

Student Nurses

Te Korowai Whariki
Regional Rehabilitation
and Extended Care
Inpatient Service

Tāne Mahuta Unit

2023

Student Name:

Welcome to Tāne Mahuta, Regional Rehabilitation Services

The Regional Rehabilitation Service (RRS) is a 24-hour inpatient extended care service located on the Rātonga-Rūa-o-Porirua campus. The central region covered includes Mid Central, Hutt Valley, Tairāwhiti, Hawkes Bay, Wanganui and the greater Wellington area.

RRS has two inpatient units and cottages as part of the rehabilitation campus. The service provides both longer-term care (Tāwhirimātea Unit) and intensive rehabilitation (Tāne Mahuta) within both secure and open settings. The service has 63 inpatient beds in total, some of which are in purpose built cottages ranging from 1 to 4 bedrooms. There are also 16 step-down beds for the Central Regional Forensic Mental Health Service.

The service's focus is on recovery and rehabilitation through providing people with the opportunity to learn new skills, as well as gain independence and empowerment for community living. The service links into other elements within the hospital such as the programmes run from Tangaroa and Rūaumoko, work programmes, and linking with community based resources and organisations. Both units provide clients with individualised recovery programmes in both, a safe care or open setting.

Tangaroa is an activity based centre situated on the rehabilitation campus. Group and individual work to assist clients with leisure and occupational activities such as art and crafts, computer, pool, gym, cooking in a functional kitchen, and sewing, are provided. A GP and nurse are located on campus at a GP clinic. Clients make appointments for treatment for chronic illness management such as diabetes, asthma, heart disease, smoking cessation.

Tāne Mahuta has 34 beds which is divided between 14 beds in the unit and 18 beds in 7 adjacent cottages. The cottages support the intensive rehabilitation focus. While in the service, the clients work with a multi-disciplinary team which aims to equip them with the skills they need to function as independently as possible.

Welcome!!
**We are looking forward to working with
you**

Contacts

Tane Mahuta	Main contact	Email for main contact	Phone number for ward/Unit
Team Leader	Lucie Terry	Lucie.Terry@mh aids.health.nz	04 918 2436
Clinical Nurse Specialist	Phoebe Ng	Phoebe.Ng@mh aids.health.nz	04 918 2437
Clinical Co-ordinator	Amanda Corbett	Amanda.Corbett@mh aids.health.nz	04 918 2429
Clinical Liaison Nurse	Matti Kernaghan	Matti.Kernaghan@mh aids.health.nz	04 918 2429
Clinical Liaison Nurse	Carla van Ansem	Carla.vanAnsem@mh aids.health.nz	04 918 2429
Nursing base			04 918 2429

If you are unable to attend your placement (unwell or late) please contact the NURSING BASE by phone.

Your Preceptor/ Clinical Liaison Nurse

You will be allocated one main preceptor, this preceptor will be responsible for helping you completing your objectives. We will endeavor to ensure that you mainly work with this preceptor, however, due to shift work this is not always possible. It is **your** responsibility to ensure the nurse you are working with is aware of your objectives for the day/week. You must provide evaluations and/or other paperwork to your preceptor in a timely fashion (i.e. not on the due date!!). You preceptor will not complete any evaluations if you give it to them on your last days in the unit.

Dedicated Educational Unit

The Dedicated Education Unit (DEU) model of clinical teaching and learning in Wellington and is a partnership between organisations, the education provider Massey University (Massey), Victoria University and Whitireia New Zealand (Whitireia) and Te Whatu Ora Capital, Coast and Hutt Valley. Collaboration allows practice areas to provide a more supportive clinical learning and teaching environment for students. DEU's are dedicated to supporting nursing students on clinical placement encouraging incidental and intentional learning modes, and peer teaching. The DEU is based on an Australian model and replaces the Preceptorship model to focus on student learning and curriculum integration.

Preceptor:

Your Preceptor will work alongside you to support your practice and learning during your placement. You will work with your preceptor in a shared care model for your orientation period. This means you will be allocated your own workload and be supported by your preceptor for this time.

Clinical Liaison Nurse

Matti Kernaghan and Carla van Ansem are the Dedicated Education Unit Clinical liaison nurses (CLNs) for Tane Mahuta and your main clinical contacts. Matti and Carla will take turns being the CLN lead for each nursing placement and will provide you with some structured clinical learning during your clinical placement. Matti and Carla both have an excellent understanding of your programme and academic study and will work alongside your academic tutors and yourself to support your learning needs and complete formative and summative assessments during your placement.

In addition, the CLN will complete all assessments and references relating to ACE for third year students.

If you have any concerns or questions, do not hesitate to contact them.

Expectations of the Student Nurse while at Tane Mahuta

The shifts at Tane Mahuta are:

Morning	: 0700hrs to 1530hrs
Afternoon	: 1430hrs to 2230hrs
Night	: 2245hrs to 0715hrs (Students will not be expected to do night shifts)

We have a few expectations of student nurses working at Tane Mahuta:

- ❖ It is expected that you arrive on time for your shift and if you are going to be late or you are unwell and cannot come to call the unit.
- ❖ You must complete the full shift that you are allocated to work – if you are unable to do so please discuss this with your nurse, preceptor, CLN or Clinical Coordinator. A lot of learning occurs at quiet times in the unit!!
- ❖ You will be expected to wear tidy, comfortable, casual clothing. Excessive jewelry is discouraged as are jandals or backless shoes. It is also recommended that revealing or tight fitting clothing is not worn on the unit.
- ❖ It is important for your preceptor or the nurse you are working with that he/she is aware of your objectives.
- ❖ Please ensure all documentation you need to complete for the polytechnic/university is accomplished before the last days in the unit.
- ❖ Tāne Mahuta is located on a smokefree campus, during your shift you will be unable to smoke, nicotine replacement therapy is available if required.
- ❖ We expect all staff and students to come to Tāne Mahuta with a non-judgmental attitude, an open mind and willingness to learn.

Safety Measures at Tane Mahuta

Identification (name tag) must be worn at all times. When you arrive at Tāne Mahuta you will be given a swipe card and key which you must sign out and on return each day. This will allow access to staff only areas and client bedrooms, cottages etc. It is important that this is kept on your person at all times, and if misplaced the nurse in charge should be notified straight away.

You will be required to carry a handheld duress alarm/phone when out in communal areas. You will receive instruction of how to use these. They are primarily used for staff to contact each-other but also to raise alarm if needed. There are also wall duress alarms in every room of the unit which can be activated by staff and clients. We ask that you inform your preceptor where you are at all times. In case of an emergency, follow the instruction of your preceptor or shift coordinator. In the event of a cardiac arrest or any other emergency, dial 777 from the ward phone or 04 806 1777.

The fire evacuation point is the village green. Further information will be given during your orientation. Tāne Mahuta is an open ward, and outside doors are only locked for security reasons overnight. Please ensure all doors you find locked are left locked when you exit. You will be required to complete a health and safety questionnaire during orientation and you will be responsible for reporting any workplace hazards and acting to prevent, eliminate or minimize any Hazards.

If you are feeling unwell, it is important you stay home and inform the ward. In light of the Covid-19 pandemic, you will be required to wear a medical mask at all times whilst on placement. This is a requirement by Te Whatu Ora for all healthcare workers/visitors/contractors and students who will be entering a clinical area. It is also expected that you will be up-to-date with all required vaccinations e.g. Hepatitis B, Covid-19 vaccinations.

Should you or someone living in your household test positive for Covid-19, inform the ward and your tutors. You will be guided to complete the necessary isolation measures.

Treasure Hunt

This list is designed to help you become familiar with the environment, but is by no means exhaustive of all the things you will be required to locate.

- | | |
|--|---|
| ☐ Resuscitation Trolley & Equipment (Defibrillator, Oxygen Tanks & Suction Machine) | ☐ Emergency Phone Number |
| ☐ Off-site Emergency Box | ☐ Health and Safety Representatives |
| ☐ Fire Alarms | ☐ Where to store your personal belongings |
| ☐ Fixed and Portable Duress Alarms | ☐ Staff Tea Room |
| ☐ Fire Extinguishers | ☐ Your Roster |
| ☐ Emergency Evacuation Meeting Points | ☐ Conference Room |
| ☐ Civil Defense Cupboard | ☐ Whanau Room |
| ☐ Hazard Register | ☐ Tangaroa Activity Centre |
| ☐ Emergency Water Supply | ☐ Physical Client Files |
| ☐ Medication Room | ☐ Electronic Client Health Records (MAP) |
| ☐ Treatment/Examination Room | ☐ ConnectMe e-Learning Application |
| ☐ Auto & Manual BP Machine | ☐ HuiHui/MDT Meeting Schedules |
| ☐ Controlled Drug cupboard | ☐ Procedure for MPOC |
| ☐ Medication/Vaccine Fridge | ☐ Special Patient Leave Forms |
| ☐ Medication Trolley & Clients' Blister Pack Meds | ☐ Patients' Weekly Planners |
| ☐ Client Medication Charts | ☐ Comprehensive Plans |
| ☐ ECG Machine | ☐ Wellness Plans |
| ☐ Sluice Room | ☐ Comprehensive Assessments |
| ☐ Specimen Fridge | ☐ Photocopier/Printer |
| ☐ Specimen Collection Points | ☐ Document Destruction Bin |
| ☐ IPC Set-up Boxes (Standard & Enhanced Precautions) | ☐ Client Chit Forms/Cashier's Office |
| ☐ PPE (gloves, aprons, masks) | ☐ Client Phone Booths |
| ☐ Laboratory Forms | ☐ Client Food Storage Room |
| ☐ Blood Glucose Monitoring machine | ☐ Linen Cupboards |
| ☐ Clinical Store Room | ☐ Client Call Bells/Reset |
| ☐ Metabolic Monitoring Folder | ☐ Legal Guidelines (MHA and Role and Function of Statutory Officers) |
| ☐ Internal Phone Directory | ☐ Incident Reporting – SQUARE |

Objectives

You will be expected to have your own objectives to achieve during your placement. Here are some ideas for objectives that might help you make the most of your placement.

- ☐ Be able to complete accurate mental state assessment and document in progress notes.
- ☐ Understand risk issues and management in this setting.
- ☐ Understanding of relevant medications, interaction, side effects and monitoring requirements.
- ☐ Gain an understanding of what rehabilitation is in mental health and the recovery model.
- ☐ Importance of maintaining professional boundaries, and developing therapeutic engagement.
- ☐ Understanding of relevant legislation in this environment, including the Mental Health Act 1992, and The Criminal Proceedings (Mentally Impaired Persons) Act 2003.
- ☐ Understanding consumer rights, legislation and the protective support networks available to clients.
- ☐ Gain an understanding of the multidisciplinary team.

Common Presentations to Tane Mahuta

Common presentations to Tāne Mahuta unit include:

- Schizophrenia.
- Schizoaffective disorders.
- Frontal lobe disturbance.
- Mood disorders.
- Alcohol and substance use issues, including alcohol and drug-induced psychosis
- Obsessive compulsive disorder.
- Autistic spectrum disorders.
- Personality disorders.
- Trauma (e.g. history of abuse)

Common Medications

Antipsychotic medication:

- Clozapine.
- Olanzapine.
- Risperidone.
- Aripiprazole.
- Amisulpride.
- Quetiapine.

Mood stabilizers:

- Sodium Valproate.
- Lithium Carbonate.
- Lamotrigine.

Antidepressants:

- Citalopram.
- Sertraline.
- Escitalopram.
- Fluoxetine.

Benzodiazepines:

- Lorazepam.
- Diazepam.
- Clonazepam.

ADHD medication:

- Methylphenidate.
- Atomoxetine.

Pre-reading/Resources

Once you have received your desktop login, identify your e-mail address as you will need this to login to ConnectMe.

Once in ConnectMe, you will need to complete the MAP e-Learning to have access to MAP activated.

All relevant policies and procedures relating to your clinical placement can be accessed online on CapitalDocs.

Evaluation of Clinical Experience

Nurse: _____ Date of placement _____

Date of Evaluation: _____ Preceptor: _____

This evaluation is intended to offer feedback to the preceptor and their clinical area.

Clinical Learning	1 Strongly Agree	2 Agree	3 Neither agree or disagree	4 Disagree	5 Strongly disagree	Comments
The staff were welcoming and learned to know the students by their personal name						
The staff were easy to approach and generally interested in student supervision						
A preceptor(s) was identified/introduced to me on arrival to area						
One preceptor had an overview of my experience and completed my assessment						
An orientation to the clinical area was provided						
My learning objectives were achieved						
I felt integrated into the nursing team						
I formally met with the "named preceptor" at least fortnightly						
There were sufficient meaningful learning situations in the clinical placement						
How was the Preceptor?						
The preceptor assessed and acknowledged my previous skills and knowledge						
The preceptor discussed my prepared learning objectives						
The preceptor assisted with planning learning activities						
The preceptor supported me by observing and supervising my clinical practice						
The preceptor was a good role model for safe and competent clinical practice						
I felt comfortable asking my preceptor questions						
The preceptor provided me with regular constructive feedback on my practice						

Additional comments:

Please return this form to the Clinical Liaison Nurses or the Clinical Nurse Specialist.

