved ways. This year we are lucky to have two days put aside for the transport team education and update. The teaching has been split over two days; one theory and one practical. We all hope we don't have to put too much of our aircraft safety into practice.

Uniforms

After a long lead-up process we are about to be measured up for new uniforms. We are moving away from the one-piece overall and are getting polo shirts and trousers. A massive thanks to Steph Haven one of the transport nurses for managing all this and of course the Starship Foundation for sponsoring our team. Photo to come next time.

Symposium

Although this was last year several members of the team managed to get to the symposium in Christchurch. Jess Fields and Kate Lawrence presented case studies of two very different transports. One about the deteriorating patient and management in flight and the other on transporting a bariatric pediatric patient and the challenges faced. We are proud of both these ladies and Kate Lawrence who received the best presentation award.

Lastly

We appear to have slowly increased the number of international retrievals we are doing. This in itself is another change to our service. We are enjoying this opportunity to remind ourselves of the fantastic health care system we are lucky enough to have here in New Zealand.



Starship are hosting ANZICS this year, looking forward to seeing a strong flight nurse con-

Round up— Wellington

Dear All

It has been a while since Wellington contributed to a regional roundup, an interesting 18 months for us, with lots of changes.

Five senior flight nurses are caretaking the Flight Coordinator roll. Nikki, Sarah, Lois, Fernah and Karyn. We all work in ICU and Flight, with far too many years of experience between us! You can reach us on 0508 935 535 for any flight transfers or referrals. Between 1630 and 0800 this number goes directly to our ICU flight hotline. Hopefully having different people on the Flight Coordinator phone hasn't been too confusing! We have known each other for years and work hard not to let anything fall through the gaps. You can also reach us on email flightcoordinator@ccdhb.org.nz or check out www.wellingtonicu.com

An increase in our Flight Service FTE has allowed us to employ more ICU nurses into the new PM flight nurse position from 1300 - 2130. This brings our staffing to a total of 18 ICU flight nurses. Increased medical FTE (to support our ICU expansion to 24 beds) has provided us with dedicated flight doctors closely mirroring our flight nurse shifts. Dr Alex Psirides continues as Clinical Lead for the Flight Service.

Life Flight have created a mid-shift aircraft and crew which will allow both our team and NICU to execute afternoon acute requests with less likelihood of having to push the jobs into the late evening. We now have two BAe 32 Jetstream aircraft - LFW and a second J- 32 purchased by Life Flight re-registered as LFT. MYM a Super King Air B200 as a backup and our good old BK 117 HLF. Some of us remember with nostalgia LFT being the call sign of our old Metroliner "pencil plane"!

We congratulate Karyn Hathaway in obtaining the Flight CNS position, created as part of our restructure. We all agree we have always looked to her to lead since Henny's retirement in 2016. Karyn's leadership, aeromedical wisdom, chairperson skills and ability to juggle all the things with which she is involved, amazes us all.

Our Annual Wellington Flight Course is on again in the end of February, popular as usual. With NICU staff, flight nurses and midwives from many locations registering to attend.

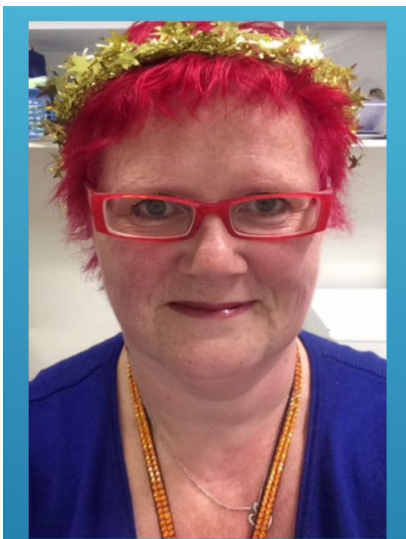
That's us, we wish you all a happy and safe year of flying

Nikki Joseph

RN ICU/Flight/Flight Coordinator CCDHB



Round up— Wellington Photo Album..



Lois



Fernah, Karyn, Sarah and Nikki



Hi from Whanganui,

Like everyone we've been enjoying some super summer weather!!!! Was great catching up with everyone at the ChCh symposium in November, we were lucky enough to have Air Wanganui fly our whole team down for the day, which we were very grateful for, so a huge thanks must go to them!

Winter will be here before we know it! So enjoy the last of the warm weather

Safe flying everyone

From Whanganui



Whanganui Flight team.

Round up— Hawkes Bay

Our Hawkes Bay flight team have been having a very busy 'hot' summer with temperatures well into the 30's. I don't think this was ever factored into our flight suit 'onesie' design! We have had our ups and downs in order to meet patient transfer needs for early intervention and trying to keep the roster covered as best we can. In January alone we transferred 152 patients in 86 missions by fixed and rotary wing.

It was nice to come together as a team on Sunday at the Lowe Corporation Rescue Helicopter open day. It was another 30+ degree hot sunny day. Fortunately the heli was not called out, the day before it barely touched the ground. Our flight team made a great effort to turn up and get amongst the people and activities. Thanks to Carl Allen and his great PR skills, along with Maatje Hiko and Sue Lane, set up the HB flight stand.



Flight Nurses - Sue Lane, Maatje Hiko, Krystyna Nielson and Carl Allen.

We had the baby pod, stretchers and all our equipment on display and got a few recruits to experience being immobilised in the vacuum spinal beanbag. That included our own Tim Cox who got vacuumed packed then carted round the crowd and loaded into the heli. People were intrigued with our service and the gear we use.

Round up— Hawkes Bay



Flight Nurses - Carl, Sue, Maatje, Tim Cox, Krystyna and Marina Strong

There were other great local services on display including St Johns, the police and our fireman who simulated an extrication from a car using the incredible 'jaws of life'. There were activities for all the family including great summer food - Rush Munro ice cream and a sausage sizzle. But the biggest queue that went out the hangar door was for the winch simulator. Geoff Taylor, our heli crewman was winching children (and adults) up and down all day. People also got the opportunity to explore the heli that has become a familiar sight and sound above the skies of Hastings and Napier. There was nothing more delightful than seeing the 'glee' on children's faces sitting in the pilot seat.



Heli pilot Hamish Ramsey, Sue Lane, Krysna Nielsen, Marina Strong and crewman Ian Clark.

Round up— Hawkes Bay

All in all it was a very successful promotional day for our flight team and a humbling reminder that we do an awesome job. People came up and spoke about their own transfer experience and the impact it had on their lives and it was evident that we were significant during that transfer. It was with mixed emotions for some.

A mother was able to show her child the baby pod they travelled to Starship in for major congenital heart surgery. For many weeks they were there and at times it was touch and go for their little one. The mother remembered Carl Allen well because he was the flight nurse who brought them home. She said for months after when she'd hear the Lowe helicopter fly over tears would well up in her eyes as it brought back so many emotions and memories.



There was also an accident victim who'd been ventilated and flown to Christchurch ICU who had no recollection of his transfer so he was intrigued to hear how his journey unfolded. There were also stories from people who had acute STEMI's and were whisked out of ED to be transferred to a tertiary centre for time critical intervention.

Every job has its downsides, but there aren't many careers that allow you to make such a big difference to others. We embrace our roles wholeheartedly because we see the world both at its worst and at its

Round up— Hawkes Bay

best. Quite often it can be the most harrowing and traumatic time of a person's life, a memory that can stay with them for ever. We play a big part in helping to make that memory an experience where they felt safe and were in reliable hands.

Lastly I would like to acknowledge our pilots who are just the bee's knees. Not only for their fab flying skills, knowing when to dodge those big fluffy clouds for patient (and flight nurse) comfort but also knowing when it's appropriate to put a smile on our faces during challenging transfers on cold dark nights. As flight nurses we need to be mindful that they see some harrowing transfers at times, stuff that can be disturbing for any person outside the medical field to see.

I would especially like to mention how sorry we will be to see Sam Love and his gorgeous wife Chantel (flight nurse) leave the team to head to Australia with their family. I feel privileged to have worked with such an awesome couple. They have been dedicated in running our EPC training days and have always been loyal and supportive to our team and Skyline. Sam's paramedic background has come in handy over the years, with a bonny baby he helped deliver on a transfer from Wairoa. Christmas functions will never be the same without Sam doing his almighty fly over coming home from a mission. Also Willy Neilson who is leaving to go on to fly a different aircraft. His sense of humour has been a welcomed blessing at times. We will miss them both and wish them all the very best.



Chantel and Sam Love

Safe and happy flying fellow flight nurses.

Kate Tweedie.



ASA Conference 2018



Remember you may be eligible to apply for a grant towards study or conferences through COASTN. Apply online at: https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_air_surface_transport_nurses/scholarship

Featured Wine Style

Tempranillo

Tempranillo is a black grape variety native to Spain and grown widely to make full bodied red wines. It's name comes from the Spanish word temprano meaning early as it ripens several weeks before most Spanish red grapes. Tempranillo is also known as Ull de Liebre Cencibel and Tinta del Pais in Spain and Araonez or Tinta Roriz in Portugal.

Tempranillo has been grown on the Iberian peninsula since the time of the Pheonician settlements. The Pheonician culture was one of the first to have had a significant effect on the history of wine. Between 1550 BC and 300 BC the Pheonicians used their maritime trading culture through trade and contact to spread their knowledge of viticulture and winemaking.

Tempranillo has a relatively neutral profile, unlike the aromatic varieties like Cabernet Sauvignon, Sangiovese and Pinot Noir and it is therefore often blended with other varieties such as Grenache and Carignan, or aged in oak. Tempranillo wine usually exhibits flavours of plum, strawberry, tobacco, vanilla, leather and herb. Tempranillo is ruby in colour and often makes up around 90% of a blend. In Australia it is often blended with Grenache or Shiraz (Syrah) and in Spain it is often a major grape in the production of port wines.

Tempranillo is a dry wine style. There is also a white mutation of the Tempranillo varietal that was discovered in 2007.



Reference:

<https://en.m.wikipedia.org/wiki/tempranillo>



Quick Quiz

Test your knowledge of some uncommon medical names for mundane complaints (extra points for pronunciation!)

What are the following terms referring to:

- A) Sphenopalatine ganglioneuralgia
- B) Transient lingual papillitis
- C) Onychocryptosis
- D) Unguis incarnatus
- E) Morsicatio buccarum

E) The little ridge of tissue that sticks out when you bite the inside of your mouth accidentally.

D) Ingrown toenail—Greek

C) Ingrown Toenail—Latin

B) Swollen taste bud

A) Ice Cream headache:

Reference:

<https://Merriam-webster.com>

BOYSENBERRY CITRUS SOUR CREAM CAKE

INGREDIENTS:

125g butter, softened
2 tsp grated lemon rind
1 cup sugar
3 eggs
1 cup standard flour
1 tsp baking powder
½ cup sour cream
1 cup frozen boysenberries
25g white chocolate (or caramilk if you can get your hands on it) melted
icing sugar to dust

METHOD:

1. Preheat oven to 160°C. Grease and line a 20cm round cake tin with baking paper.
2. Beat the butter, lemon rind, sugar and eggs together until light and fluffy.
3. Sift flour and baking powder together. Fold sifted ingredients into egg mixture alternately with sour cream, mixing until smooth.
4. Pour mixture into the lined cake tin. Place boysenberries evenly on top (they will sink as the cake bakes)
5. Bake for 45 minutes or until cake springs back when lightly touched.
6. Leave in tin for 5 to 10 minutes before turning out onto a wire rack to cool. When cold drizzle with melted white chocolate and dust with icing sugar.

Just be careful to remove your mouth piece from your headset when you are eating this because your eating noises will alert the rest of the crew and before you know it the cake will be all gone



Recipe - "Sue's Tramping Slice"

Sue's Tramping Slice

250g Melted Butter (Cooled)

1/2 Tin Condensed Milk

2 tsp Baking Powder

1/2 Cup Coconut

(Sue recommends hazelnuts, apricots, pumpkin seeds)

1/2 Cup Chocolate bits

250g Brown Sugar

250g Flour

2 Cups rolled Oats

1 1/2 Cups mixed dried fruit, nuts, seeds

In a large bowl mix butter, brown sugar and condensed milk. Add flour, baking powder, rolled oats, coconut, fruit/nuts/seeds and chocolate.

Mix well and press into two tins.

Cook 15-18 mins at 160degrees C

Cut into squares while in tins.

Return to oven (off) for 10 minutes.



Gardening Tips for April :

Flowers :

Plant; Primulas, Cinerarias, mini cyclamen, nemesais, ansies, snapdragon,

Sow seeds; Alyssium, Calendular, Cornflower, English Daisy, Lobelia, Lupin, Snap Dragon.



It's your last chance to get spring bulbs planted

Autumn is the best time to plant new trees and shrubs so that they can get established over the cooler winter months

Prune; Flowering shrubs that have finished flowering
Dead head roses.

Edible Garden

Sow seeds; beetroot, broccoli, Broad beans, cabbage, carrots, onions, radish and spinach, swedes and turnips.

In frost free areas plant potatoes

Refresh the herb garden with parsley, winter mint, chives and rosemary.

Feed; citrus trees.

Prune; stone and pip fruit tress once the leaves have begun to drop.

April is the best month to sow and repair lawns.



Information from www.palmers.co.nz



New Zealand Flight Services Contact List

Northland	Sarah.Pickery@northlanddhb.org.nz	
Auckland NICU	shirleyw@adhb.govt.nz	Ph: 021 713 000
Auckland NZAAS	assistance@nzaas.co.nz	Ph: 0800 111 400
Starship	dianef@adhb.govt.nz	Ph: 021 1951 720
Waikato ICU	Christine.craig@waikatodhb.health.nz	
Tauranga	Dianna.Keys@bopdhb.govt.nz	
Gisborne (tairawhiti)	Jacqueline.Johnson@tdh.org.nz	
Hawkes Bay	Maatje.Hiko@hawkesbaydhb.govt.nz	
Whanganui	joanna.knight@wdhb.org.nz	
Wellington ICU	karyn.hathaway@ccdhb.org.nz	Ph (04) 385 5999 ext 7216
Wellington NICU	sarah.cody@ccdhb.org.nz	Ph (04) 385 5999 ext 80822
Nelson	alex.thomas@nmdhb.co.nz	Ph 022 468 0548
Christchurch	shane.mckerrow@cdhb.govt.nz	
Christchurch NICU	Sue.Moore@cdhb.health.nz	
Dunedin	Antonia.Johnston@southerndhb.govt.nz	