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## **Research and Innovation**

### **Victory Community Health**

Offering free medical help and services to the residents of one of the poorest community in Nelson Marlborough Victory Community Health is a unique model of collaboration between three key sectors, education, health and social services.

Operating out of the Victory Primary School campus, 11 different agencies/groups offer services on a free, regular basis, on a sub lease arrangement from the centre.

In its first year Victory Community Health treated over 2000 people who may not otherwise have been seen.

### **Health Action Trust - Kotuku (Mental Health Crisis Intervention Service)**

Kotuku is a residential, crisis respite service set in a rural location and staffed and run by current or past users of mental health services in collaboration with NMDHB mental health clinical services. Guests of Kotuku work through their period of crisis with the aim of trying to avoid hospitalisation or to shorten their hospital stay.

The house is run on the principles of peer support, "a system of giving and receiving help founded on key principles of respect, shared responsibility and mutual agreement of what is helpful."

### **Settling in Health Sector Group - Chin Refugee Community DVD**

A DVD has been developed to help delivery health and nutrition messages to the Chin community in Nelson. The consultation process identified that information on baby and child nutrition and oral health was a priority. This resource that goes through a supermarket identifying fruits and vegetables, ingredients and packaging; is in response to the language and cultural barriers that Chin people experience on arrival in Nelson. With over 300 Chin people re-settled in Nelson since 2005 this is the first Chin resource to be produced.

### **Supporting Families in Mental-Wellbeing, Marlborough**

Rebranding the Schizophrenia Fellowship to Supporting Families in Mental-Wellbeing has led to improved community awareness of the organisation and their goals and thus its reach into the community. The trust supports individuals and their family/whanau cope with schizophrenia and other major mental illnesses.

## **Collaborating for Health Improvement**

### **Gateway Housing Trust - "Promoting Recovery Through Innovative Support"**

This project is a Nutrition and Physical Activity project for adults and young people who receive support through the Gateway Housing Trust. Results from the project, which included a MENZ group for men to get together and a gardening group in Victory, has improved the participants physical, mental, spiritual health through improved fitness levels and social interaction.

### **Sport Marlborough - Active Families**

Recognising the need among low socio economic families for help, motivation and ideas in getting active and fighting childhood obesity, The Tasman Regional Sports Trust, Marlborough District Council and NMDHB's Nutrition and Physical Activity programme joined forces to offer Active Families.

Active Families uses innovative techniques to motivate youth and gives parents the of the participants the confidence to establish activities with other people in the community and pass on the messages they have learnt through involvement in the programme.

## **Way2Go**

Way2Go is a collaboration between Tasman District Council, Nelson City Council, Tasman Region Sport Trust, Nelson Bays Primary Health Organisation and NMDHB to increase participation in physical activity particularly among people who had not previously been active.

A stock take of Way2Go operations showed that more than 1000 previously inactive people have taken part in 103 activities and classes across the Nelson Tasman district.

## **IDSS and NMDHB Organisational Development Teams**

The collaboration between Intellectual Disability Support Services (IDSS) and NMDHB Organisational Development during a restructure of the service used a change team as prescribed by best practice in the field of Organisational Development to achieve a new structure.

The service reported that this enabled disabled people using the service to more easily make decisions about their lives, with no complaints received in the following 6 months, and no challenges from staff resulting from the restructure.

## **AT&R Unit Nelson Hospital**

The goal of a multi-disciplinary working party between AT&R and the Medical Unit at Nelson Hospital was to reduce the readmission rate at 30 days by 50 % for patients that had a diagnosis of Congestive Heart Failure and to improve the quality of life of these patients after discharge.

The project looked at enhancing the admission assessment for discharge needs and focussed on teaching and learning for the patient and their key support person. This included patient and family centred discharge communication and discharge follow up.

## **Nelson Bays Primary Health Organisation - It Takes a Village Expo**

Clinicians in Primary Care Health Care settings are the ideal navigators and care coordinators for their patients but often the pressure to see patients left no time to meet with community providers who could support patients beyond the walls of the clinics and general practices - until the development of It Takes a Village Expo.

The expo attracted 42 community providers and over 200 participants from across the primary health care sector including Practice Nurses, Public Health Nurses, GPs, Allied Health, District Nursing and Iwi Health Providers.

## **Nelson Bays Primary Health Organisation - Community Nutrition Service**

In order to reduce the incidence of chronic disease the Community Nutrition Service developed a systemic and reproducible consultation process and worked with a wide range of community agencies beyond the health care settings originally targeted.

The structure for service delivery has proven to be successful and works in partnership with a range of providers from Golden Bay to Nelson, and with doctors to community workers.

The overarching principles of the service are Nutrition capacity building and Collaboration and working in teams.

## **Tasman Regional Sports Trust - Green Prescription**

The Green Prescription is designed to improve general health and well being via a referral by a health professional for increased physical activity. Over the last year the Tasman Regional Sports Trust programme working across Kaikoura, Blenheim, Nelson, Takaka, Motueka, and Westport, has outperformed on targets set, with more than 1600 patients benefiting through innovative steps taken that were specific to the region they were set in.

This has led to a particularly strong patient response to the programme over the last 12 months.

### **School of Health and Social Sciences, NMIT - Fathering Project**

This collaboration between health and education has resulted in four research projects gaining evidence and information about fathers and in particular the support for fathers to be 'partners in parenting'. The research covered a wide range of perspectives including fathers, their partners, and representatives of service providers.

There has been a workbook developed that is aimed at building service providers' capacity to support fathers as well as national and international recognition for this research.

### **Christchurch Polytechnic Institute of Technology (CPIT) with NMDHB Maternity Services - Home Grown Midwives**

This new programme allows new midwives to train in 'satellite' regions using a blended approach to teaching and learning. Learning resources for this model of blended delivery includes; print, CD and DVD, online materials, local tutorial groups, distance tutorial opportunities, local midwifery educator support, face-to-face intensive block courses in Christchurch, midwifery practice experiences in rural and provincial areas as well as main centres.

Close collaboration has been required between NMDHB and CPIT to ensure that the connection between theory and practice is robust and clinical placements are timely, relevant and well-supported.

### **Nelson Marlborough District Health Board - Safer Prescribing**

The Planning and Funding Team of NMDHB introduced this programme to improve the quality and safety of prescribing across the Nelson Marlborough District after complaints about the rate of errors in hospital and community prescriptions. This programme fostered cooperation between hospital and community prescribers and pharmacists as well as between the DHB and PHO partners. This resulted in a greater understanding of prescribing generic medicines and reducing medication cost and improving access to publicly funded medicines.

### **Wakefield Rest Home - Preserves for Meals on Wheels**

Skills of gardening and preserving are put to good use in this project developed between Wakefield Resthome and Meals on Wheels where fruit and preserves grown and processed by residents are then donated to Red Cross Meals of Wheels or sold to further develop their project. The project builds on social, mental, physical and cultural skills. As many residents have participated in volunteer groups such as Lions, Rotary, Country Women's Institute or have been volunteers in their community the spirit to help others and use what skills they have to benefit others.

### **Nelson Bays Primary Health & Te Hauora o Ngati Rarua Ltd - Caring for Whanau with Type 2 Diabetes**

Maori families were invited to attend a six week Diabetes Self Management Education programme that presented a tool-kit for families to use to reduce the risk of diabetes and manage the disease where it is present. The education programme also put in place mentors, and community support systems for families to continue after the six week programme.

Thirteen families took part and the pre and post questionnaires showed the programme was very effective.

## **Clinical Care Improvement**

### **Nelson Cardiology Service - Patient Information DVD**

Nurses who care for patients undergoing Cardiac Angiography developed a DVD to improve patients' understanding of the procedure, and to encourage patients' families to share the hospital experience. The DVD also enhances the process of informed consent and prepares patients for treatment options following Angioplasty.

There has been a very favourable response from all the patients and particularly their families who are also now keen to attend the clinic with the patient.

### **Cardiology Department - Technician-Led Echocardiography Valve Clinic**

The Technician-Led Echocardiography Valve Clinic has significantly reduced the waiting list for the number of patients to be followed up by a cardiologist through providing a full echocardiogram, blood pressure reading, electrocardiogram (ECG), and a brief verbal Quality of Life Questionnaire. The results of the visit are documented, reviewed and discussed between the echocardiography team and cardiologist at a later date, with a copy of results sent to the patient's GP.

This innovative programme is the first in New Zealand and possibly in Australasia.

### **Te Whare Mahana Inc - Dialectical Behaviour Therapy (DBT)**

Through Te Whare Mahana, Dr Robin McCann National Advanced DBT Training Project became a self-funded New Zealand-wide opportunity for people working with people with Borderline Personality Disorder to have training with a leader in this field.

Dr McCann and family were based in Golden Bay and travelled the country carrying out advanced training with DHBs including Nelson Marlborough. Costs were kept to a minimum and this training resource was accessible to the entire DBT community in NZ and in particular NMDHB.

### **Specialist Health Services for Older People NMDHB - Process for improving psychotropic medication prescribing**

The Specialist Health Services team completed clinical summaries of patients and a detailed pharmacy review of past treatment and developed individual goals in treatment plans in consultation with the extended multi disciplinary team and sought involvement from family and whanau when appropriate and possible. Through this audit of elderly patients who had been treated in our service we demonstrated a reduction in mean equivalent dose prescriptions and calculated a financial benefit which equates to an annual saving of \$10,819.

### **Nelson Percutaneous Coronary Intervention (PCI) Service**

Traditionally PCI was only performed in tertiary centres throughout New Zealand this project introduced PCI to Nelson Marlborough DHB without on-site cardiac surgery. Since the introduction of this service in October 2007 more than 263 PCI have been carried out which has significantly reduced waiting times for acute revascularisation. During this time no patients have needed emergency cardiac surgery and there have been no procedure-related complications. This service has improved clinical care evidenced by cardiology clinical audit, patient satisfaction survey, cost analysis review (savings of \$300,000 p.a.), and has been presented at national and international conferences.

## **Child and Adolescent Mental Health Service - Introducing Dialectical Behaviour Therapy (DBT)**

As CAMHS is the only team in the country offering specific child and adolescent crisis service there was a need for a consistent approach to high risk and self-harm behaviours that had a common language across support staff. DBT was introduced as it is an intensive programme of individual and family therapy as well as a skills training group and telephone support for clients and their families. Although a limited number of clients have completed the programme overall feedback from clinicians, patients and families has been supportive with early indications positive for reduction in self-harming behaviour and reduced symptomology.

## **Physiotherapy Department Golden Bay Community Hospital**

Physiotherapist-led exercise classes for older community members has brought physical and social benefits to participants. The class has people attending from age 60 to 99 years of age to do arm and leg strengthening exercises that increase balance and strength as. Participants are assessed at regular intervals to check progress and a cardiovascular component was recently added. Most people attending are living independently in their own homes and the class offers an opportunity to socialise with people in a similar age group.