



New Zealand College of Air, Surface & Transport Nurses Magazine

College of the New Zealand Nurses Organisation

COASTN Committee 2016



Rear Left to right: Toni Johnston, Delwyn Rattray, Kelvin Still, Sheryl Gibbs, Annie Bradley-Ingle.
Front Left to Right: Heather Stevenson, Anju Sethi, Joanna Knight, Gill Robertson.

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Welcome to the July 16 Edition

Once again we are into winter flying.

Henny Nicholls past chairperson of NZFNA has finally hung up her wings. Earlier on this year she retired and was given a couple of send off's. One by the CCDHB. There was an evening laid on for her at the LifeFlight Hanger attended by Wellington Hospital Flight Nurses and Doctors,

LifeFlight Crews and Reps from the Nelson and Hawkes Bay Flight Teams.

We all wish her well with her retirement and know that her Husband, Children and Grandchildren will enjoy having her round without being on the end of a phone.

With planning well advanced for the Conference in Queenstown those of you who are going, I'm sure will have a good time. The programme is excellent and it's not too late to register.

www.aeromedconference.com

Congratulations to those who completed and passed the COASTN Flight Nurses Course earlier on this year. Another great course run by Di Fuller and her team.

I want to thank Delwyn for all her hard work as Chairperson. This is her last chairpersons report before standing down after 4 years. She has tirelessly seen the change from Section to College. She has started the COASTN committee off with some projects that will hopefully provide changes for many flight nurses in the future.

I know that she will enjoy the spare time she is going to now have.

Like Delwyn, I also want to get people thinking about the COASTN committee. Please give some thought to joining the committee as places become vacant. It is important to have new, fresh people on the committee.

Once again I ask for people to send regional updates, articles, photo's etc for inclusion in the magazine.

Happy and safe flying

Kelvin

(kelvin.still@gmail.com)



Henny's Cake at the
LifeFlight leaving
Function

Chairperson's Re Chairperson's Report

With winter yet to truly arrive here in Christchurch, I can't help but hope it arrives in Queenstown in time for the Aeromedical Society of Australasia (ASA) conference in August. This conference co-shared by COASTN, is the first in NZ since 2010 and the first since NZFNA gained College status. Delegate numbers are being capped at 250 due to the size of the facilities in Queenstown, and I would imagine that many of the delegates, like myself, are planning a little time on the slopes, as well as enjoying the other activities and festivities planned for the week.

This is COASTN's only conference this year so please support it as this truly is a wonderful opportunity to showcase New Zealand Flight Nursing and the uniqueness of our role. It is not too late to attend with places still available. Unfortunately, because of the marked increased in registration fees for the Queenstown conference (\$650 AUD) compared to our usual conference/symposium, the committee has had to reduce the number of face to face meetings this financial year to cover this increase in expenditure.

At the same time we wish to maintain progress on our present goals, working towards recognition and pay parity across NZ for nurses involved in the transport of patients in isolated environments, and continue to run a successful flight nurses' course. Demand for positions on the course remains high and the committee and course convener are in the process of increasing the number of places to accommodate the demand while maintaining the high standard and current access to world class facilities.

The COASTN committee plans to meet with Flight Nurses Australia at the ASA/COASTN conference to discuss ways the two organisations can work together to enhance flight nursing in Australasia. We have already reserved two places on the NZ flight nurses' course for Australian flight nurses in the hope of improving communication, and building relationships.

In the future I would like to see an exchange program coordinated between the two countries to broaden experience on both sides of the ditch.



The committee will be looking for two new members this August to replace Heather Stevenson and myself, so if you or someone you know would like to join the committee then please feel free to get in touch with either myself or any of the other committee members.

AGM documents such as last year's minutes, the agenda, remits and committee member reports are now available on the NZNO COASTN website. If you are attending the ASA/COASTN conference then please print these documents for your reference at AGM. I look forward to seeing you all in Queenstown.

Regards Delwyn

Upcoming Events



COASTN Aeromedical Retrieval Course 2017

Location: Auckland AUT South Auckland Campus

3rd - 7th (inclusive) April 2017

Details to be released soon on the NZNO COASTN website

ICAM 2017 : 19th International Conference on Aerospace Medicine

April 24 - 25 2017 London, United Kingdom



Kia Ora and Greetings from the
Lovely Hawkes Bay

I am writing this article to express my sincere gratitude towards receiving the first flight nurse scholarship educational scholarship under the new college status. Moving from New Zealand Flight Nurses Section of NZNO (New Zealand Nurses Organisation) to College status COASTN (College of Air Surface and Transport Nurses) has been a great achievement of hard work from previous NZFNA committees, chair persons, all members and executive members from around NZ. This important status has now given COASTN an important profile as a college under the New Zealand Nurses organisation as a true professional college for NZ Nursing and those involved and supporting Air Surface and Transport/Flight nursing around New Zealand.

I was lucky to attend the first transection symposium from N.Z.F.N.A – COASTN 2015 Flight Symposium hosted by the great Tauranga Flight Team 2015 Symposium “What’s the Plan” on Friday 6th November at the scenic location of Trinity Wharf – on the Tauranga Waterfront. This symposium shared the facilities with NZ Nurses Organisation Nurse Managers Conference held on 5th-6th November 2015.

Flight Nurses and friends joined the Nurses Manager’s Conference at the end of their day one on the 5th November for pre-dinner drinks in the foyer then for dinner at Trinity Wharf for great food, company and the funny entertainment of MC Grey Ellis, with his topics of knowledge of an armchair expert on everything from sheep dog orthopaedics to bedding foam manufacture and the fun highlight of his version of “It’s in the Bag” – Called “sugar or the bag” Great to see who the sweet tooth was in the noisy audience – then we danced the night away.

The start of the NZFNA/COASTN Symposium What’s the Plan on Friday 6th November was to catch up with friends and colleagues from different flight teams and sponsors and contributors from around New Zealand with arrival tea/coffee and food hosted by the Tauranga Flight team.(Great start for those who were night owls from the night before to kick start the day!)

The programme for the Flight Symposium was held in separate parts of Trinity Wharf Conference centre from the duty managers – we met up with them later in the day. After welcome messages from TDHB Chaplain and agenda outline by lovely Dianna Keys, Tauranga flight team (all in their flight themed t-shirts – looking great team) –



1st speaker was Air Ambulance service flight nurse Angela Coward re a case study of flight transfer of sick patient with CVA, septic shock and SIRS from Rarotonga to Tauranga. Interesting and challenging flight well presented and followed up with the care of the patient post flight transfer from the Pacific to Tauranga Hospital. The care and treatment of the patient was highlighted by the excellent work of Tauranga Doctors and Nursing team in Tauranga ICU to Rehab – as explained by Flight/ICU nurse Dianne Keys – with the patient tested positive for chikungunga virus. An extremely ill patient treated by a well presented true team approach – from flight to ward nursing in New Zealand.

After a lovely morning tea and trade displays from loyal sponsors of USL Medical, NZ Weinmann, Fisher and Paykel Healthcare, Zoll Medical NZ and NZ Air Ambulance Service it was topped off with the cutting of the ‘COASTN Cake’ by Delwyn Rattray, chairperson COASTN and treasurer Jill Meiring with support of a great morning tea and lunch – supported by above sponsors and Cherrywood 4square, Elliots funeral services,

Tauranga City Council, ANZ Bank
Tauranga and Mainly Gifts at
Cherrywood Shopping Centre.



Mid Morning was the first of two talks for the day by Dr David Newman who has spoken before to NZ Flight Nurses at Symposiums several years ago in Hamilton. Dr David Newman is an aerospace medicine specialist and Managing Director of Flight Medicine Systems Pty Ltd. He brings his vast knowledge of combined academic, scientific, aviation and military experience to give a panoramic perspective on the problems of human performance in the ever changing flight environment.

David's presentations both covered topics of how air travel is popular with over 3.6 billion people to travel the airways in 2016 and 500,000 people in the

air at once around the world and flight durations of up to 16-17 hour legs! He also covered topics of current aeromedical operations around the world, commercial aviation, high risk occupations involved in aeromedical operations with great supporting case studies. He discussed how improved safety in operating in the changing aviation industry and integrating safety management systems is keeping the aviation sector and latest technology, involved in current and new aircraft. Informative power points, photos and videos of current aspects of aviation, technical and medicine topics were shared with a captivated audience.

Before and after lunch break, the Flight Nurses joined the Nurse Managers conference at Trinity Wharf to share the presentation of New Zealand Clinical Psychologist Nigel Latta with his vast knowledge in forensic

programs, prisons, the department of corrections, the New Zealand Police and Child Youth and Family Services. Nigel Latta, also has an acclaimed career as a broadcaster with many top rating shows and documentaries. This has been celebrated and supported by Nigel being awarded an Officer of the New Zealand Order of Merit (ONZM) for service to psychology.

Nigel first talked about issues around difficult people and why are people such hard work. Topics he covered included; Fixed vs. Growth Mind sets, New changes – causing conflict, conflict triangle of Emotion vs. Fuel vs. Attention, Leadership – it is about them not you, Focus on the mission and clear direction needed in change.



After a great lunch catching up with old and new friends looking over beautiful Tauranga harbour, Nigel addressed us again with his speech on Leading Teams. Leaders lead and great leaders do it well, and how do you get people to follow through? Topics covered were; Culture of the organisation, What do you want from staff vs. to what do you do for your staff?



psychology and working with young people and their families especially a passion for kids in the "too hard" basket. Nigel Latta has worked for many private and public organisations from throughout New Zealand from social service agencies, sex offender treatment

Autonomy relatedness and competency to change, Thinking ahead and have some fun and laugh along the way with the people involved.

We broke away back to flight nurses only session of the symposium in the room overlooking the pool and harbour for a session of quick fire speakers of; Liam Brett-Kelly of Trust-power TECT Rescue Helicopter pilot and Tauranga Base Manager of the operation of the trust.

Quick fire speakers of 8 minutes continued with Dr Troy Browne – head clinician of TECT Trust-power helicopter, clinical director of ICU/HDU medical leader anaesthesia surgery and radiology services of BOPDHB covered current issues of health delivery within the Tauranga/BOP health section and involvement of nasal high flow ventilation challenges and changes within intra/inter flight environment and current trends from BOP Tauranga hospital setting with relationship to aviation medicine.

This was followed by Gillian Robertson, Flight nurse ICU/CCU of Tauranga hospital, duty manager and NZFNA/COASTN Committee member. Gillian covered the creation and hard work done by NZFNA committees of past and present to help the Flight Nurses section transform into college status as COASTN.

College of Air Surface and Transport Nurses benefits all of its membership and allows the College to recognise the work done by all transport/flight nurses by whatever mode is deemed appropriate and makes achievements in future more credible and appreciated.

Next speaker was the lovely Steph Boston – Clinical Nurse Manager of patient transport service of Hawkes Bay District Health Board. Steph presented a great overview of recent conference of ASA – “Challenge from Expanding Frontiers” held in Darwin, Australia 2015.

She covered topics of the challenge of flight aeromedical services health budgets vs. fragmentation of services. The future of possible national providers/limited providers, centralisation budgets, cohesion and compression of services within a changing health service. The health ministry understanding of current and future issues of national coordination – with current services presently used.

Mac MacDonald of Tauranga Flight service gave a quick insight into NZMAT team and its activation to disaster relief programme in the aftermath of cyclone Pam 2015 and the use of health workers enlisted from the NZ medical and relief agencies who gave medical support in the Pacific Islands of Fiji for 2 weeks post cyclone Pam

Well done to an interesting group of entertaining and informative speakers at the Tauranga Flight Team 2015 NZFNZ/COASTN Symposium in Tauranga.

To the COASTN Committee, thank you for your ongoing support and encouragement of myself and others to attend the symposium. The scholarship funding of educational assistance towards costs of conference in Tauranga and in the future was greatly appreciated.

Fly Safe, Kia Kaha.

Carl Allen RCpN. CFN. BN
Member of Hawkes Bay Flight Team

CHALLENGING TRANSPORT

by Fay Malcomson
ICU Flight Nurse
Waikato Hospital.

The patient was a 58yr old male with severe bilateral pneumonia requiring air ambulance transfer from Whakatane ICU to Tauranga ICU.



After discussion with the ICU consultant and as it was to be a short 15 minute flight it was decided to use the Parapac ventilator rather than LTV (more suitable for respiratory conditions). The ICU registrar had not used the LTV before. The patient was requiring 90% oxygen and a PEEP of 12 at the scene and saturating at 91% on this. It was decided to increase the inspired oxygen to 100% for the transport and maintain a PEEP of 12. He was cardiovascularly stable.

A battery problem with the helicopter necessitated road transport which meant a further syringe of propofol was required to allow for the one hour+ road trip rather than 15min air transport.



This involved a long walk/run back to ICU where they had a syringe ready for us. (the way back was extra long due to the construction of a new hospital with no short cuts available). We requested a fast trip to Tauranga so it was lights and sirens most of the way with both of us being thrown around and fighting motion sickness. The patient's condition, although stable for the hour we were in the helicopter waiting for

assistance in starting it, deteriorated soon after transfer to the road ambulance (which was already on site providing jumper leads etc.)

The saturation probe on the dash monitor was found to be faulty which necessitated the use of the Zoll monitor from the helicopter. This heavy machine was sitting by my feet and easily observable. The patient had been well sedated and paralysed prior to moving him from ICU. He required an increase in sedation and repeated doses of muscle relaxant. An initial dose of vecuronium did not seem to stop the patient 'bucking' the ventilator so it was decided to administer a dose of rocuronium via a different line. Propofol was increased to 40mls/hour with no major effect on BP.

His oxygen saturations were noted to be steadily deteriorating despite keeping him well sedated. At this stage the ICU registrar decided to

phone the ICU consultant for advice. Advice given, which we both listened to separately due to difficulty in hearing it, was: -

- 1) Ensure adequate sedation
- 2) Suction
- 3) Recruitment manoeuvre by increasing the PEEP to 20 for a few moments.

Together we made the decision not to suction due a low saturation level and the PEEP being interrupted as no bodae valve was insitu. As the sedation was at a satisfactory level, we decided to perform the recruitment manoeuvre which was immediately successful. His saturation rose dramatically from 83% to 94% and stayed above 90% until we reached Tauranga ICU.

Issues: - No bodae valve on the Cobbs connection meaning disconnection in order to suction would be detrimental.

- Limited ventilatory options although still able to perform recruitment manoeuvre using the PEEP valve
- Faulty saturation probe --> needing to take extra (heavy) monitor
- Motion sickness - alleviated by momentarily closing our eyes. May be useful to take a non sedating antiemetic prior to road transports.

The patient was subsequently transferred to Auckland for ECMO and has since returned to Tauranga via Hamilton having survived the ordeal.

Regional



A day recently when Lifelight and Hawkes Bay Rescue helicopters were both on the Wellington Hospital Helipad, hot unloading inter-hospital transfers together.

(Photo by Sarah Rodgers, Wellington Flight Team
Permission given)

Roundups

Northland

Regional Round Up – July 2016

Kia Ora from Northland!

We are enjoying a reasonably warm winter here in Northland and so far not too many sick children with respiratory issues requiring retrieval from further north. I'm sure this will change over the coming weeks though. Other than that we have our usual mix of trauma, cardiac and increasingly a respiratory patient group as well.

Over the last few months various members of the team have been diverted to primary work on the way home from Auckland. This has taken them to exotic locations including Waiheke Island in the middle of the night, farmland at Dargaville, also at night and a west coast beach. This is always a potential as we use Northlands rescue helicopters, but doesn't usually happen that much. However it is always interesting to see how it all works outside of our usual inter hospital retrievals. The pilots work load is significantly increased and finding primary landing sites in farm and beach areas require a higher pilot workload than simply going helipad to helipad. These are always an interesting aside to our main job.

Our workload with bariatric patients is increasing and we now have a set of carbon fibre extensions we can use to extend the capability of our flight stretcher to accommodate this patient group. These have already had quite a bit of use and make transporting bariatric patients more manageable and safer.

NEMO, our flight telehealth system continues to be used to assess patients and the type of retrieval required. We have also introduced this system to another regional hospital and again we are seeing positive results as staff become more confident in its use. From a flight nurses perspective this is brilliant we get to sight the patient during the initial assessment so we can start to plan more accurately. We have also used NEMO while the team is on the ground with the patient. This meant an ICU Consultant was able to provide clinical support from afar.

We presented a poster at the Rotorua ANZICS earlier in the year and will

present at the SFT conference in Auckland later this year on Northlands experience of using telehealth pre and during retrieval.

We are about to farewell one of our long serving flight team members. Kerstin is stepping off the flight team and we will miss her skill and experience within the team, her drive to make positive changes where they need to be made and her ability to remain calm under pressure in the middle of the night! Even though you will still be working in the unit, we will miss you on the team! Thank you very much for your commitment.

So, signing off from Northland now. Long may our warm winter continue!

Kia pai to ra!

Sarah and the flight team



It's been a busy season for NZAAS over the last few months and we have welcomed several new team members including Emma - another full time flight nurse, Kyle - Captain for the King Air B350 and Jacob - a loadmaster for our PICU/NICU flights. We also have another full time mission coordinator/flight nurse starting this month. It's fantastic to have these team members on board, they have been settling in with ease, and are a great asset to our crew. During the last few weeks we have had a medical student from Liverpool University spending some time with us for his medical elective, he was able to observe some domestic air ambulance transfers, and was very

enthusiastic and motivated during his stay. One of our most complex patient movements so far this year was a ventilated patient via stretcher from Christchurch to Dubai, final destination Moscow! This involved a significant amount of organisation pre movement, and a mammoth effort from our flight team, who handed to patient over to an Austrian air ambulance provider on the Tarmac in Dubai.



Looking ahead, in August four members of our team will be heading to Queenstown for the ASA conference, which is sure to be hugely informative, and a wonderful opportunity to get to know and hear from others in the aeromedical field.

Despite the understandable difficulties of scheduling anything around shift workers, a good number of the team managed to get together for a hearty winter meal and beverage at the Whitford pub, definitely a night out to repeat!

We're all looking forward to another busy few months ahead, and of course the return of warmer weather!

Cheers

Jess Birchall

**Mission Coordinator
Registered Nurse**

**Please direct urgent emails
to assistance@nzaas.co.nz for
immediate response.**



MFT landing at Auckland

Three of our flight nurses spent a week on the COASTN Aeromedical Retrieval Course in April at the AUT South Auckland Campus. They all enjoyed the course immensely (and then there was HUET!) and found it to be of great benefit both in throughout the country. An excellent experience overall. Learning and meeting with other members of flight teams

WAIKATO ICU TRANSPORT TEAM

My first solo flight!

After three months of trying to get enough assisted flights in to become a fully orientated new flight nurse it was finally time for my first solo transport. I was on a 12 hour nightshift and had sat down at 3am for a quick nap on my break when our charge nurse Matt woke me up to say I was off to Taupo to transport an 81 yr male back to Waikato along with our ICU Registrar Fran. He had had a community cardiac arrest and was now in Taupo ED intubated and on an adrenaline infusion. He had also been shocked and had CPR on route to the ED. Based on this information Fran and I were already concerned about the patient and the end result of the transport. Despite that this patient had been accepted so as quickly as possible I packed up the trolley with our gear (going over the checklist countless times!) and we were off to the hangar. Due to the weather forecast our pilot Loren had got the Bell 222 out rather than the BK so we loaded her up and off we went. Flying in the dark through the clouds was a bizarre experience but soon enough we were halfway to Taupo and the

sky had cleared and I was looking out at a starry sky and down at all the bright milking shed lights. So cool! Next thing I knew we were flying over Taupo with all the twinkling city lights outlining the lake, it was stunning! We landed at the hospital and arrived in ED to find the condition of the patient had changed since our last report. He now had a chest drain in for a pneumothorax and was on a much higher FiO₂. The patient looked terrible, he wasn't on any sedation and was still unresponsive, he had limited IV access, was bleeding around his chest drain site and his arterial line wasn't working properly. While we were getting a handover Fran and I went about sorting the IAL and putting another line in for transport. My brain was going a mile a minute - what next, what equipment have we used out of the packs, is he stable enough etc etc. The patient was becoming more unstable. Fran and I then stopped and thought seriously about the patient's current situation, when it came down to it what could we offer this man differently back at Waikato than his current care? If he was to even make it through the flight? Fran phoned our

consultant and decided with him the best option was to have a talk with the patient's family about the different options; but unfortunately the most reasonable one being to leave the patient in Taupo to be extubated and pass away with his family around him rather than him potentially dying in flight or back at Waikato without any of them there. They agreed with Fran so we packed our things up and after a disappointing and sad goodbye with the son we were back in the chopper. On our way back to Hamilton Loren reported that the weather had changed quite dramatically while we were away and the fog had descended on the city. The sky had lightened over our flight back and sure enough we could see Hamilton in the distance totally covered with a nice thick blanket of fog. Loren told us he would have to find the closest paddock to the edge of the fog to land us in. So there we were at 630am on a foggy Waikato morning landing in a farmer's Paddock just out of Pirongia.

No sooner had the rotors stopped when the farmer jumped off his quad and we were greeted with a “Giddyay guys what’re you doing here?” and chuckling at our rather comical situation. 5 minutes later his daughter was tearing down the road in tears because she thought one of the farm workers must have been injured!

I don’t think Fran and I could quite believe what was happening and then before we knew it the ambulance had arrived to collect us and our gear to take us back to the hospital. We left Loren with the long wait for the fog to clear hoping the very talkative farmer would make him a coffee! I think it was close to 9am by the time I finished up my paperwork and got into my car to head for bed. What a night!

I have done many transports since that first one for all sorts of patients. Each transport is totally different and challenging and no transport has been perfect but I can safely say that I am one very lucky and appreciative nurse to be in this position and am looking forward to many more flights in the future. Just need to learn to stay out of those paddocks!!

Sally Crook is an ICU RN who joined the Waikato ICU flight team in January. Ed.



Fran (Waikato ICU Reg) (with permission) and Sally Crook

Hawkes Bay Flight Team

Hi all

We have been busy as usual with flights as well as orientating some new staff to the flight service.

Three of our staff attended the COASTN Flight Nurses Course in April, learning lots and enjoying the networking opportunities it provides.

HBDHB has tabled a restructuring proposal which will have some potential effects for our team. We have been very active in writing submissions to the DHB Executive Team, to ensure that the service we provide won't be compromised. A trying time for all, as anybody who has been involved in restructuring will tell you.

Something for our team to look forward to is Skyline Aviation's - purchase of a Citation Mustang. Which will hopefully be on line at the end of September.



There are few of us from Hawkes Bay attending the Queenstown conference in August and we are looking forward to the exciting programme that it offers. Along with meeting old friends and making some new ones.

Winter has yet to strike here in Hawkes Bay. We have been enjoying some almost summer like weather. No doubt that will come to an abrupt end at some stage.

With a lot of westerly's recently we have been using our cross runway at Napier more which provides us with different approach across Hawke Bay and over the road going out of Napier. So here are some of our recent photos. Thanks to Kate Tweedie and a couple from me.

On behalf of the HB Flight Team fly safe.

Kelvin



PHOTO'S



Otago
Jess Birchall
NZAAS

Not every day is nice.
Stormy skies at Palmerston North
Kate Tweedie
HBDHB



Wellington doesn't get any better
than this.

Kelvin

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Wanted desperately

Articles, items of interest,
& photos!

Have you got an article or update that
could go on this page. Photos always
appreciated.

Send it to the magazine editor

Kelvin Still

C/o Transport Team

Hawkes Bay DHB

or email kelvin.still@gmail.com