Palliative care: a nurse’s reflection

By Barbara Forster-Pratt

Early in my nursing training I was drawn to the plight of seriously ill patients for whom further treatment was not possible. I can still recall some of them, their names and faces and their stoical acceptance of a helpless, disabled and painful existence.

The lack of hope must have been dreadful. Back then, the only pain relief was morphine by injection or suppositories and an acrid syrup called Brompton’s mixture, which was difficult to swallow. Morphine was regarded with awe and the medical profession believed in meagre doses in case patients became addicted. I used to wonder why, even if it were true that morphine was addictive, that mattered when those people were so close to death anyway.

Many years later I welcomed the chance to work in a hospice and rejoiced in the new knowledge, variety of drugs and above all, new attitudes. Successful patient comfort was regarded as an achievable challenge and I have repeatedly seen this happen.

Gone were the gloomy side rooms of a busy noisy ward. Here was a building decorated in warm colours, carpeted and with an ambience undoubtedly helped by the smiling faces of volunteers.

The team of doctors, nurses, social workers and spiritual counsellors all worked together for the patients’ wellbeing.

Patients’ needs such as financial worries and family concerns were explored and if necessary, social services were made available. Medication was assessed and changed if necessary. The patient may have only stayed in the hospice a few days and then went home.

I continue to be impressed with palliative nursing and the honest and comprehensive caring of our patients and their families at a time when they have to accept that further curative treatment isn’t an option.

By focussing on symptom relief and working with the patient’s GP to provide ongoing care, their remaining time can be spent productively, whether completing a “bucket list” or living simply and relishing the positives in their life. They make time to enjoy the things that matter.

I have reflected that as a patient’s journey advances and the end draws near, many possess a serenity fulfilled by small things.

Conventions need no longer be observed. The senses bring much satisfaction.

Listening to music or being read to is enjoyable. Watching life around them from the comfort of a good chair or being able to doze off and not be woken … make a good day.

As a nurse, it is gratifying to assist a patient in their final days and to help their families accept the inevitable.

As part of a large team I am constantly learning from those around me. Hospice team talks “around the table” bring new ideas and solutions to the complex and unique facets of life.

Although we as nurses can be busy attending to essential jobs, we are also inspired to stop and ponder. We are indeed privileged to be involved in the great continuum of life, sharing this special time with our patients.

Barbara Forster-Pratt has been a palliative nurse at Arohanui Hospice since 1996. She was drawn to palliative nursing early on in her career, enjoying doing “special things” for her patients, and making a patient’s stay in hospital as comfortable as possible. Barbara trained as a nurse in 1964 and seven years after qualifying she stopped work to bring up her three daughters. She later returned to nursing at Pahiatua Country Hospital, where she stayed for 10 years. She took up the role at Arohanui Hospice after moving with her husband to a 100-acre farm in Marton. Together they have three daughters and four grandchildren. In her spare time Barbara tends to her large garden and has only recently given up playing piano and piano accordion in a local band.
Welcome to our Spring newsletter. September has arrived, complete with blossom and lambs and the promise of some fine warm weather. We have had a busy and fulfilling year at Arohanui Hospice with a few changes along the way.

Our community nursing team, led by Nikki Twigge, welcomed an additional Palliative Care Co-ordinator, bringing the team to seven. These nurses specialise in palliative care and work across a large region and are supported by MidCentral Health District Nurses. We are therefore pleased with the outcome of negotiations with MidCentral Health and the agreement that we reached to retain the District Nurse night service. The DNs provide an invaluable night service and our community and inpatient nurses work closely with them to provide palliative care to patients in the community 24 hours a day, seven days a week.

Our nurses, doctors and allied clinical staff regularly participate in post-graduate study in the specialist area of palliative care. We are proud to support our staff to continue their professional development – there is a great deal happening in the world of palliative care and we are constantly updating our knowledge to reflect best practice and provide the best possible care for our patients.

We are fortunate to have amazing support from our community. In four months as the Acting Chief Executive, I have had the pleasure of meeting groups such as the Feilding Friends of Arohanui Hospice, Tararua Lions Club and Feilding Contract Bridge Club who have all made significant contributions to Arohanui Hospice.

I would also like to thank the Van Uffelen family who organised and held a delicious degustation dinner at the Gallery Restaurant, which raised almost $15,000 for the hospice. Thanks must also go to those who attended.

Many other individuals, businesses and groups have also made contributions and I would like to thank you all very sincerely – you do make a difference.

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HOSPICE WISH LIST
Can you help us?

- Shower gel/body wash
- Shampoo/conditioner/combs
- Soft tissues
- Toothbrushes
- Spotlight/Warehouse Stationery vouchers
- Craft supplies
- Postage stamps and petrol vouchers

FOR THE KITCHEN

- Serviettes
- Dishwasher powder or tablets
- Tea/coffee/milo
- Canned drinks (cans 375ml)
- Cola or Coca-Cola (Diet or regular)
- Bottled Drinks – individual size around 375ml
- Ginger Beer
- Ginger Ale
- White sugar
- Brown sugar
- Packet biscuits
- Cracker biscuits
- Continental cup-a-soup
- Canned tomatoes (preferably with no other flavours added)
- Canned salmon
- Condensed milk
- Canned asparagus
- Canned creamed corn
- Canned beetroot
- Watties spaghetti and baked beans
- Tomato Soup – Watties only please
- Canned fruit – (in juice) Peaches, Pears, Fruit Salad, Apples, Apricots
- Golden syrup

BIGGER WISH LIST

- Sponsor the power at one of our shops for a month; $500
- We only need one more pressure relieving mattress; approx $5,200 — This is the last opportunity for someone to purchase

Facts & figures

Arohanui Hospice provided care to 650 patients and their families last year.

In the same year, palliative care co-ordinators (specialist nurses) made 10,508 home visits.

70% of our patients were cared for in the community, mostly in partnership with their GP, while 30% of our patients were admitted to our inpatient unit at some time.

Our inpatient staff answered over 1300 after hours phone calls, from patients or their families/carers.

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FROM THE DESK OF THE ACTING CE

Clare Randall—Acting Chief Executive & Director of Clinical Services

Thank you to all those who completed our recent supporter survey. It’s great to get to know you a little better.”
Arohanui Hospice volunteers were delighted to receive a commendation in the Health and Wellbeing category of the TrustPower 2010 Community Awards.

The award recognised the great achievement by the Palmerston North shop volunteers when they successfully relocated the shop from Ngata Street to new premises in Rangitikei Street.

The Palmerston North Hospice Shop is the biggest community-funded income stream for the hospice and has a team of 84 volunteers contributing their time to the shop throughout the year.

The move to the new premises ran smoothly and only a small number of trading days were lost. Income is up 48% on what was being achieved at the old shop, which was noted by the TrustPower judges.

Well done Palmerston North Hospice Shop volunteers!

**SHOP VOLUNTEERS COMMENDED**

In July a total of 3,383 hours of valuable volunteer time was contributed in and around the hospice, day-stay and in our hospice shops (Levin and Palmerston North).

THANK YOU to all our volunteers for giving up their time to support Arohanui Hospice.

**GARDEN TOOLS WANTED**

Our team of garden volunteers require additional garden tools. If you have spare good quality spades, forks or other gardening items you would like to gift to Arohanui Hospice, please contact Megan Peterson, Volunteer Co-ordinator on 06 356 6606.

**‘an evening of stylish motivation’**

A well known stylist and guest speaker, Lisa educates and inspires women to love the way that they look, and how to look the way they want! This fundraising event for Arohanui Hospice will be fun, informative and informal. Lisa will cover body shapes, colours, clothing styles, common wardrobe dramas, make-up, grooming and accessory wearing.

When: Wednesday 17 November 2010
Where: Spiers Centre, PN Boys’ High School, Featherston Street, Palmerston North
Time: 7.00 pm – 10.00 pm
Cost: $30.00

**TICKETS ARE AVAILABLE FROM**

House of Travel, corner Main Street and The Square, and from the AA Centre, 185 Broadway Avenue, PN; Footloose Shoes, Downtown Shopping Centre; Arohanui Hospice Shop, Rangitikei Street, next to McDonalds, PN; and Oxford Street, Levin; and from Arohanui Hospice reception, 1 Heretaunga Street, PN.

**AROHANUI HOSPICE SHOP HERITAGE SALE**

Starts THURSDAY 7 OCTOBER
5.00 to 7.00pm

Enjoy wine & cheese

Quality vintage items for sale: jewellery; china; crystal; retro & vintage clothing; furs; hats; shoes … & more

Continues

Friday 8 October, 9.00 to 5.00pm
Saturday 9 October, 9.00 to 1.00pm

Where AROHANUI HOSPICE SHOP
285 Rangitikei Street, PN
PH 356 1960
Whitcoulls displays
Day-Stay art

For at least 10 years Whitcoulls in the Downtown Shopping Centre has proudly displayed artworks created by Arohanui Hospice day-stay patients in its shop window.

On display are paintings that are made into gift cards, trinket boxes, Christmas decorations and jewellery.

The Arohanui Hospice day-stay programme provides an opportunity for patients to undertake craft projects, enjoy entertainment, aromatherapy massage and outings, and the company of each other.

Photographed outside the shop window display are day-stay patients Arturo Luque and Terry Watson with shop manager Ian Gibson (centre).

Birds feeding bring pleasure

By Barbara Forster-Pratt

As people become weak with illness, tired and perhaps more reflective of life and its complexities, it can be simple activities that bring joy.

Something eternal is the pleasure of watching birds feeding.

At Arohanui Hospice we hang bird feeders from the trees. They are generally pinecones packed with a home brew of fat, sugar and seeds. These are vigorously attended by wax-eyes, goldfinches and sparrows. The ground-feeding blackbirds hop underneath, retrieving the overflow caused by their aerial brethren.

It has been so rewarding to see our patients, their visitors and our own staff stop to smile at the gymnastics and perseverance of these pretty little birds.

They have brought much pleasure and have inspired many folk to go home and start feeding birds too. Even a kindergarten teacher used the idea as a project, thereby creating a permanent lesson for her small children about the joys of nurture.

Perhaps as ones days become numbered, there is joy in recognising our belonging in the greater world of all living things, the perpetual contest for all creatures to find food, their much shorter life span than ours but how they relish it with their aerial grace and beautiful song. They link us with the wisdom of keeping life simple, the futility of materialism and how for so many creatures, just to eat and be merry is happiness.

**Pinecone Pleaser**

Pinecones have a wonderful natural shape that cries out to be utilised as a bird feeder! This recipe is a quick, simple way of providing nourishment for your garden birds. Next time you are out walking, find the largest pinecones you can (or cones from a large banksia tree), and rustle up a pan of Pinecone Pleaser.

**Ingredients**

- 4 1/2 cups suet (animal or vegetable)
- 1 cup dried, crumbled bread (wholemeal is best)
- 1/2 cup shelled sunflower seeds
- 1/4 cup raisins (or, alternatively, chopped dried apples)
- Pinecones (fully opened)

**Method**

Melt your suet over a low heat in a saucepan. If you choose to use animal suet for this recipe, you may wish to render it first. Once the suet has melted, leave it to one side to cool down a little. While it is cooling, take a large mixing bowl and mix together the remaining ingredients (apart from the pinecones), stirring well.

Once the cooling suet begins to thicken slightly, gradually stir it into the remaining ingredients, mixing them all thoroughly.

Now for the pinecones! Stuff the mixture between the hard ‘leaves’ or ‘petals’ of the cone. Once the cones are full to the brim, hang them in the garden and enjoy the results.
In August we welcomed a new staff member in each of our Hospice Shops (Palmerston North and Levin). Joy McDonald will take on a part time shop manager role, job sharing with Pamela Roelants. In Levin, Yvonne Elliott will share the same role with current manager Josie Connor.

Aylene Ahipene was recently appointed as a part time housekeeper, in our inpatient unit.

Olivia Hamid has joined the LCP National Office team in an administrative support role, and we farewell Jo Giesen from the same team.

Also leaving us from the administration team is Shell Haworth.

We also welcome Sonya Christianson from San Diego to the role of Medical Officer. Sonya is a Fellow of the Institute of Palliative Care in San Diego, California, and is working with Arohanui Hospice part-time.

Yes, I would like to help others to gain the most from life.

Mr/Mrs/Miss/Ms First Name Surname

Address

Phone

Email

I would like to volunteer for Arohanui Hospice
I would like to give regularly; please send an automatic payment form
Please send details on leaving a gift in my Will to Arohanui Hospice
I have already left a gift in my Will to Arohanui Hospice

$100 $60 $30 Other $____________________

Cheque enclosed Please charge my credit card

Mastercard Visa Amex

Card no.____________________ Expiry date ________/______

Cardholder name____________________ Signature____________________

Donate via internet banking to Westpac 03-0502-0414019-00. Please ensure you use your supporter reference number if you know it, along with the code N0910, so we may acknowledge your gift. Alternatively phone or email us to let us know you have credited our account.

Please return this form to:
Freepost 206743, Arohanui Hospice, PO Box 5349, Palmerston North 4441

STARTING YOUNG

Thomas Tohi-Hiku and Caleb Christiansen, two year-six students from Winchester School spent time volunteering in the Arohanui Hospice gardens as part of the school’s “Rich Task, Yes We Can!” programme. Thomas and Caleb, who are the youngest to volunteer at the hospice, enjoyed their day, particularly the leaf throwing fight with gardening volunteer John Carroll.

In October 1989 the Feilding Friends of Arohanui Hospice was formed, 18 months prior to the hospice facility opening.

The Feilding Friends elected as their chairman Garry Klee, who later became chairman of the Arohanui Hospice Service Trust.

The Feilding Friends group held many activities to create awareness and money for the hospice. In 1993 the first Phil Hutana Memorial Golf Tournament was held, which has become an annual event and contributes to the hundreds of thousands of dollars raised for Arohanui Hospice from the Feilding community.

Other regular fundraising undertaken by the Feilding Friends include annual raffles, Daphne Sowerby’s craft stalls, an annual quiz evening and donation boxes placed at business outlets throughout Feilding.

Money raised by the Feilding Friends over the years has enabled Arohanui Hospice to purchase a video security system, purchase a vehicle for our Feilding community nurse, purchase air conditioning units for patient’s rooms, purchase white ware for patient lounges and contributed to the refurbishment of numerous patient rooms.

Yes, I would like to help others to gain the most from life.

Mr/Mrs/Miss/Ms First Name Surname

Address

Phone

Email

I would like to volunteer for Arohanui Hospice
I would like to give regularly; please send an automatic payment form
Please send details on leaving a gift in my Will to Arohanui Hospice
I have already left a gift in my Will to Arohanui Hospice

$100 $60 $30 Other $____________________

Cheque enclosed Please charge my credit card

Mastercard Visa Amex

Card no.____________________ Expiry date ________/______

Cardholder name____________________ Signature____________________

Donate via internet banking to Westpac 03-0502-0414019-00. Please ensure you use your supporter reference number if you know it, along with the code N0910, so we may acknowledge your gift. Alternatively phone or email us to let us know you have credited our account.

Please return this form to:
Freepost 206743, Arohanui Hospice, PO Box 5349, Palmerston North 4441
Diary of events

Visit www.arohanuihospice.org.nz for more event details

THANKS TO YOU ALL...

Brian Green Property Group  •  Central Energy Trust  •  Eastern & Central Community Trust  •  Endeavour Community Trust  •  Feilding Friends of Arohanui Hospice  •  Higgins Charitable Trust  •  Infinity Foundation Trust  •  JBS Dudding Trust  •  Manawatu Business Park  •  N H & J R Thomson Charitable Trust  •  NZ Community Post  •  NZ Lottery Grants Board  •  Page Trust  •  PNC  •  T & G Macarthy Trust  •  The Lion Foundation  •  Walter & Rana Norwood Charitable Trust  •  W Millerton Trust

Advantage Computers  •  Alasco  •  Anglo American Motorcycle Club  •  ANZ National Bank  •  Arohanui Hospice Craft Group  •  ASB Bank Palmerston North  •  Ben & Tara Vanderkolk  •  Bennett Currie  •  BF Higgins Family Trust  •  Blackmore & Associates  •  Broadway Dental Centre  •  Bunnings Warehouse  •  Bunnytorpe WIlk  •  Business Network Inc  •  Capture Signs Ltd  •  Carramar Motor Inn  •  Cartwark Palmerston North  •  CD Field Days  •  Christmas Heirloom Company  •  Coca Cola Amatil  •  Colyn-Bunnytorpe Lions Club  •  Craig Investment Partners  •  Design Group Elliott Architects  •  Dilmah Tea  •  Douglas Engineering  •  Downtown Cinemas  •  Ezibuy Ltd  •  Feilding Contract Bridge Club  •  Feilding Golf Club  •  Feilding High School  •  Feilding Host Lions Club  •  Feilding Kowhai Lions Club  •  FMC  •  Friends & Family of Natasha Stanton  •  Freyberg High School  •  Fuji Xerox  •  Furniture Fair  •  Gareth Morgan Investments  •  Gaye & Tony Fell  •  Glendinningns  •  Goldfinn Golf  •  Guardian Trust  •  Hester Guy Catering  •  Higgins Group Holdings Ltd  •  Hiwinui Country Estate  •  House of Travel  •  Inner Wheel Club Awapuni  •  Insulation Panel & Door Ltd  •  Jeff Gray European Ltd  •  Jim & Audrey Willson  •  Jim Bull Holdings  •  JVL Prestige Realty Ltd  •  Kelly's Footwear Ltd  •  Levin Cosmopolitan Club  •  Levin Phoenix Service & Social Club  •  Lions Club of Feilding Paakeke  •  Lions Club of Bulls & District  •  Lions Club of Feilding Manchester  •  Lions Club of Feildingtzer  •  Lions Club of Huntville  •  Lions Club of Kairanga  •  PN Lions Club of Manawatu  •  Lions Club of Pahiatua  •  Lions Club of Palmerston North Heartland  •  Lions Club of Rangotata  •  Lions Club of Tararua  •  Lions Club of Woodville  •  Lower Hutt Police Team  •  Machinery & Plant Marketing (2005) Ltd  •  Manawatu Golf Club  •  Manawatu Kilwinning Lodge  •  Manawatu Harness Racing Club  •  Manawatu Racing Club  •  Manawatu Standard  •  McIntosh Bros Engineering  •  Mortgage Link Manawatu  •  Murphy Properties  •  NARGON Manawatu  •  Naylor Lawrence & Associates  •  New World Feilding  •  New World Featherston  •  New World Levin  •  New World Marton  •  New World Otaki  •  New World Pioneer Highway  •  New World Ruapehu Drive  •  New World Taipahe  •  Ngatatarawa Wines Ltd  •  Northern Bowling Club  •  Oderings Nurseries  •  Otoke Catholic Womsens League  •  Otaki Womens Community Club  •  PN Floral Art Club  •  Palmerston North Boys’ High School  •  Palmerston North Storage Ltd  •  Pan Pacific Productions  •  Party Up  •  Personal Investment Centre Ltd  •  Peacock Promotions Ltd  •  PN Police Social Club  •  Professionals Uniqe Realty Ltd  •  Property Brokers Ltd  •  Public Trust  •  Radius Pharmacy (Awapuni)  •  Rangitikey Meat Distributors Ltd  •  Regent on Broadway  •  Robertson Motors  •  Robert J Cotton & Sons Ltd  •  Rose City Lions Club  •  Rotary Club Feilding  •  Rotary Club of Levin  •  Rotary Club of Marton  •  Rotary Club of Milson  •  Rotary Club of Otaki  •  Rotary Club of Palmerston North  •  Rotary Club of Taihape  •  Rotary Club of Takaro  •  Rotary Club of Terrace End  •  Rotary District 9940  •  RSA Palmerston North  •  Rural Fuel  •  Russell St Indoor Bowling Club  •  Shell NZ  •  Shelley Amerio Higgins Imagery  •  Sheridan Vining  •  St Brigids Tennis Club  •  Sue & John McDivney  •  Tararua Districts Lions Club  •  The Tribune  •  The Plaza Shopping Centre  •  Thomas Griggs & Son  •  Tiraitea Country Women’s Institute  •  TLC Sports Med  •  Tony Way Ltd  •  Tootall Electrical  •  Tutaenui Branch Rural Women NZ  •  Type Matters (Liz MacNeill)  •  United Manawatu Lodge 1721  •  Van Uffelen Family  •  VTNZ (Tremaine Ave)  •  Yummy Mummy’s Cheesecakes (Woodville)  •  Wadham Goodman Lawyers  •  Waipupeci CWI  •  Web-o-matic  •  Whakaronga CWI  •  Wood Rabson  •  100% Botanical

Management
Acting Chief Executive  •  Clare Randall
Director of Palliative Care  •  Dr Simon Allan
Director of Clinical Services  •  Clare Randall
Senior Nurse  •  Diane Hague

Trustees
Roger Clausen QSM (Chairman)  •  Dr John Crowley  •  Rad McKenzie  •  Mary McKenna  •  Tim Mordaunt NZG/M  •  Paul Rieger QSM  •  John Freebaam  •  Barbara Cameron  •  Dr Esther Willis  •  Charlie Pedersen  •  Minutes Secretary, Jillian Cooksley

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or +64 6 356 6631 (clinical)
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Web www.arohanuihospice.org.nz

Nov 13 /14 “Kaingaroa” — Historic Open Home & Garden
The owners of this 120-year old Feilding property invite you to celebrate the milestone by viewing the home and garden at 320 Kimbolton Road. Tickets $15 adults; $10 senior citizens. Includes morning or afternoon tea. Tickets available from Arohanui Hospice and the Feilding Herald.

Nov 17 Lisa O’Neill — An Evening of Stylish Motivation, Spiers Centre, PN Boys’ High School, 7.00pm
Well known stylist and guest speaker, Lisa O’Neill educates and inspires women to love the way they look and how to look the way they want! Tickets $30.

Nov 20 Cross Hill Gardens Country Fair, Kimbolton

Dec 5 Volunteers’ Luncheon
This year’s luncheon will be held to coincide with International Volunteers Day. Further details to come.

Dec “Light Up A Life” Remembrance Christmas Trees
These Christmas trees give people an opportunity to express their feelings and thoughts for a loved one who has passed away. For a gold coin donation people can fill out a card and place it on a Remembrance tree. The trees will again be situated in The Plaza and Downtown (Palmerston North), Rangitikei Club (Feilding) and in the Levin Mall.

Sep 28 The Investment Adventurer, Gareth & Jo Morgan, Regent on Broadway, 5.30pm
Join motorists, world travellers and philanthropists Gareth and Jo Morgan for an entertaining and thought-provoking evening. Tickets $20 available at www.gmshows.co.nz

Oct 7 Arohanui Hospice Shop Heritage Sale, 5.00pm
Good quality vintage items for sale. Sale continues until Saturday 9 October.

Oct 29 Annual Black Tie Dinner & Charity Auction, Regent on Broadway, 6.30pm
Dinner by Hester Guy, entertainment by Vicki Lee and Karl Perigo. Strictly limited to 220. Book your seat or table early to avoid disappointment as this event sells out.

Oct 29 Green Multi Day — Proudly supported by the Manawatu Chamber of Commerce
Local businesses, government departments, schools and tertiary institutions are invited to participate in this fun day and collect gold coin donations for Arohanui Hospice.

Nov 8 Levin Golf Club 9-Hole Golf Tournament
Levin Golf Club 9 hole tournament. Make up a team or just join in the fun on the day. Further details contact Ngaardie 06-368 6189 or levinn@golf.co.nz. $10 entry.

Nov 14 /15 Levin Golf Club 9-Hole Golf Tournament
Levin GC 9 hole tournament. Make up a team or just join in the fun on the day.

Oct 7 10/11 20th Anniversary of the Feilding Branch of the Wellington & District’s Lions Club

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