

A Day in the Life of a Hospice Nurse

Amy has been a Hospice Nurse at Hospice West Auckland for almost ten years, and is responsible for 20 – 25 patients at any one time.



8:00am

Amy's workday begins.

8:15am

Morning huddle between the clinical and social care team members who are working that day.

8:30am

Amy revises the day's scheduled visits, making any necessary changes based on overnight calls and patients' conditions.

10:00am

First visit is with Janice*, who is struggling with pain and nausea symptoms. After consulting with the specialist Hospice Doctor, it is decided to set her up with a syringe driver (pain pump) for more effective medication delivery. Prescriptions for same-day delivery are arranged.

Amy spends time providing emotional support to Janice and her loved ones, who are understandably concerned about her changing condition.

11:30am

Amy visits Graham*, who needs a blood transfusion. She liaises with the hospital team, who confirm they will try to provide the transfusion efficiently without lengthy wait times.

Amy assesses Graham's home for more practical support such as in-home care or mobility equipment. She suggests attending group sessions at Hospice House for activities and social connections.

1:00pm

Amy visits Sarah* to assess her anti-nausea medications and recommends which medicine is best for her current symptoms.

Amy recommends that Sarah's young daughter see a Hospice Counsellor after Sarah and her husband share concerns about how she is coping with her mum's illness.

2:00pm

With the medications now delivered, Amy returns to Janice's home to set up her syringe driver and provide education and training on how to manage it.

2:45pm

Amy documents the day's work. Follow-up actions include checking in with Graham after his blood transfusion, contacting Sarah regarding her nausea symptoms, submitting a counselling referral for Sarah's daughter, and a syringe-driver follow-up visit with Janice.

3:30pm

Afternoon huddle with the community team to hand over to the Afterhours Advisory team.

*All names and circumstances have been changed to protect privacy.

Read the full article here online





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deteriorating, so it was something of a silver lining because we were able to be here in New Zealand with him and Mum," says Will.

In typically stoic fashion, Toloke masked his symptoms well and rarely complained. "It was getting harder to take him to hospital, so when Hospice stepped in and provided medication for us to give him at home and coordinated everything for Dad, it was support that we really needed."

As well as managing Toloke's symptoms, Hospice looked at his mobility and organised a hospital bed and other essential equipment. "Dad really just wanted to be supported to stay at home. Hospice gave us that," says Will.

"Hospice really came into their own in those last couple of weeks, constantly checking in to see how Dad was," says Will. "We had a lot of family at the house, and the Hospice team would come in like ninjas – they'd do their thing and then disappear. They wouldn't disrupt anything; they'd just help and support. Even from a cultural perspective, they would let the family do what we needed to do. They were always on call and made everything easy and simple but were never intrusive. They'd reassure you – it was comforting to have someone there to tell us what we needed to know. They were with us right until the end. Because of them, Mum could just be with Dad and we could support him and look after him. They were exceptional."

Supporting Toloke

Originally from Tonga, Toloke and his family emigrated to settle in West Auckland, where he became a prominent member of New Lynn's Tongan Methodist Church. As the eldest of nine siblings, Toloke was a leader both in his family and in the Tongan community.

"He was a well-loved man," says Will, Toloke's son. "When he talked, people would listen. He had friends everywhere, and he led by example."

Will was always very close with his dad. When Covid hit, he immediately returned to New Zealand from Tonga with his partner and 6-month-old baby. "Dad had been sick for a while but that was the start of his condition really

Acupuncture at Hospice West Auckland

Mala has been volunteering at Hospice West Auckland for an incredible 14 years, providing acupuncture to patients and caregivers one day a week.

Most Hospice patients come to Mala for pain treatment initially, but this often expands into treatment for emotional issues as well. Her approach is to always consider every component - the physical and the emotional. "There is always underlying fear, there is always anxiety, so together with the pain I also treat the emotional aspects," she explains. "My treatments can help people to de-stress or sleep better if they're not able to rest, for example. It really is holistic."

Mala practices Japanese acupuncture, focusing on balancing the meridian system using gentle needling techniques on distal points (points away from the area of pain or discomfort). For some, one or two sessions can be enough but others may attend for up to six. "It takes a longer time to treat the mind than to treat the body,

so although an individual may feel better physically they still want to come because they are getting mental or emotional relief too," explains Mala.

In keeping with Hospice West Auckland's philosophy, Mala supports whānau and caregivers as well as patients. She treats problems caused by the physical demands of caring for loved ones, and emotional struggles such as anxiety and even grief. "Caregivers are going through a lot as well as the patients, they are suffering too, so they can come and get treatment."

Volunteers are a huge part of the Hospice family, contributing to the organisation in so many different ways and finding their own enrichment at the same time. "I find it very, very rewarding," says Mala.



Living Life to the Fullest

Dave Tomkins is the very definition of a life well lived. At 87 years young, he oozes vitality and wisdom that's clearly been gained through a lifetime of adventures in motorbike racing and rugby league. Not one to do things by half, his racing has taken him all over the world, while his love for league has seen him shape the history of that sport in New Zealand. "I've crowded a lot of living into my life. I've done some mad things," he smiles.

Dave's talent for bike racing as a teenager developed into a passion that spanned 33 years and saw him crowned National Champion an incredible 14 times. "When I first started racing motorbikes, the guys used to tell me I was crazy and that I'd never live to see 21. But I'm still going!" laughs Dave. "I've had heaps of crashes over the years. Some of them were massive - I've hit concrete walls at 120kmh on bikes but I'm still here," he laughs.

But Dave's biggest passion is rugby league. He has been a player, coach, club captain and chairman, patron and now lifetime member of the Pt Chevalier Rugby League Club, coaching the likes of Mark Robinson and Stacey Jones. Dave says he never intended to be a league coach but stepped up because there was no one else and he wanted to give the boys a purpose.



In 2022 Dave was diagnosed with terminal bowel and liver cancer. "I had a big motorbike rally coming up at the end of that year so I asked the doctor if I'd be ok for that," he says. "He said I'd be all right for about six months and after that I'd be in a lot of pain." But two and a half years later, he typically isn't showing signs of slowing down. While Hospice is coordinating his care with his oncologist, managing his medications, and providing regular physiotherapy, he remains comfortable, active and just as involved in his passions as always.



Christmas at Hospice Op Shops

Great for your wallet, the community and the environment! From trees and decorations to tableware and gift ideas, our seven Hospice Op Shops across West Auckland have you covered!

New Lynn, Glen Eden, Henderson, Te Atatū Peninsula, Massey, Kumeū and Helensville.



Fundraising Lunch at The Grove

The Hospice West Auckland inaugural Long Lunch at The Grove was an unforgettable occasion of delicious food, fine wine, delightful company, expert hosts, moving and informative speakers, and of course unmissable opportunities to bid on unique items and experiences in support of a wonderful cause.

We are so grateful to everyone who supported us in making this event such a huge success, in particular The Grove Restaurant, Michael Dearth, Cory Campbell, Sir John Kirwan, Rob Waddell, Davis Funerals, Northwest 7 Day Pharmacy and West City Auto Group.



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Christmas Events



Farmers Baubles

Farmers have again partnered to support Hospices all across New Zealand with their Christmas bauble and in-store Trees of Remembrance campaign. This beautiful limited-edition snowflake bauble is now available in stores.

Head into **Farmers LynnMall, NorthWest** or **WestCity** to purchase your bauble today or make an in-store donation and hang your own remembrance star on their tree. Proceeds from these three stores go directly to supporting Hospice West Auckland.



Trees of Remembrance

Trees of Remembrance will be coming to your local community hotspots in December, where you can make a donation and add a heartfelt message of remembrance to the tree. Every donation, big or small, helps us to continue providing specialist palliative care free of charge to our community.

Visit hwa.org.nz/events to find your local tree.

If you would like to volunteer to help us collect donations at one of our locations, please email: trees_of_remembrance@hwa.org.nz



Remembrance Service

Hospice West Auckland invites you to our Christmas Remembrance Service. This is a special moment in time to remember your loved one. We will share reflections, a small ritual, music and song, give thanks, and acknowledge those who are no longer with us.

Thursday 5th December 2024

6:00 – 7:00pm

**Te Atatū Peninsula Library,
595 Te Atatū Road**

Key Supporters

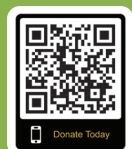
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Thank you for helping us continue to provide specialist palliative care free of charge to those in need.



Donations of \$5 and over will be receipted and are eligible for a tax credit.



Phone us on (09) 834 9752 to make a donation over the phone, or to hear more options for donating in person



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