

HealthNews

NELSON MARLBOROUGH DISTRICT HEALTH BOARD WWW.NMDHB.GOVT.NZ NELSON (03) 546 1800 MARLBOROUGH (03) 520 9999 APRIL 2016

Start a conversation that counts.

Get talking and begin planning your future healthcare today. 16 April is *Conversations That Count Day* to raise awareness about advance care planning so people start thinking, talking and planning for their end of life care.

Gabrielle Stent, Alliance Support Manager – Health of Older People says supporting someone to develop their own Advanced Care Plan is like giving a gift – one of the few times in their life when it is ‘all about them’.

“Families and loved ones have a lot of stress on them when someone becomes unwell or terminally ill,” she says. “Having the conversation about what’s important to you will help ease that burden when the time comes.” Encourage your mates, girlfriends and work colleagues to start their own conversations. Not sure how to break the ice? Need help to plan who to talk to and how to start the conversation? Visit www.advancecareplanning.org.nz for help.



‘Flu season is on its way

Before you know it, the ‘flu season will be here. Influenza can make healthy adults, children and infants seriously ill or cause death. It is more than just a ‘bad cold’. The Immunisation Advisory Centre says two new strains in the influenza vaccines for 2016 are expected to offer better protection for New Zealanders this winter. The best time to vaccinate is before the start of the winter season.

The vaccine is provided free for those that need it most – people with medical conditions such as diabetes and asthma, those aged 65 and over, and pregnant women. Talk to your GP or pharmacy about the 2016 flu vaccine today.

For further information go to www.influenza.org.nz or call 0800 IMMUNE 0800 466 863.

New website now ‘live’

The new Nelson Marlborough Health public website is now live. The site showcases our services and patient and visitor information is signposted and easily found.

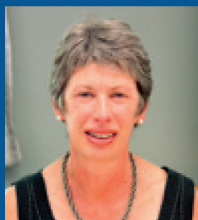
Visit www.nmdhb.govt.nz.

What’s in a name?

You might notice Nelson Marlborough District Health Board is referred to as Nelson Marlborough Health in the media and on our new website. We haven’t changed our legal name – we are still the Nelson Marlborough District Health Board, but the name Nelson Marlborough Health better represents our community healthcare role and the full range of services we offer.



BOARD TALK



I’m very pleased to report that Nelson Marlborough Health has once again achieved well in the national health targets. For you this means that compared to other New Zealanders you wait less in the Emergency Department, you get more help to give up smoking and you get cancer treatment quicker. This is all due to the tremendous effort of a great number of staff who work really hard to achieve these great results. Thanks team.

You may notice in the media and on our new website we are referring to ourselves as

Nelson Marlborough Health. This small change better reflects our community healthcare focus. It also helps to address any confusion when we talk about our ‘district health board’ as the eleven people who sit on the board with me. With autumn upon us, I encourage you to help protect the ones you love this winter and ensure you have a ‘flu vaccination.

Jenny Black

Jenny Black, Board Chair