



Nursing and Midwifery Northland District Health Board



Northland District Health Board, the northernmost of New Zealand's Health Boards, is the funder, planner and a key provider of health and disability services for the population of Northland. Employing over 2200 staff and covering an area from Topuni in the south to Cape Reinga at the very tip of the North Island, it serves a population of about 152,000.

The Health Board is a primary provider of public hospital services with an extensive range of acute and elective services. The hospitals are located at Whangarei, Kaitiāia, Bay of Islands and Dargaville. There is also a significant network of community-based outpatient and mental health services throughout the region as well as public health activities focused on improving health.

Due to the diversity of patients and conditions medical and nursing staff are provided with a real opportunity to enhance their skills and practice development.

Northlanders suffer from some of the country's highest rates of the common life threatening diseases. These include coronary artery disease, diabetes, lung cancer, kidney diseases, chronic respiratory disease, stroke and asthma.

Job opportunities for Nurses and Midwives

Northland District Health Board (NDHB) has excellent opportunities available for qualified nurses and midwives who want to make a real difference whilst seeking the right balance between career and lifestyle.

Employment opportunities exist in all areas of nursing with the priority areas being Medical, Surgical, Intensive Care, Operating Theatre, District Nurses and Mental Health. There are plenty of opportunities for qualified Midwives.

The organization has a strong commitment to ongoing education and development within the nursing and midwifery service. This commitment is indicative of the value management places on this workforce.

NDHB employs about 1200 nurses and has 300 beds across Northland

We offer:

- Strong leadership programs
- Scholarships to support the costs of postgraduate studies
- Support for nurse practitioner study
- Encouragement to be part of nursing and midwifery development
- Professional development program
- Regular clinical education
- Graduate Nurse program

NDHB also encourages and supports innovation and excellence in clinical practice through the processes of the Professional Development Recognition Programme.

A strategic alliance with the University of Auckland offers nurses the opportunity to participate in research projects and to access postgraduate education at New Zealand's prestige university.

Great Lifestyle

Northland is the northern most region in New Zealand. Its main centre is Whangarei, about 2 hours drive north of New Zealand's largest city, Auckland. There are few places in the world that can match what Northland has to offer.

Golden beaches, secluded coves, tranquil harbours, warm waters, dramatic coastline, and spectacular forest - an aquatic playground and a land of unspoilt natural beauty that has to be seen to be believed.

The region has twin, diverse coasts, with no part of Northland being further than 40 km away from coastline, pristine beaches, bays and harbours. Vast tracts of forest remain, home to 2000-year-old giant kauri trees.

One of the best things about living in Northland is the lifestyle. The average temperature runs in the 20s and rarely gets below 10°C. The whole region is a boating and fishing mecca and beneath the water lies many other attractions. Some of the world's top and most easily accessed dive and snorkelling sites exist in Northland.

On top of all this there are the drier activities, walking/hiking, horse riding, a whole variety of sports and tourist based activities from tandem skydiving through to dune surfing and quad biking and some of the best golf courses in New Zealand.

Staff Benefits

- Competitive salaries, reasonably priced housing and a variety of inexpensive leisure activities make living in Northland a positive choice
- Staff parking and easy access to hospitals - no city traffic hassles
- Transit accommodation is available
- Rental accommodation is cheaper than in larger cities
- You can choose to live in town or closer to the water's edge and still be within 20 minutes of the hospitals
- All staff are entitled to discounts with a wide range of local companies including: building suppliers, clothing, sporting and shoe stores, health and fitness, computers, electrical and furniture stores, optometrists, tyre agents, video stores and petrol stations.
- Whangarei, Kaitaia and Dargaville Hospitals provide staff swimming pools
- Whangarei and Kaitaia Hospitals have free staff gymnasiums. Staff also benefit from corporate rates at local gyms
- Northland DHB always has a high number of expatriates, especially amongst the nursing and medical staff. This makes for a fairly large, like-minded social group
- Uniforms provided for select services
- As an accredited employer with New Zealand Immigration NDHB HR staff are experienced in Immigration and Registration processes

Meet:

Jess Browne – Clinical Nurse Specialist Fracture Liaison Service



The Fracture Liaison Service (FLS) is a new service to Northland District Health Board. Started in November 2014, its purpose is to help develop and deliver a model of care that provides appropriate treatment and advice for those patients identified as being at risk of having Osteoporosis. This will contribute to a reduction in presentation of re-fractures as a result of Osteoporosis in women aged ≥50 years of age and men ≥ 60 years of age.

This is through co-ordination and liaison between primary and secondary care professionals and patients.

The incidence of hip fracture in New Zealand was estimated to be 3,803 cases per year in 2007, at a cost of NZ\$105 million. This represents 20% of all of the 19,000 fragility fractures that come to clinical attention in New Zealand every year. As New Zealand's 1 million baby boomers began to retire in 2011, hip fractures will continue to exert a tremendous burden on older New Zealanders and our healthcare system.

Data collected over a 12 month period during 2012/2013 at Northland District Health Board showed 161 hip fractures and 534 fragility fractures in total annually. After observing the outcomes seen elsewhere it is predicted we could reduce these by 20% by implementing a FLS, meaning that approximately 32 hip fractures would be prevented each year. Potentially saving \$901,600 of the \$4,508,000 currently spent on hip fractures annually.

There is one Clinical Nurse Specialist, myself. The service is currently offered only at Whangarei campus at this stage, but planning to expand to regional hospitals in the near future.

Our aim is to ensure all patients aged ≥ 50 years presenting to urgent care services with fragility fractures receive assessment and treatment, where appropriate, for osteoporosis and referral to local falls prevention services to reduce their risk of subsequent fractures.

Contact Details and Links

Northland District Health Board

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To apply: Email: jobs@nhl.co.nz
or for further information visit our website:
Web: www.northlanddhb.org.nz

Useful Links: Destination Northland:
www.northlandnz.com
NZ Travel and
Business:
www.newzealand.com
m NZ immigration:
www.immigration.govt.nz



Meet:

Sandra Meyst – *Clinical Nurse Specialist Hepatitis, Medical Outpatients Department*

As my job title suggests I work with people in our region diagnosed with viral hepatitis B and C. There is a high prevalence of Hepatitis C in New Zealand, with an estimated 50,000 people infected, and an estimated 40% undiagnosed (Hepatitis Foundation, 2014). Many of these people have no symptoms. While these viruses can sometimes cause little or no damage to the liver, in many people there can be a process of inflammation and scarring over time, especially when combined with heavy alcohol consumption. Hepatitis B and C can also cause liver cancer in some people, particularly if cirrhosis is present or there is a family history of liver cancer.

A major part of my role as a nurse specialist is to monitor people on treatment for viral hepatitis. For Hepatitis C, this currently involves a course of Interferon and Ribavirin medication, with regular blood tests and clinic visits to monitor side effects. Unfortunately this treatment causes many unpleasant side effects, such as feeling like you have the 'flu for a year!

Our liver service has cured many people over the years with Hepatitis C. However, new pharmaceutical advances have produced oral antivirals which have a very high cure rate for Hepatitis C, and very few side effects. This is promising for future eradication of the virus.

Hepatitis B is another outpatient group my colleague RN Judy Coyne and I care for in our region. We currently have seventy patients on our remote prescribing list, managed together with Dr Rachael Harry. These people receive three monthly blood tests to monitor their treatment with oral antivirals to suppress the Hepatitis B virus, such as Entecavir, Tenofovir, Adefovir and Lamivudine. These medications prevent the virus from replicating within the liver, which in turn prevents further damage to the liver caused by associated inflammation and scarring.

The other main patient group our service cares for are people with chronic liver disease, many of whom have cirrhosis. This extensive scarring of the liver can be caused by a variety of factors, including viral hepatitis, excessive alcohol consumption, autoimmune hepatitis, hemochromatosis and fatty liver disease.

Management of cirrhosis from a nursing and medical perspective includes six monthly liver surveillance monitoring, to allow early detection of abnormalities such as liver cancer. The surveillance program includes a blood test and ultrasound scan. I also hold nurse specialist clinics alongside our hepatologist, Dr Rachael Harry, to follow up people with liver disease and on treatment for viral hepatitis.

The main message I would like to end with is to emphasize the vital role our liver performs in keeping us healthy and energized, and the importance of a simple, regular blood test to check whether the liver itself is remaining healthy!