



E-Magazine

Online Publication

July 2018
Edition



Photo Courtesy of Janet Barker.
Whangarei Harbour

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

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Letter from the Editor



Welcome to the July edition of the e-magazine and thank you to all who have contributed to this edition, it's great to see so many round ups and photos from around the country. Thank you also to those who emailed saying you enjoyed the March edition, your feedback and

suggestions will always be welcomed, this is our magazine and it is up to everyone to make it possible and interesting.

In this edition you will notice a Save the Date page for the 2019 Aeromedical Course run annually through AUT/COASTN. Taz Irvine-Flynn was the successful applicant for the course coordinator role that was advertised in the previous edition. Taz takes over from Di Fuller who has run the course for many years and has decided to pass over the baton to Taz. The COASTN committee would like to acknowledge Di's contribution to developing and implementing the course over the past years and to wish Taz well in her new role. The industry is ever changing and therefore so is the course content, the coordinator role therefore is a big one!

There is a touching tribute to Kyra Craig from the Pacific Air Ambulance team, although I did not have the pleasure of meeting Kyra it is obvious that she was an inspiring and respected member of the flight nurse fraternity.

I hope that you enjoy the July edition of the online magazine, and once again invite all of our NZ services as well as our Trans-Tasman colleagues to contribute to the next edition which will be published in November.

In the meantime, safe travels one and all, I hope to see some of you at the Waikato and Hobart conferences later in the year.

Angela



Chair Report February 2018.

Greetings from the chair - from the deep & rather chilly South! I'm very grateful that the shortest day has passed, so technically each day should bring us more daylight. Anecdotally, however, it also means the weather seems to become a little meaner with harsher frosts & dumps of snow. While parents with young children may enjoy the opportunity to play in the fluffy white stuff the adverse weather often offers challenges in the world of transporting & transferring patients - by air and by road.

As this goes to print commercial operators providing Air Ambulance services (both fixed & rotary wing) around the country are still awaiting the outcome of the tendering & contracting process - in terms of the Air Ambulance restructure led by NASO on behalf of the MOH. Some of the flight teams have provided letters of support to their service providers as part of this process, and we as clinicians are also concerned with the contract outcomes.

The working group convened to formulate national flight nursing standards has been working hard gathering information around what services across NZ currently do in terms of nurse selection, initial orientation & ongoing education & in addition to this enquire about how our Australian & international colleagues meet their set standards. Information will be circulated for consultation & feedback when proposed standards have been constructed.

In addition to this the rewrite of NZS8156 - formally known as the Ambulance Standards - has undergone the public consultation process & is back before the committee for review of the feedback received. Public submissions numbered in excess of 300 - which indicates the potential impact interested parties perceived the standards had. A wide range of respondents provided feedback - from private ambulance providers, through to representatives from St John & Wellington Free ambulance (being the 2 major ambulance service providers in NZ), DHBs & associated medical colleges (CICM, ACEM). COASTN is lucky to have 2 members of its committee on the NZS8156 committee - which has given flight/transport nursing a reasonably strong voice when it came to aspects such as section 9 that deals with Air Ambulance matters. Work was supposed to be completed by the end of July - however following the submission process sections that have been rewritten will require further limited consultation with interested parties.

Don't forget that registrations will open soon for the 1-day COASTN symposium (incorporating the AGM) to be held in Hamilton on Friday November 2nd 2018 - so please support the hardworking Waikato cohort who have been hard at work creating a varied programme of speakers for the attendees.

Take, care stay safe & warm, and I look forward to reading what services have been up to in the regional round-ups!

Toni Johnston

RN, MHealSc, PGCert (Nsg Leadership &
Management) Flight Nurse & ACNM -Dunedin
Hospital ICU

First update report for members from the Air and Surface Transport Working Group June 2018

Hi to all COASTN members throughout NZ and colleagues in Australia who are following our pathway with interest. This is the first report back from our group as to progress to date.

Following the COASTN AGM 13th November 2017 a working group was formed to review and raise the professional standards of Air and Surface Transport (AST) nurses in NZ and to ensure the profile of AST nurses within NZ was promoted. The purpose of the working party is to uncloak the hidden work force of highly skilled nurses carrying out crucial inter-hospital work in a completely unique and challenging environment on a daily basis. Without this nursing workforce, patients of all ages encompassing a full spectrum of pathologies, would not receive the specialised and advanced care required. At present the NZ flight and surface nurse workforce is not recognised for the advanced nursing skills, communication skills, specialist care, additional and on-going training needed in order to perform this work safely and competently for crew and patients.

There are eight members in the working group, appointed with the aim of nationwide representation incorporating a variety of transport services that currently exist across New Zealand. There are at least 13 flight services associated with DHB's in NZ, operating individually with varying levels of accountability and training. This group also incorporates representation on both national and international aeromedical working groups.

The project is expected to be at least two years. The Working Group held their first face to face meeting on Wednesday 21st in Wellington where the initial terms of reference were drawn up, subsequently submitted to and endorsed by COASTN.

An initial discussion document is proposed for release at COASTN symposium in Waikato with work in

progress on - Identifying national minimum criteria entry for AST nurses

Meeting COASTN and NZ Nursing Council
competencies Reviewing current Skills and
Competency/Educational Framework

Reviewing current drafts and revision of NZ 8156 and the NZ Air Ambulance Air Search and Rescue Standards to
understand the potential impact for AST Nurses

Close monitoring of upcoming changes in the NZ Aeromedical industry with RW providers and possible impact on AST Nurses

Teleconferences and on-line information sharing has seen the working group's first draft on Minimal Entry Criteria for Flight Nurses, first draft

on mandatory and annual EPC training, 'passport' and transport logs being developed.

Work undertaken by the group will ensure standards are applicable nationally for all service providers both DHB and private. The group also welcome questions and comments and are happy to provide information that will help support your future development and recognition as flight and transport nurses throughout NZ. Contact us at -

Di Fuller, Auckland dianef@adhb.govt.nz	Karyn Hathaway, Wellington Karyn.Hathaway@ccdhb.org.nz
Steph Boston, Hawkes Bay boston2@xtra.co.nz	Anju Sethi, Waikato anju2372@yahoo.co.nz
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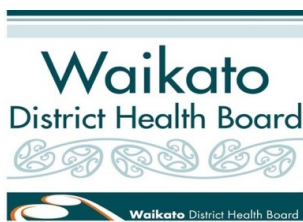
**Waikato Transport Services invites you to
our.....**

Aeromedical Symposium

'It's all about the patient'

Save the date!

2nd November 2018



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



Waikato Aeromedical Symposium

'It's all about the patient'

The Verandah Function Centre, Hamilton Lake

2nd November 2018

HELPFUL INFORMATION

Getting there:

The trip from Hamilton Airport to the Hamilton Lake is 13.2km, approx. 14 min travel time. There are over 300 complimentary car parking spaces at the lake.

From Hamilton Airport Super Shuttle's door-to-door service covers every flight, every day. Each luxury mini-coach has 11 passenger seats and is equipped with a luggage trailer that will cater for all your luggage requirements

Ph: 0800 748 885

Email:

reservations@supershuttle.co.nz

Website: www.supershuttle.co.nz

Hamilton Taxis

Ph: 0800 477 477



Accommodation:

As the venue is located close to Hospital and all hospital accommodation is located off-site it is recommended that you **book your accommodation** early to avoid disappointment.

There are a few websites that offer no deposit and free cancellation such as Wotif.com, cancellations are often accepted up to 72 hours prior to booking date.

Accommodation on Wotif.com located close to The Verandah Function Centre (Hamilton Lake Domain, off Ruakiwi Rd):

Astra Motor Lodge from \$172 p/n

BKs Hamilton from \$205 p/n

Ventura Inn & Suites Hamilton from \$145 p/n

Lake Point Motel from \$115 p/n

Ashwood Manor Motor Lodge from \$131 p/n



Social After Function

We would like to invite you to join us after the symposium to relax, chat and have some light refreshments

Only a short walk from the venue, access is easily available for taxis/shuttles when needed



Aeromedical Symposium

'It's all about the patient'

The Verandah Function Centre
Hamilton Lake Domain, off Ruakiwi Road
2nd November 2018 at 0800

Registration Form

Name _____

Address _____

Email _____

Phone _____

Work area/job title _____

DHB **Waikato District Health Board**

Dietary requirements _____

- ☐ Early bird member \$150.00
- ☐ Early bird non member \$170.00
- ☐ After 18th September member \$180.00
- ☐ After 18th September non member \$200.00
- ☐ Student \$50.00

Direct Debit to NZNO - NZFNA

ANZ 01-0505-0713049-00

Please include your full name as reference

Further information contact:

Leanne Stokes

Leanne.Stokes@waikatodhb.health.nz

Tribute to Kyra Craig

It is with great sadness that we said a 'final farewell' and 'safe flight' to Kyra Craig in June 2018. Kyra, one of the original flight nurses with Pacific Air Ambulance (PAA), passed away on the 29th May 2018.

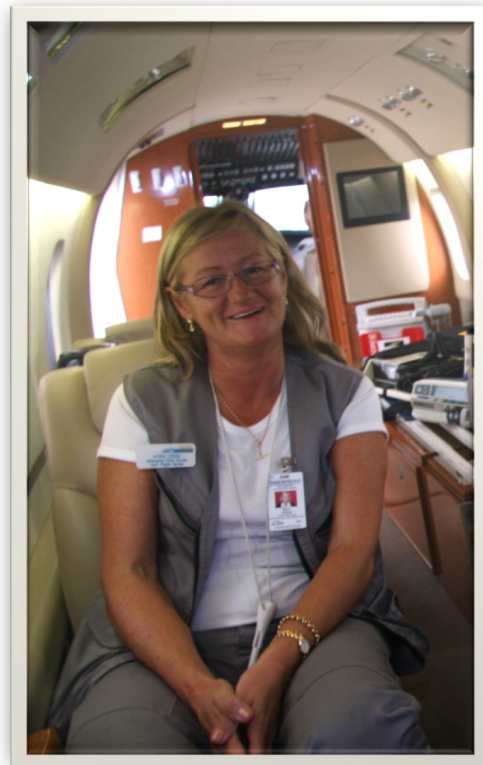
Kyra was a fiercely proud flight nurse. Originally born in Scotland she brought a calm manner, warm smile and can do attitude to a close knit flight team.

Kyra Initially worked part-time as a flight nurse from 1995, while still working at Middlemore hospital's intensive care unit. Kyra later went on to work full time for PAA until 2003. Her duties included Air Ambulance within New Zealand, the Pacific Islands, as well as International repatriations and retrievals. Kyra taking the 'call', steadily got the PAA team together to undertake the first national, double ventilated pt. transfer in New Zealand. Her article on the logistics of this flight can be read below.

Kyra can be described as a nurse who had a lovely way with her patients, being able to reassure and obtain their trust very quickly in an otherwise stressful situation. If Kyra was ever tired, none of the team would have ever known, she had an ability to push through and be available for any situation that was thrown at her. Kyra treated all members of the team with respect and valued their skill. This meant respectively she could make anything happen day or night, the team were always right behind her. A teacher to the junior flight nurses, Kyra's meticulous manner, checking and re-checking equipment gave them confidence to keep calm and carry on. It has to be also said, Kyra knew how to 'kick up her heels', no trouble at all, if a spontaneous or planned work event was on.

Kyra's warm Scottish accent and Celtic wit will be missed by not only her family, but those of us who were lucky enough to have worked alongside her and learn from her. Fittingly as Kyra's coffin was pulling away on its final journey, an Air New Zealand plane was flying overhead, it was a beautiful sunny day.

The PAA Team



Kyra Craig, Flight Nurse.

DOUBLE WHAMMY!

A FIRST IN NEW ZEALAND.

By Kyra Craig, flight nurse, Auckland Rescue Helicopter Trust

It was early Sunday morning when the phone rang. I was on call that day for the fixed wing air ambulance service of the Auckland Rescue Helicopter Trust.

The controller informed me of a possible job out of Christchurch – transferring two ventilated patients to receiving hospitals.

The only problem was finding hospital beds. Christchurch ICU (Intensive Care Unit) was overflowing and needed to transfer its more stable patients and unfortunately just about every other ICU in New Zealand was overflowing as well!

machine and being sedated due to his restlessness and irritability from his head injury.

The second patient was also on a life support machine because of his asthma and a chronic lung disease. He was receiving fluids through a drip and needed continuous running medication to keep him asleep.

We received all the relevant information from the nurses looking after the patients, and then transferred them on to the stretchers, ensuring no limbs or lines were trapped in awkward positions. The heart rate and level of consciousness of each patient was carefully monitored.

Once the patients were secure on the stretchers, and all monitoring equipment and drip lines had been transferred to the special bridge over the stretcher, we were ready to switch over the life support machines.

The chief flight nurse and I both arrived at this point with our patients at nearly the exact same time. Pretty good

Our large plane, the Metroliner, was away on a Child Flight job – a PICU (Paediatric Intensive Care Unit) nurse and doctor were retrieving a sick child and wouldn't land until about 12noon.

I phoned the chief flight nurse and asked if she would like to help with this difficult job. She responded with an emphatic 'yes', knowing it was the first time two ventilated patients were to be transferred at the same time on the same aircraft.

Word finally came through – beds were available at Wellington and Waikato hospitals.



Flight nurses Kyra Craig and Shirley Lee in the Child Flight Metroliner.

team work!

It was with a glint in her eye that she looked at me and said, "synchronise your ventilators". We did just that, and ensuring the patients were stable, we headed off to the awaiting ambulances for the trip back to Christchurch airport.

My patient was being transferred to Waikato Hospital and so was loaded first. The other patient was going to Wellington, our first stop-off, and went aboard last.

On arrival at Christchurch airport we transferred all our equipment to an ambulance and headed off to the hospital.

The ICU had been advised of our approximate arrival time and had ensured that all the relevant paperwork – discharge papers, receiving hospital doctors' letter, charts and X-rays – were ready to go.

The chief flight nurse's patient was a 40 year old man who had been involved in a road traffic accident and suffered a head injury, and fractured ribs and shoulder bone. He was on a life support

Just before take-off, the patient with the head injury became restless and agitated and we had to delay take-off until he was more sedate and quiet.

Everyone must be buckled in for take-off and landing, and these are very critical times for patients due to changes in pressures and vibrations.

The flight to Wellington was uneventful with only a moderate amount of turbulence.

Each patient was continuously monitored by his nurse with the doctor supervising between the two.

On landing at Wellington the head injury patient was transferred to a awaiting ambulance which was accompanied by ICU staff from Wellington Hospital.

We then headed north for Waikato. This flight ,too, was uneventful with the patient remaining well sedated and all recordings stable.

On arrival at Hamilton airport we transferred to an ambulance and headed for Waikato ICU.

The second patient was transferred into a bed and handed over to the nursing staff and doctor's at approximately 2030 hours.

The original call had come through at about 0830 hours.

Now all our team had to do was get back to Auckland, unload the equipment and go home.

I arrived home at 11.30 that evening, utterly exhausted and totally ecstatic. We had done it, and done it very well with both patients kept stable and safe, and their road to recovery in no way jeopardised by the air ambulance transfer.

The BK 117 landing in Thames.



Regional Round Ups—Christchurch

Kia Ora from Christchurch

Not a bad view from the office now that winter is here, some greast views of the Alps



We have had a steady few months:

February total of 49 missions, 33 urgent and 16 elective

March total of 52 missions, 30 urgent and 22 elective

April total of 42 missions, 27 urgent and 15 elective

May total of 44 missions, 29 urgent and 15 elective

We have recently employed a new flight nurse, welcome Will to the team.

Will's back ground is in intensive care, he's now completed his orientation and is on his own :)



Happy Flying from the ChCh team.



Hi from the team at NZAAS in Auckland. We too have had a busy start to the winter season over all of our work platforms! PICU have been keeping the pilots, crewmen and SSH busy as have the surgical teams and of course our own Clinical and ECMO teams.

There have been several changes in the NZAAS camp since the last edition of the e magazine. Firstly, we have moved

premises and we now have office space in a brand new office building at the airport and our medical and flight offices are

based in the hangar that we share with Air New Zealand. It's nice not to have to battle Auckland Airport traffic in order to get 4km from our old office to the hangar—at peak times that 4km can take over 30mins to drive.

We have recently welcomed Kat to mission coordination. Kat has managed to assimilate quickly into the role and into the team. This month we are saying farewell to Jess who is returning to clinical nursing. We will miss Jess who has been with us for almost 3 years. Rowan is currently 'in training' and will be working alongside Faye and Kat in coordination.

NZAAS are pleased to be commencing a new Flight Nurse led transport service based in Wellington at the end of July. Annabel and I are currently busy recruiting flight nurses for that role. A Mustang jet will be positioned in Wellington for this service and with that we welcome Warwick into the position of Wellington base captain.

We are very excited to have recently commissioned a Cessna Sovereign 680 Jet as an addition to the Skyline fleet. The

Sovereign is a pleasure to fly in and unlike many aeromedical airframes it offers the luxury of headspace and storage room as well as the added bonus of a very plush bathroom! I daren't get used to utilising the facilities however in case I one day for- get that the same luxury does not exist in SSH or MFT! *# red faces all round.*

As I am writing this I am flying to Dunedin enjoying the early evening skies over the country...and wondering just how cold it really will feel on ground there...

Safe and happy travels from the team at NZAAS.

Angela



A recent scene from Hamilton. In the words of our pilot— 'who owns those little planes under our wing! '



The Sovereign leaving on it's inaugural NZAAS International Mission in July,

Round Up— Wellington

Hi all from windy Wellington.

End February to mid June have continued to be busy for us having transported 336 patients. We continue to be a team of about 20. 5 of our senior flight nurses continue in the role of acting flight coordinator myself, Sarah R, Fernah, Lois & Karyn.

Sarah C, Annie and Alex really enjoyed the COASTN Aeromedical Course - & the HUET. More of us have completed our water safety training – very needful taking into consideration the number of times we need to fly over Cook Strait!

We are all currently taking part in Crew Resource Management training, having some real time situations for reflection. Whether it is our crew people alerting us to some piece equipment not doing what it should, the patient not looking quite right when we are task focused, a flight nurse alerting crew with high cockpit workload to radio comms or making a team decision to land a heli in deteriorating conditions because of that uneasy feeling while flying in thickening mist - at Featherston Rugby Grounds no less!

CRM makes you aware just how well we work with our teams, how well we watch out for each other and work together to make good decisions.

Recently some of us took part in EZ-IO training. For the odd time we arrive to pick up a patient that the referring team just haven't been able to cannulate & we really need access. Our flight nurses all had fun finding out how many holes they could drill into the egg before it broke!

And check out our new T-shirts thanks to the Wellington Hospital Foundation and modelled by Fernah below.

Thank you so much to all the services who have come to our aid following the perfect storm of plane outages for various reasons we have recently suffered. We really notice the comradery when we need to help each other in times like these.

Happy Flying

Nikki Joseph

ICU Flight Nurse/ Acting Flight Coordinator



Hello from chilly but sunny Dunedin! It's that time of year when the transport side of our flight team often comes in to play - as flying isn't always possible due to our terrain & the challenges that very cold moist air can bring (unfortunately none of our rotary wing aircraft are blessed with de-icing technology, & turning into a block of ice then falling out of the sky is not an attractive option!). Not that travelling by road in adverse weather conditions is a very thrilling alternative either - the things we do & the lengths we go to in order to assist those sick & injured to reach definitive care should never be underestimated.

A retirement meant a vacancy occurred on our small tight-knit team, so we welcome Renee Holland to our team. Ongoing succession planning is becoming more of a focus as we all get a little older.

Several of our team remain from the original contingent of flight nurses trained We still hope for enough funding for our service to become supernumerary to the current ICU daily floor staff contingent - as ICU workload has meant that not every trip has been resourced with a flight nurse. Like the rest of the teams across NZ have also experienced the 6-monthly changeover of registrar colleagues - which for us requires a full 5 days of orientation to ICU & flight/retrieval processes & policies. This can prove challenging for the flight nurses - as taking registrars new to the aeromedical environment/practice may add to the workload.

The Otago Rescue Helicopter Ball was recently held at in Dunedin - a fundraising venture well supported by the local community with several silent auction items donated by some well known Otago & Central Otago residents in addition to money raised from ticket sales. The ICU accounted for more than a quarter of the 200 tickets on offer & really enjoyed a well-deserved night off to celebrate & socialise with our Heli Otago colleagues, paramedical staff, ED colleagues & friends.

The foyer was graced with a substantial cake in the shape & livery of our BK 117 helicopter - complete with moving rotor blades (to rival the TV1 programme: Extreme Cakes!). Some of the attendees claimed to be somewhat fatigued the next morning..... as celebrations continued well into the early hours! Our services medical director Mr Mike Hunter proved to be the consummate MC for the evening, well supported by the owner & chief pilot of Helicopters Otago Mr Graeme Gale (& the real CEO Mrs Ros Gale), with plenty of historical & recent photographic examples of the care provided & an amazing video presentation made by pilot Clayton Girvan - set to Paint It Black (very appropriate as our 2 main helis are jet black!).

No doubt the snow sport facilities will be in full swing at the time of publication - meaning our helis will be beating a well-worn path in & out of Central Otago on a regular basis: so we are thankful for a very well-resourced service with the ability to provide 2-4 fully equipped & crewed helicopters simultaneously if required.

Round up— Northland



All of Northland's existing Helo

Fleet on the Starship heli-

Well the Winterless North is not exactly living up to its reputation at this time of the year. The sunny days have certainly been quite nice but the early mornings and late evenings are distinctly chilly ... and don't get me started on the 03.00hrs flight at 3000 feet when there is frost and ice on the ground. Brrr.

We have been reasonably busy with a lot of retrievals from the Far North, mainly of adult patients with respiratory related diseases. After some experimentation we have developed a mobile trolley to use specifically for our NIV patients, as the Dräger was struggling to operate consistently from the aircraft supply due to the various bends and turns in the tubing. When we plan to use the NIV function we take one of the rear facing seats out of the aircraft and the trolley with the two D sized O2 bottles (now and forever known as the "Double-D's") is securely fastened to the aircraft floor. We have supplied a smaller O2 cylinder and regulator to all of Northland's peripheral hospitals and we use this to transport the patient on NIV between their ED and the helipad. So far the system has worked really well – the NIV delivery is seamless, the pilots are happy that the trolley is well secured, the Flight Team are happy because it is so user friendly. Win-Win. Oh and the patients are happy because we have avoided intubating them most of the time!

We have recently welcomed new Flight Nurse Emily Wang to the team and she has quite a few flights under her belt already. Part of her recent orientation included entirely stripping off and repacking the flight trolley and emptying out every single piece of equipment from the adult and paediatric packs – sure is the best way to learn what goes where!

Our Rescue Helicopter is operated by the Northland Emergency Services charitable Trust (NEST) and they have three dedicated Sikorsky S76A helicopters. There is great excitement in the camp just now as they have just taken delivery of another two newer aircraft – still Sikorsky but now S76C++. Very exciting! These new-to-us aircraft are about 25 years younger than our other machines and have the upgraded avionics, engines and equipment that you would expect to have in these days of more advanced technology.

Round up— Northland Cont ...

In addition they have a lot more power – and whilst we may not notice this aspect so much from the patient cabin, we will certainly appreciate it in the hot, humid upgraded avionics, engines and equipment that you would expect to have in these days of more advanced technology. Northland summer when transporting bariatric patients around the region!

So safe and happy flying everyone and stay warm – roll on summer!



Delivery of the new NEST helicopters – exciting times for the Northland Region.





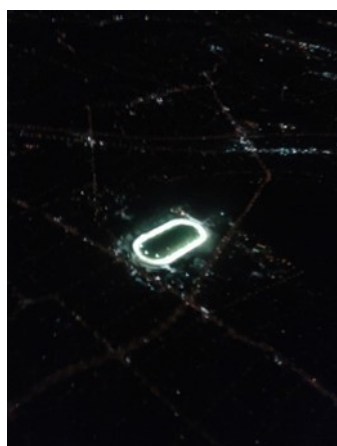
Star-
ship



PICU Transport Team

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

After an incredibly hectic Christmas and summer period, PICU is having a quiet start to winter. We have however, had our first ECMO retrieval of the 'flu season and if the Northern hemisphere winter is anything to go by, we will be seeing a few more of these.



*Watching the All Blacks
game at Eden Park from
the NEST helicopter.*



Here is the lovely Kate modelling our new
uniform on the way to the helipad

Round up— PICU Cont ...



Team members

We have four new team members on board who have completed their orientation theory. We are currently working at getting them through their practical orientation. There is always the balance of either PICU being too busy to let an extra person go off the unit, or the transport calls haven't been coming

Spinal Cares

Zoe Matsas has almost formalised a new protocol for spinal cares with a move away from spinal boards. This seems easy to follow and will reduce the amount of equipment we need to take on transports where there is a potential for spinal injury.



Uniforms

Thanks to team member Steph Haven and the Starship Foundation for funding, we are now into our new uniforms. We have moved away from the flight suits and now have cargo pants (with lots of pockets!) and a polo shirt or merino top. So you will soon be seeing us with our distinctive new shirts. When we visit your unit, you will see the rocket picture on the back which was



Documentation

Di Fuller, our PICU Transport Coordinator, has been hard at work formalising new documentation. This should make everything more streamlined, importantly improve legality & is occurring in conjunction with a new database.

Lastly

I was out on a retrieval recently and when I came to leave, the nurse looking after the baby thanked me for not being scary!! I was a bit taken a-back but she assured me that this was because she was very new to paediatrics and had significant anxiety about her ability to safely care for her little patient. As a team, we are very aware that for a lot of referring units, paediatrics is not your everyday level of comfort...just as adults are not for us! In general, we are in awe of how well children are managed prior to our arrival. To assist you, some Starship & PICU Clinical guidelines are available online. More are being added all the time. <https://www.starship.org.nz/for-health-professionals/starship-clinical-guidelines/#All>. Please also know that we are available at the end of a phone (09) 3074903. For any specific transport issues/queries/ feedback please contact Di Fuller on: dianef@adhb.govt.nz

W A I K A T O I C U R O U N D U P

Hello from the Waikato ICU transport team

AS MANY OF YOU ARE AWARE THAT WAIKATO IS HOSTING COASTN SYMPOSIUM THIS YEAR ON 2ND NOVEMBER 2018.

ITS ALL ABOUT PATIENT

The Venue is at the HAMILTON LAKE and we aim to offer you a diverse and interesting day. As it is only one day symposium & AGM and time is limited. Hence we will try to fit all sort of topics including neonate transport.

Hope first half of the year has gone well and safety has been maintained for all of you.

We have welcomed Pranay and Dongmei onto our team. Both of them worked on to the unit for a number of years, so they brings with them wealth of knowledge and they are currently orientating to the role. I am sure both of them will be great resources to the team.

Brian has successfully completed NZFNA flight course this year.

We had our annual hanger open day. This was represented by Anju and Nikki. There was good turn by the public and weather was fine and shines.

2018 has so far challenging. Our fixed wing was hit by lighting in the night and after that it was out of service for maintenance for a month. NZAAS has covered our few transports in the meantime. Waikato has done around 70 transports in last three months which includes Trauma, Asthma, Peads, Cardiac, Neuro, etc.

Once again don't forget One day symposium and AGM in Hamilton 2nd NOVEMBER.

ITS ALL ABOUT PATIENT

HOPE TO SEE YOU IN HAMILTON

TILL THEN FLY SAFE

From Waikato ICU transport team

Anju Sethi

Save the Date!

COASTN Aeromedical course 2019

Who:

Taz Irvine-Fynn takes over the role of course co-ordinator as Di Fuller steps down after many years.

Where:

AUT South Campus
Auckland

When:

15th - 19th April
2019

How:

Keep an eye on the website and here in the Up and Away for more details.



ASA Conference 2018

HOBART



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

Quick Quiz

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

- A: Heloma Molle
- B: Heloma Durum
- C: Sternutate
- D: Horripilation
- E: Veisalgia

- A) Corn
- B) Hard Corn
- C) Sneeze
- D) Goose Bumps
- E) Hangover

Recipe -Breakfast Bars
Zoe Matsas

2 cups of chopped walnuts
3 eggs
2 cups pitted dates, chopped
1/2 cup dried fruit finely chopped (I use apricots)
1/4 cup of honey
1 cup pumpkin seeds
1 cup shredded coconut
1 cup LSA (hound linseed, sunflower seed and almond mix) A pinch of salt

Preheat oven to 160. Line Swiss roll tin (30x24cm)

Whizz up walnuts in food processor.

Pulse in eggs, dates, dried fruit & honey. Stir in pumpkin seeds, coconut & LSA

Press into tin and bake until set -around 25 mins.

Leave to cool then cut into bars.



Gardening Tips for August

Sow Seeds ; Viola, Cineraria, Alyssum, Poppy, Cornflower. Hollyhock, Carnation, Marigold,

Plant ;

Gladioli, Dahlia, begonia tubers for summer flowering. Plant new roses.



Feed ;

Trees and shrubs with long term controlled release fertilizer.

Weed and dig in;

Compost and fertilizer to prepare garden beds for spring planting.

Edible Garden

Sow Seeds; Tomatoes, cabbage, celery, spring onions, silver beet, spinach, melon, cucumbers, capsicum, lettuce. ;

Plant ; Asparagus, crowns, strawberries, rhubarb

Feed ; All fruit trees, spread fertilizer over the root zone but away from the trunk.

Herbs ; Plant new seasons herbs directly into the garden or into pots



Information from www.palmers.co.nz



Quick Quiz

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

What are the following terms referring to:

Heloma Molle

Heloma Durum

Sternutate

Horripilation

Veisalgia

E) Hangover

D) Goose Bumps

C) Sneeze

B) Hard Corn

A) Corn:

Reference:

<https://Merriam-webster.com>



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