



Northern Newsflash

September 2008

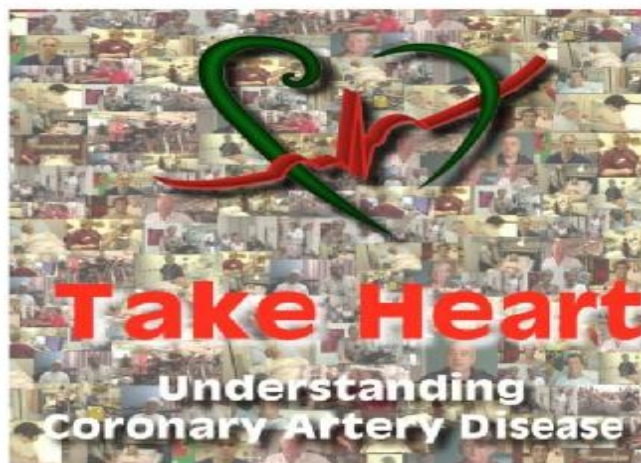
Inside this issue:

- New "Take Heart" DVD 1
- Arts Update 2
- Assisting Far North NZ 2
- Extreme Makeover 3
- Perry Foundation grant 4
- DRIVE 4 LIFE CHARITY GOLF TOURNAMENT REMINDER 4

New DVD product "Take Heart" Understanding coronary artery disease is launched

A Joint Venture between the North Shore Hospital Foundation & Med TV™, co funded by the Laurie Parker Trust of Orewa Rotary was recently released to a very impressed audience at the Orewa Rotary.

The "Take Heart "DVD is the first cardiac rehabilitation DVD to be made in New Zealand for 15 years and takes a fresh look at Heart Attack, Angina, what happens when you are in hospital and provides an educational tool for recovery and lifestyle advice for sufferers and their families in the community.



The Laurie Parker Trust
administered by



The North Shore Hospital Foundation

presents a news column

THE FOUNDATION FOCUS

in the North Shore Times every second Friday of the month.

Each quarter the **HEALTH REPORT**

is published, a health themed insert carrying news from Health Foundations in the North, South and West

CHECK IT OUT

KEEP UP WITH THE NEWS FROM YOUR REGION

The DVD is shown to all patients suffering cardiac incidents before they leave hospital by the Cardiac Nurse Specialists and is also available to GPs, PHO's and allied health professionals as an educational tool

Included in the content are the variety of diagnostic testing procedures involved with establishing good diagnosis such as exercise testing, Cardiac Echo, Angiography and Angioplasty

The Med TV™ production team alongside medical and nursing specialists have provided an outstanding product with clear messages and advanced animation to assist the users to understand complex anatomical situations.

The DVD will be distributed nationally to all DHB and GP outlets and will also show on the Doctors Waiting Room channel throughout the country

Gift to the Far North community based Health Services

As part of the foundation international medical aid project the North Shore Hospital Foundation has undertaken for the past 5 years we decided to enquire if the redundant equipment from North Shore Hospital would be of use to Health Trusts and facilities in the Far North.

The offer was very happily received and the Te Hauora O Kaikohe volunteered to uplift all the items on offer and distribute them to all the health facilities and Marae based health projects across North Auckland

A large truck full of beds, mattresses, mobility and rehabilitation equipment have now found new homes in the Far North.

It is with much pleasure the foundation is in a position to send aid not only to the Pacific Basin, Nepal, Mozambique, South Africa but also to our own people



Mike, Project Manager & James, Kaumatua from Hauora O Kaikohe, load the truck for distribution

ART UPDATE

The YouthTown™ Auckland based centre or youth resource and activity have created an amazing canvas under direction of their Arts Coordinator Ms Sue Clark. They have donated this artwork to the Hospital as part of the Healing Arts programme, art for social inclusion

The 2 metre X 2metre canvas is entitled *Hands, Hearts and Heads* and consists of individually created tiles using multi media, mosaics, beads, seeds, and iconic items.

The canvas resonates happiness and is being placed in the main entrance corridor at North Shore Hospital especially for the public to enjoy



Community Impact Volunteers apply Extreme Make Over concept
to Level 3 & Palliative Service

A team of more than 40 volunteers as part of the quarterly Community Impact project from City Impact Church Browns Bay gave several ward three rooms a makeover at North Shore Hospital on August 9 and 10.

The Impact Church has a partnership with the North Shore Hospital Foundation and this is the 5th major project completed by them at North Shore Hospital

The volunteers cleaned, sanded, painted and decorated the staff zone, patients' day room and two palliative care rooms on the ward.

"The volunteers' efforts have made a great difference to rooms used by staff, patients and families on the third floor," says palliative care consultant Dr Linda Huggins.

As well as the Community Impact gift of volunteer time, the North Shore Hospital Foundation donated 2 mini sound systems and CDs, and commissioned artwork as well as providing all the new fixtures and product to ensure the project success

"In such a busy place, it's good to focus on care and the human touch, making the environment less clinical and more comfortable" Charge Nurse Manager Chris Heaphy says.

Palliative patient Nancy Trengrove says the makeover allows patients' relatives to stay in a more comfortable environment.

"The room is more than homely, it's a luxury. I've got everything I need here - a lounge, refrigerator, a stereo and my family can all gather around on the couch".

The small army of volunteers, the majority of them professional tradespeople, steam cleaned all the furniture, built refreshment stations for staff, installed televisions in side rooms and added shelves and cabinets, equipped the staff area with necessary kitchen items including glassware, crockery & cutlery.

"It was magical, it all just happened so fast," says Charge Nurse Manager Chris.

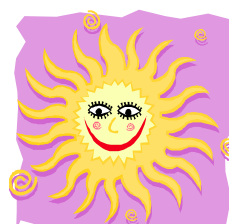
One of the specialist volunteers donated their time and skill as an interior designer, and selected soothing colours for the palliative care rooms.

"The colours on the walls have been done beautifully," Mrs Trengrove says.



Above: One of the Community Impact Teams take a break from decorating

Right: An example of wonderful art work created for the hospital makeover project



Pump 4 Freedom project gets great boost

One of the current Foundation projects, Pump 4 Freedom has received an extremely generous grant from the Perry Foundation/ Scottwood Trust for \$20,000.

This grant is for the purchase of 4 Portable mini insulin pumps.

The project is designed to create a loan service of insulin pumps for young adult type 1 (insulin dependant) diabetics.

The portable insulin pumps are not Government funded and each individual or parent or patient needs to commit to the purchase investment and also the ongoing costs (aprox \$200 per month for life)

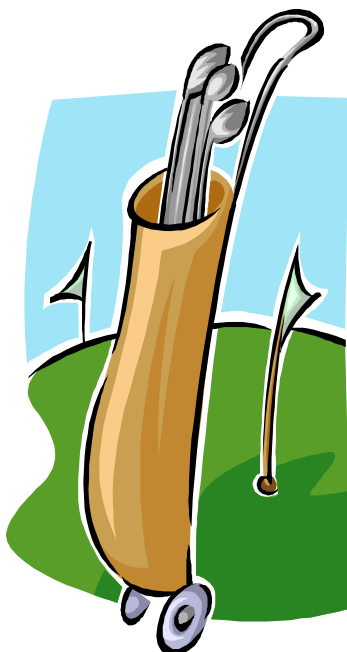
It is extremely advantageous to the users to be able to trial the use of this life changing technology and experience the benefits, prior to making the huge financial investment/ commitment.

These pager sized pumps have small advanced computerised technology simplifying the administration of Insulin for Brittle Type One diabetics. This type of diabetes is the one that can affect people from birth and more often than not young sufferers are the ones where the use of this type of insulin pump can free them of the restrictions of constantly measuring their blood sugars and drawing up and administering individual injections each time a reading is taken, or before & after exercise and eating.

The small portable insulin pump worn on a belt or bra strap or pant top, is attached to the body by a very fine catheter and automatically calculates the insulin requirements and administers them as required.

This allows the wearers almost absolute freedom with their activities. Even elite sports people compete wearing them. E.g. Craig Macmillan (Cricket) & Dylan Mika (Rugby)

The Foundation is aiming to have a pool of at least 20 loan pumps available for those patients identified by their medical specialist as suitable for this type of technology.



**MARK
THIS
DATE**
**20TH
NOVEMBER
2008**
**7TH
ANNUAL
DRIVE 4
LIFE GOLF
DAY**
**NOTE IT
NOW**

We are on the web
www.northshorehospitalfoundation.com

Drive 4 Life Charity Golf Tournament
Supporting Home Care 4 Kids service
Thursday November 20th 1pm tee off
Waitemata Golf Club Devonport
Entry \$73 per player
BOOK NOW FOR BRILLIANT DAY
Contact
David Aickin : 478 7122 / Aickin@ihug.co.nz
Alan Astrop : 0272896991 / asterix@sign-tech.co.nz
Jane Hunter :4868954/jane.hunter@waitematadhb.govt.nz
Rod Ferguson :4439833 / rod.ferguson@thermosash.co.nz