

Kaumātua Nursing Service

1 October – 31 December 2021

RAUAWAAWA KAUMĀTUA CHARITABLE TRUST

December 31, 2021

The information in this report is provided by the registered nurses of the Rauawaawa Kaumātua Nursing service; Robbie Caldwell, Geraldine Boyd and Aniera McMahon.

KAUMĀTUA NURSING SERVICE

1 October – 31 December 2021

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Report Writer:	Robbie Caldwell and Aniera McMahon, Registered Nurses
Reviewed:	Geraldine Boyd, Health Team Manager
Navigation Site:	Rauawaawa Kaumātua Charitable Trust
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Highlights / Achievements

1. *COVID Booster Vaccination Clinics*

Rauawaawa Kaumātua Charitable Trust is running a booster vaccine clinic on-site from 30/11/21 to 21/12/21, with plans to continue running the clinic after the new year. At the time of completing this report (16/12/21) we have held the clinic across eight days and provided over 120 vaccinations. The majority of the vaccinations we provided for our community have been for the booster dose, however we also assisted some members of the community with receiving their first vaccine.

The booster vaccine clinic was initially planned as a drive-in clinic for the purpose of streamlining the clinic process, negating the burden of mobility limitations on kaumātua and improving general comfort for our kaumātua. This model would allow kaumātua to simply drive in and park, with our staff moving to their vehicle to gather the necessary information and provide the vaccine. Unfortunately, the weather on the day of our first clinic was too stormy to sustain this initial model. Our team were quick to adapt to the changing conditions and organise an indoor clinic setup that we have optimised for our kaumātua.

Our current setup has all three stations of the clinic (reception, vaccination and observation) contained within our facility complex in our wharekai (facility dining area). The stations are separated by sliding doors and dividers to maintain the privacy needs of our kaumātua. Many of our kaumātua have mobility limitations and so our setup has been designed with wheelchair and walking frame availability and manoeuvrability in mind. Our staff that occupy each station are appropriately certified to perform the work of the station they are allocated to and are available to assist our kaumātua with questions regarding the vaccine, clinic process, help with acquiring their vaccine pass, assistance with mobility, or any other queries and requests they have. Opportunities to provide health education, COVID-based or otherwise, are consistently acted on during the clinic. Our staff can explain why the vaccine is provided, the benefits our kaumātua receive as individuals and as a community for getting vaccinated, common side

effects our kaumātua may experience following the vaccination, and what actions should be taken in the rare case of a serious adverse reaction. While waiting in observation our kaumatua are also exposed to health resources on heart disease, respiratory disease, diabetes, and other common diseases that affect our kaumātua. We organised our observation area to comply with the necessary social distancing protocols, but also to allow our kaumātua to fill their social needs and catch up with their peers while waiting through their observation time.

We utilise up to 16 staff members to support the booster vaccine clinic. Our clinic is supported by the Māori wardens who direct our community members into the clinic, assist kaumātua with mobility limitations, and provide security intel and security measures during our clinic. For us to provide vaccines for our community whilst limiting our exposure to the potential harm of anti-vaccination groups we have utilised phone call engagement and bookings with kaumatua and community members who are registered with Rauawaawa Kaumātua Charitable Trust or who have received a previous vaccination with us. We have also trialled word-of-mouth recruitment to encourage walk-in vaccinations for local community members and wider whanau of those who have received a vaccine with us. Our phone call roster contains the contacts for 513 individuals who have previously received their vaccine with Rauawaawa Kaumātua Charitable Trust, with 422 of those individuals notified and encouraged to book with our booster vaccine clinic. Many of our kaumātua were proactive about receiving the booster vaccine and had already booked at another vaccination site at the time we contacted them. The 91 individuals who are yet to be contacted are still waiting to become eligible for their booster by reaching a six-month period since their second vaccine.



Above: Nurse Aniera in the observation area of the booster clinic with two kaumātua sitting in front of her.

2. *Health Promotions*

Due to COVID lockdowns and Rauawaawa not being open we have had to cancel our Health Expo this quarter and come up with some creative ways to provide health promotions to our kaumātua. Aniera from our KNS team made a nice slide show with music to encourage our eligible kaumātua to have their cervical screening test done. This slide show was posted on the Rauawaawa Facebook page for our kaumātua to see, which has had 165 views to date.

Another opportunity we utilised for health promotions was with our Covid Vaccination Booster Clinics. We used the observation area in this clinic to provide health information to

kaumātua and others receiving their booster vaccinations. Displays regarding staying well with diabetes and heart health promotions were set up. Posters and pamphlets encouraging breast screening, cervical screening and prostate health were also strategically placed where those that were waiting would see them and hopefully take interest. One of our colleagues in the observation area said people were asking if it was okay to take the pamphlets and they also received a comment that the area was nicely set up.



Above: Nurse Robbie posing by one of the health promotion tables set up in the observation area of the COVID booster clinic

3. *Kai Parcel Deliveries*

The KNS team was fortunate to assist with the efforts of Rauwaawa in packing and delivering kai (food) parcels to our kaumātua in need during COVID level 3 lockdown. We were able to help with about 87 parcel drop offs. It was nice saying hello to our kaumātua from a distance and finding that they were well. There were some that mentioned how they were looking forward to returning to Rauwaawa again and a lot of kaumātua expressed gratitude for the kai parcels delivered to them.

Our KNS team also had the opportunity to help with delivering around 30 kai parcels to the Ngati Maniapoto Marae Pact Trust in Te Kuiti. There was a great need for this organization, as they had been doing COVID- 19 isolation support for around 140 whanau/families at the time. These parcels were received with a lot of appreciation and thanks.



Above: Some of the rangatahi helping with putting the parcels into one of the vans



Above: Kaea and nurse Robbie packing the Nui van

Review plan of previous quarter

1. Hearing Clinic – 28 Oct (Cancelled due to COVID-19)
2. Foot Clinic – 29 Oct (Cancelled due to COVID-19)
3. Health Expo – 15 Nov (Cancelled due to COVID-19)
4. Foot Clinic - 26 Nov (Cancelled due to COVID-19)
5. Rauawaawa Kaumātua Charitable Trust End of Year Closure – 22 Dec

Training / Professional Development

Robbie Caldwell

- 7 Oct – COVID- 19 Swab Training – Claudelands Show Ground
- 3 Nov – Managing COVID-19 in the community - Webinar
- 17 Nov – Pathways between Research Policy and Practice - Webinar
- 3 Dec – Traffic Light System – Internal Training

Aniera McMahan

- 7 Oct – COVID- 19 Swab Training – Claudelands Show Ground
- 12 Oct – IMAC Training
- 13 Oct – IMAC Training
- 14 Oct – IMAC Training
- 17 Nov – Pathways between Research Policy and Practice - Webinar
- 23 Nov – COVID Booster Clinic Training

Networking opportunities

Below are the number of networking opportunities KNS have been involved in this quarter:

- 7 Oct – COVID- 19 Swab Training – Claudelands Show Ground
- 8 Oct – COVID-19 Vaccination Clinic - Te Kohao Health
- 16 Oct – COVID-19 Vaccination Super Saturday – Waahi Whanui Clinic, Huntly

Issues / Concerns

Due to COVID-19 lockdown levels this quarter we have not been able to deliver our usual onsite programs to our kaumātua. A lot of our kaumātua have missed attending their usual events at Rauawaawa and the social aspects that they provide. Some of our kaumātua live alone, so attending Ruawaawa gives them the opportunity for social interaction as they mingle with their peers during the programs and our social days.

Reporting Requirements

The following information is provided by the requirements stated in the service specifications based on work completed by registered nurses working for the Rauawaawa Kaumātua Nursing Service.

How much do we do?	
Number of clients in service	334
Number of new clients enrolled in this quarter	4
Number of clients discharged in this quarter	0
Number of clients who are Māori	290
Number of clients who are Pacific Island	7
Number of clients, other	40
Number of referrals into your service by:	
GP/Medical Centre	0
Hospital Service provider	0
Self-Referral	2
Other (identify 3 – Community OT, Whanau, CCS)	2
Number of Referrals to:	
GP/Medical Centre	1
Hospital Service provider	0
Self-Referral	0
Other	2
Number of individual health action plans developed-total number of care plans	36
Number of clients who have been provided with a healthy lifestyle program	67
Number of clients who were hospitalized in this quarter	3
Number of service co-ordination meetings held (community groups, NGOs, or government agencies)	0
Number of promotional activities held in this quarter	3
Number of comprehensive Whanau Ora assessments completed in this quarter	0
Respiratory	
Number of referrals to smoking cessation programs	0
Number of new clients managed with asthma or respiratory disease	0
Number of respiratory education sessions with whanau	0
Number of clients managed with asthma or respiratory disease	11
Number of clients who have completed a GP annual review	0
Diabetes	

Number of new clients with diabetes identified	0
Number of diabetes education sessions with whanau	0
Number of clients managed with diabetes	23
Number of clients who have completed a Diabetes Annual review for the quarter	0
Cardiovascular	
Number of new clients managed with cardiovascular disease	0
Number of clients managed with cardiovascular disease	23
Number of CVD education sessions with whanau	0
Number of clients who have completed a CVD risk assessment	0
Mental Health	
Number of referrals to mental health services for adults	0

Additional Information for number of Kaumātua seen for the quarter.

Number of individual Kaumātua seen this quarter	72
Number of nurse consultations	204
Types of nurse consultations	
• Phone	20
• Community	182
• Clinic	2
• Paperwork	0
Reason for nurse consultations	
• Monitoring	14
• Assessment	8
• Education	1
• Appointment Support	46
• Social support	0
• Transport	74
• Other	110
Age of clients	
• <50	0
• 50-59	6
• 60-64	9
• 65-69	15
• 70+	42
Gender	
• Male	28
• Female	44
Ethnicity of clients	
• Māori	61
• Non-Māori	7
• Pacific	2

Brief Kaumātua Case studies

1. Mrs. A is a seventy-nine (79) year old European kuia who lives alone and has recently reached out for help this quarter. She lives with ongoing pain and is working towards a hip replacement to possibly alleviate some of her discomfort. One of the other kaumātua who attends Rauawaawa services recommended the Rauawaawa KNS (Kaumātua Nursing Service) to assist Mrs. A with her medical appointments, as Mrs. A does not drive anymore. The KNS team has been able to transport Mrs. A to her orthopedic, dermatology and other appointments. Mrs. A usually mobilizes with a walking frame but has needed to be taken to appointments in a wheelchair due to the walking distance. Regarding her hip replacement surgery, some open areas on her legs need to heal before this can be performed, so her dermatology specialist was able to give recommendations to help with the healing process. This quarter, Mrs. A had her Covid booster vaccination in the Rauawaawa Clinics. The vaccination was administered by one of our KNS team members. The KNS team will continue with support Mrs. A where possible on her journey to acquiring a better quality of life.
2. Mrs. D is a fifty-eight (58) year old Wahine Māori who lives alone, attends programs at Rauawaawa and regularly requests transport to her medical appointments. KNS transported and supported Mrs. D to a GP appointment. Mrs. D has a hearing impairment and was not wearing her hearing aid at the GP. Mrs. D went into the GP clinic by herself, due to COVID lockdown protocols. Thirty (30) minutes passed, and Mrs. D came out to the car and said that the GP wanted to see the KNS team member. KNS went in with Mrs. D to see the GP. The GP recommended that Mrs. D needed to be put into fulltime care, presuming that due to a previous brain injury Mrs. D was incapable of caring for herself due to her inability to answer his questions. KNS explained that Mrs. D lived independently and had access to support from friends, who lived nearby, and from Rauawaawa. KNS explained that Mrs. D was very capable of caring for herself and that because she was not wearing her hearing aid, she probably could not hear him properly. Communication between the GP and Mrs. D was very limited as Mrs. D could not hear the GP speaking through his mask. The GP was physical distancing and had a foreign accent which made it more difficult for Mrs. D to understand what was being said. KNS crouched down near Mrs. D and spoke closely toward her ear so that KNS could explain to Mrs. D what the GP was communicating. KNS advocated for Mrs. D to explain to the GP what Mrs. D's needs were and how he could support her wishes. KNS were able to support Mrs. D to get her needs met during this GP visit and continues to support her, as requested.

Plan for next quarter: (Subject to COVID-19 pandemic)

1. Rauawaawa Kaumātua Charitable Trust Open Day– 20 Jan
2. Foot Clinic – 11 Feb
3. Health Expo – 21 Feb
4. Foot Clinic – 25 Feb
5. Hearing Clinic – 10 Mar

Authors: Aniera McMahon & Robbie Caldwell

Designation: Registered Nurses

Reviewed: Geraldine Boyd

Designation: Health Team Manager

Signature: *G Boyd*

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