

Taking the Healthy HINT to Tairawhiti Work Places

The Ngati Porou Hauora Industrial Nursing Team (HINT) may be coming to your workplace with a FREE HEALTH SERVICE for employees in the near future. Ngati Porou Hauora provides the HINT service from funding received through an SIA ("Service to Improve Access") fund. HINT works with ALL General Practitioners in Tairawhiti, so it does not matter who your doctor is, you can use the HINT service.

Several companies have already taken up this fabulous opportunity. Employers need to make the most of the on site nurse led service as it is only free until the end of June 2007.

The HINT primary health care service is more than just occupational health. It's designed to deliver a comprehensive health check annually for people whilst they are being paid and done at work, with follow ups in the employee's own time. This means early identification and intervention for such things such as heart disease, diabetes, poor or inadequate nutrition, stress, hearing loss, contraception needs, overuse syndrome and less time away from work for health care.

It is a 'win - win' offer and provides:

- early identification and early intervention for workers so that they can have a more healthier lifestyle, avoid preventable diseases, maintain health, and better manage existing health issues.
- One on one individualised health education.
- Health information and health promoting material in the workplace.



HINT Nurses Left to right Shirley Roberts Parata, Lucie McIntosh, Co-ordinator Diane Williams.

- Enrolment on to national screening programmes.
- Collaborative care with GP clinic.
- Electronic copy of assessments directly into employee's GP files.
- Identification and monitoring of workplace health hazards.
- Employers are getting healthier and more productive staff, with a positive effect on sick leave and injury rates.

The nurses are able to assess all aspects of the employee's health and provide care and advice, or refer to other health professionals as required. They are also able to assist a worker's family care. The HINT service has been built on the successful work done in the past couple of years by the Tairawhiti Innovative Nursing Team (TINT) and is now run by Ngati Porou Hauora Primary Health Organisation.

If you are an employer and would like to know more about the service or discuss HINT coming to your workplace, please phone Diane Williams or the HINT office on 06 867 3374.

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Budgie (Hinetaina) McIlroy

Budgie is a well known identity in Uawa. She has a big heart and is very passionate about helping those who are mauiui and have limited mobility as much as she is able.

Budgie has been employed by Ngati Porou Hauora for eight years as home help / care worker and works very closely with the team from Uawa Health Centre. Rural Health Nurse BJ Taare says 'we may have the titles, but Budgie does the real mahi.'

Mrs Mary Nelson speaks fondly of Budgie; 'I look forward to her visits, she's a helper as well as a friend and does more



than what is required of her.' Others have said 'she is tops' and we are very fond of her

Budgie will go to any length to get access to her clients. She has been locked out on numerous occasions by clients who genuinely forget she is coming. This is no hindrance to her, she will call out and keep calling until someone answers the door. She has even had to resort to climbing through a window just to ensure her client was safe and well.

"Ka mau te wehi" Budgie.