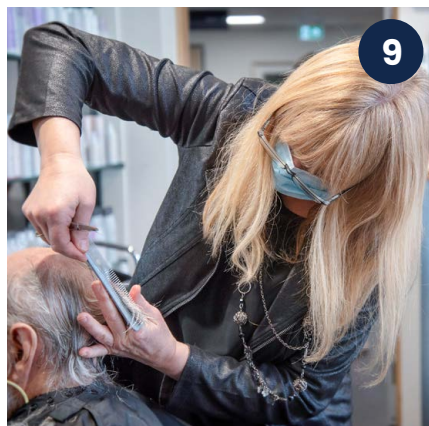


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



In this issue

Kupu Arataki – Introduction... pg 3-7

Ā mātou tāngata – Our people

- › Consumer role changes hands... pg 8
- › Burwood Hospital Hair Boutique... pg 9
- › What do you do when you're not at work? ... pg 10
- › *NEW* Meet my pet... pg 11
- › One minute with... Paul Timothy Orthopaedic Physiotherapy Practitioner (Shoulder) ... pg 12

Whakamihi – Bouquets ...pg 13-14

Ā mātou korero – Our stories

- › Te Wiki o Te Reo Māori – Māori Language Week... pg 15-17

- › Children's Emergency Care opens in Waipapa ... pg 18
- › New birthing unit gifted special name – Kurawaka: Waipapa... pg 19-20
- › Innovative patient eHandover tool set to expand to other facilities... pg 21
- › Saving time and walking... pg 22
- › Naylor Love 'Fly the Flag' for MATES in Construction... pg 23
- › Could it be sepsis?... pg 24
- › Safe Mobility September: Why Burwood rarely uses bed rails... pg 25
- › **Pānui – Notices ...pg 26- 32**

Cover photo: Registered Nurse Michael Streeter and Acting Charge Nurse Manager Emma Payne check equipment in the Children's Emergency Care area that opened in Waipapa today.

Kupu Arataki – Introduction

Passing of Her Majesty Elizabeth II, Queen of New Zealand

On Friday, with deep sadness, we marked the passing of Her Majesty Elizabeth II, Queen of New Zealand. Her Majesty reigned as Queen for 70 years. As a nation, New Zealand mourns the loss of our longest-reigning Sovereign.

The Queen is pictured here on her first tour of New Zealand, visiting Christchurch Hospital in 1954.

Moe mai rā Queen Elizabeth II.



From the Interim Regional Director and Interim District Director

It's a week of 'weeks' and celebrating the name of our new central city community maternity unit and the long-awaited opening of the Children's Emergency Care unit within the Emergency Department (ED).

Celebrating Te Wiki o Te Reo Māori

This week is Te Wiki o Te Reo Māori, Māori Language Week and our Executive Director Māori and Pacific Health Hector Matthews shares his thoughts on [page 15](#).

From next week, we will be including regular akoranga (lessons) in te reo Māori to help us all better incorporate the Māori language into our day-to-day and professional lives, for more than just one week.

It's also **World Sepsis Day** tomorrow and you can learn more about the launch of the 'Raise the Flag' programme on [page 24](#) and [Prism](#).



Children's Emergency Care area in Christchurch Hospital Emergency Department opens today

I am very pleased to see this unit in use from today. The area was created when Waipapa was built, and today it's finally being used as intended as a dedicated space for children's assessment, treatment and care. Thanks to everyone involved in bringing this child-friendly space to life. You can read more about it and take a peek inside on [page 18](#).



A treatment bay in the Children's Emergency Care area

Name gifted for our new inner-city community maternity unit: Kurawaka Waipapa

Ngāi Tūāhuriri has gifted a special name – Kurawaka: Waipapa – for Te Whatu Ora Waitaha Canterbury's new Central City Community Maternity Unit.

The gifted name was chosen by Reriti Tau and given by Te Maire Tau, Ngāi Tūāhuriri Ūpoko, because Kurawaka has great significance in Te Ao Māori, the Māori world, for bringing life into the world.

You can read more about the meaning of the name and the new facility on [page 19](#) and see a floor plan showing the layout of the new unit to be located in St Asaph Street, close to Christchurch Hospital. It's expected to be open mid-2023.

Innovating and working smarter, to save time and improve patient care

I am always heartened to read so many wonderful stories of innovation by staff, for staff and patients, particularly when people are so busy managing a busy acute workload.

There are two stories in today's pānui which demonstrate staff working smarter: The eHandover tool, to ensure all vital information is provided in advance when a patient is transferred to another service or provider – you can read the details in the story on [page 21](#).

Meanwhile with 28 theatres in four different locations on the Christchurch campus, allocating staff has often involved a lot of walking and a manual process – now, it's all online using a handy function in Trendcare. Moving from a manual paper-based process to online has made a world of difference and saved a lot of staff time.

Five important reasons to get your COVID-19 booster

1. Your immunity from COVID-19 reduces over time so keeping up-to-date with your boosters provides an extra layer of protection.
2. Boosters help protect you from getting very sick from COVID-19 and ending up in hospital.
3. Boosters can provide stronger immunity than the natural immunity you get after having COVID-19.
4. Boosters help you stay well so you can continue to work, travel and spend time with friends and whānau.
5. The more of us who stay well, the less disruption on our communities, businesses and our health sector

Keeping up to date with your vaccinations is really important, even if you've already had COVID-19.



Are you up to date with your COVID-19 vaccinations?

Enter your information into this new, [interactive digital tool](#) and find out which COVID-19 vaccination you're due for. It's simple and effective.

Protecting your whānau from measles

The best way to protect ourselves and our whānau from measles is to get vaccinated. More contagious than the flu and COVID-19, contracting measles can result in serious complications including sterility in males, encephalitis (an infection that causes brain swelling) pneumonia, and even blindness among others.

Having high vaccination rates helps keep measles out of our homes and communities. Getting vaccinated means you'll be protected, and you can't pass it on to vulnerable people.



General Practitioner Hinamaha Lutui explains more [in this video](#)

Changes announced to the COVID-19 protection framework

Following the announcement this afternoon by the Prime Minister, here are the key changes:

- › The traffic light system will be removed from 11.59pm tonight
- › The seven day isolation period remains, but only for those who test positive – not their household contacts. Household contacts will be asked to undertake a daily RAT (rapid antigen test) before going about their life as normal.
- › You will no longer be required by Government to wear a mask anywhere, except in healthcare settings like hospitals, GPs and aged residential care facilities. Some places, such as workplaces, special events, or marae may ask you to wear a mask, but this will be at their discretion and no longer a Government requirement. Please respect those who choose to keep wearing masks as a form of protection.

- › All remaining Government vaccine mandates will end in two weeks on 26 September. It will now be an employer's discretion as to whether they require their workforce to be vaccinated.
- › More antiviral medicines have been purchased and access has been increased to include anyone over the age of 65, and Māori and Pacific people over the age of 50, or anyone who meets Pharmac requirements.
- › One of the key public health messages remains if you're sick, stay home – and if you need more RATs, they are available free from a range of community providers. You can order on line at <https://requestrats.covid19.health.nz/> although pre-ordering is not essential. Community RAT Collection Centres in Waitaha/Canterbury are [listed here](#).

A shout out to the team at Kaikōura Health Te Hā o Te Ora

I'd like to acknowledge the work of Angela Blunt, Marlise van Staden and our capable team at Kaikōura Health who so ably managed the care of six people who were rescued after a tragic incident in Goose Bay just off the Kaikōura coast where sadly, five people lost their lives on Saturday.

The team in Kaikōura received lovely feedback from the patients about the wonderful caring staff who looked after them.

The entire team worked seamlessly together anticipating needs and remaining calm to provide exceptional care. The doctor on duty on Saturday, Dr Pippa Harrison, summed up her view of how the team all pulled together:

"Mother Teresa said: 'We can do not great things, only small things with great love. What is important is not how much you do, but how much love you put into doing it.'"

I felt we all, from admin, kitchen, Health Care Assistants, Registered Nurses, cleaners, doctor, St John's, Fire brigade and Police, did small things with great love to achieve the best outcome we could with our resources!"

While our emergency response capability always involves planning for the worst, this incident was not something anyone could have envisaged, and our hearts go out to the whānau of those who died on Saturday.

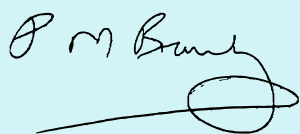
Thank you team Kaikōura for doing us proud and showing a strong team spirit of caring and kindness.

Thank-you for all you are doing every day to support our community to stay well, to bring new life into the world and to recover from illness and injury.

For those patients at the end of their lives, the care and compassion shown to patients and their whānau is often highlighted in the Bouquets section of our pānui.

While not often talked about, dying with dignity and in accordance with a person's wishes is such an important aspect of our work too. Thank you for supporting all of our people in their time of need.

Kia pai tō koutou rā



*Peter Bramley
Interim Regional Director Te Wai Pounamu
Interim District Director Waitaha Canterbury and Te
Tai o Poutini West Coast*

QUIZ – Politician or comedian

Sometimes it can be hard to tell the difference! Below are some real quotes. You just have to decide if they are the words of a politician or a comedian.

1. **“Behind every great man is a woman rolling her eyes.”**

- a. Politician
- b. Comedian

2. **“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”**

- a. Politician
- b. Comedian

3. **“I’m not bragging. I’m just lucky. I don’t need it. I’ve always said, “If you need Viagra, you’re probably with the wrong girl.”**

- a. Politician
- b. Comedian

4. **“I’d rather regret the things I’ve done than regret the things I haven’t done.”**

- a. Politician
- b. Comedian

5. **“I’ve got two shirts still missing from the Bahamas. I’m sure they are part of a youth camping programme somewhere in Tanzania by now.”**

- a. Politician
- b. Comedian

6. **“Europe used to be my favourite continent. Now it’s not even in my Top-5.”**

- a. Politician
- b. Comedian

7. **“My policy on cake is pro having it and pro eating it.”**

- a. Politician
- b. Comedian

8. **“I can’t prove it, but I can say it.”**

- a. Politician
- b. Comedian

9. **“You know you must be doing something right if old people like you.”**

- a. Politician
- b. Comedian

10. **“He’s warm, he’s cuddly, loyal, enthusiastic; you just have to keep him in on a tight leash -- every once in a while he goes charging off and gets himself into trouble. Enough about Joe Biden.”**

- a. Politician
- b. Comedian

[Check your answers on page 26.](#)

Ā mātou tāngata – Our people

Consumer role changes hands

A fond farewell was held for the long-standing chair of the Women's Health System Consumer Advisory Council, Jen Coster.

Jen has been engaged with Women's and Children's Health in Canterbury since 2014 and Chair of the Women's Health System Consumer Advisory Council since 2017.

This council has become such an important part of the way the healthcare is provided for the mama, pēpi and whānau who come through the maternity services, says Jen.

"As we move into a new era of Health NZ we will continue to have a huge impact on improving care for all wāhine. We have been living through challenging times and continue to do so, so building relationships between our members, groups and those that provide care will enhance the ability to meet the needs of our communities.

I know that I am leaving this council in good shape and in the capable hands of fantastic leaders and a membership who care greatly about what we do," she says.

A warm welcome to Lisa Kahu who has taken over the role.

"I have been the vice chairperson of this incredible roopu and I have been involved under Jen's leadership for a couple of years leading a rural satellite group for woman to feed their consumer voice into from my piece of paradise in Kaikōura," Lisa says.



On her retirement from the role, former Chair of the Women's Health System Consumer Advisory Jen Coster was gifted a double twist statue (right) representing eternal love, eternal friendship, binding of two people or two cultures, new life and new beginnings

"I am the Māmā and Pēpi Kaiawhina for Te Tai O Marokura, Health and Social Services in Kaikōura and I have worked in that space providing care and support for woman and their whānau from conception and into their parenting journey for over twenty years".

If you would like to know any more information about the Women's Health System Consumer Advisory Council we are always keen to hear from māmā in our community.

Please contact Sam Burke Samantha.Burke@cdhb.health.nz

Changes to Ashburton Community Testing Centre open days

- › The seven day a week testing service will end on Saturday 17 September
- › The site will be closed on Sunday 18 and Monday 19 September.
- › The site will reopen on Tuesday 20 September with new hours – Tuesday / Thursday/ Saturday 10am–2pm

Allenton Pharmacy, Tancred Street Dispensary and Wises Pharmacy (which is open Sundays 10am–1pm) distribute RATs. For their open hours and alternate PCR testing providers, please visit [Healthpoint](#) or call the COVID-19 Healthline on 0800 358 5453 for the most up-to-date information.

Burwood Hospital Hair Boutique

Tracey Crichton was looking for an investment opportunity in an established small business when she found out that her hair salon was probably going to close.

The previous operator of the Burwood Hair Boutique had decided to move on and with no offers forthcoming, assumed it would have to shut down; then Tracey decided to take over the business.

"It seemed such a waste to close it down because it offers such a great service to the hospital and community," says Tracey, who purchased the business in early July. She was able to retain the two hair stylists, Diana Tier and Sarie Dijkhoff as well as their loyal clients.

Located on the first floor of Burwood Hospital, the salon caters for patients, staff and the community with locals taking advantage of the location, parking and the café downstairs.

For patients who spend an extended period in hospital, getting their hair done can really lift their spirits and soon, the boutique will better cater for people who use wheelchairs. Designed to allow wheelchair users to comfortably recline when getting their hair washed, the Tilt in Space Wheelchair sponsored by Rotary and Permobil is something that Tracey is excited to soon be able to offer this additional service to clients.

Burwood Hair Boutique is located on level 1 of Burwood Hospital, 300 Burwood Road, (<https://www.burwoodhospitalssalon.co.nz/>)

Open Monday – Saturday the salon offers concession discounts and a loyalty programme.

Clients receive 10 percent off their first, fifth and tenth visits and other weekly specials are promoted on the [salon's Facebook page](#).



Stylist Diana Tier cuts the hair of patient Gary Sutton



Burwood Hair Boutique owner Tracey Crichton

What do you do when you're not at work?

Our people are sharing the hobbies and activities that bring them joy when they're not at work.

Eru Waiti, Ngati Pikiao/Ngati Mahanga, Kaiarahi Matua/ Professional Lead Hauora Maori – Christchurch Campus

I am a keen golfer and member of the staff Golf Society.

We have about 10 staff members involved but would love to have more on board. Besides my normal Saturday club golf, the society plays on a Sunday every second month at various clubs around Canterbury.

This is an opportunity to enjoy the company of fellow golfers who happen to work for or have a relationship with Te Whatu Ora ki Waitaha.



Steven Muir, Medical Physicist

My hobby is cycling, and I like to encourage people to make more journeys by bicycle around Christchurch. In my free time I make bike trailers that can carry heavy loads easily, such as shopping, dogs, kayaks, gardening supplies etc, as well as lighter weight trailers out of aluminium.

I'm part of a free community bike fixup group in Aranui on Thursday afternoons where we repair bikes for free and restore old bikes and give them away.

This is a great way of enabling people on low incomes in the east of the city to get mobile and access the services and leisure activities they need. We welcome volunteers to help out, and the donation of any unused bikes and parts.



NEW Meet my pet

Fluffy

Long haired domestic cat, 12 years old.

Her favourite toys are Nerf Gun foam bullets and ping pong balls. Most days when I arrive home I open the car door and she jumps in for the short drive up the driveway. She prefers to eat her meals outside even when it's cold, and enjoys leaping over low hedges like a show-jumping horse!

Naomi Gilling,
Communications Advisor



Gav (foster), Voni and Benji

Retired greyhounds, Gav (blue) 4 years, Voni (fawn) 4 years, Benji (black) 5 years.

These guys are the fastest couch potatoes ever. They love getting out for walks, playing with toys, doing zoomies around the house and sleeping. They also go on camping holidays with us.

We love fostering and helping a dog who has finished their racing career settle into a home and learn what it's like to be a pet, they figure out the couch is comfy pretty quickly. They have also been my inspiration for my hobby, creating personalised mugs.

Becky Brinch, Graphic Designer,
Medical Illustration

We want to meet your pet(s) – cat, dog, horse, alpaca, rat, ferret, rabbit, fish, bird, donkey – it doesn't matter! You love them and now is your chance to show them off in a new regular series.

To submit your pet(s), [click on this link](#) (you must do this from your work email address). If you have any difficulty with the form, you can email communications@cdhnb.health.nz

We are so excited to meet your pets over the coming weeks.



From left, Gav (Sneaky Snitch), Voni (Final Affair) and Benji (Bender Truth)

One minute with...

Paul Timothy Orthopaedic Physiotherapy Practitioner (Shoulder)

What does your job involve?

I work in the Non-Surgical Shoulder Clinic with Physiotherapy Specialist Angela Cadogan, overseen by Orthopaedic Surgeon Alex Malone. Patients with shoulder conditions with no/unclear diagnosis or no non-surgical management to date are assessed by myself or Angela. I am responsible for taking a detailed history, physical assessment, interpreting investigation findings, formulating a working diagnosis and in conjunction with the patient formulate a management plan. This may involve organising further investigations (X-rays, ultrasounds scans), discussing the role of corticosteroid injections and listing if this is an applicable avenue, also arranging physiotherapy. I will then continue their care in the Physiotherapy department, providing physiotherapy management. If diagnostic investigations revealed a condition requiring surgery, or non-surgical treatments have failed, I will then refer to Alex for an assessment. It is a relatively new service set up by Angela and Alex to provide access to non-surgical management pathways for patients who would not otherwise have had access to treatment

What advice would you give someone keen to enter your field?

Find your passion and be relentless in the pursuit of excellence, adopt a growth mind-set, embrace uncertainty and mistakes and learn from each experience. Listen carefully, question everything, be curious, playful and find a mentor.

Who inspires you and why?

My wife Emily Timothy, for her constant optimism, unconditional love towards my two boys Asher and Shay and for supporting and being 100 percent behind me in my passions. Also, both my parents for instilling the value of hard work and the importance of care, compassion and how to have fun.



Paul Timothy tramping to Woolshed Creek hut in the Mt Somers area, Canterbury. It was his sons' first tramp with an overnight stay. Shay is on Paul's shoulders and Asher is standing

What do Waitaha Canterbury's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

These values are fully integrated into all parts of my role. Actively working towards the patient's goals, through the relationship built by actively listening, respecting their beliefs, communicating all the management options available and being guided by the patient's choice. Striving for high standards with monthly peer review of assessments and diagnosis formulated. Actively working on quality improvement initiatives to continuously improve the service.

If you could be anywhere in the world right now where would you be?

I would absolutely jump at the opportunity to head back to Nepal and trek the three passes in the Sagarmatha National Park (Everest region). Trekking amongst the most dramatic, breath-taking mountain ranges dominated by Mount Everest, glaciers and deep valleys. The Nepalese/ Sherpa are the kindest, most welcoming and learning the culture made it even more special.

Who would you want to play you if there was a movie made about your life?

Ewan McGregor – big fan of all his films.

What are your hobbies/interests outside of work?

I have a huge passion for the outdoors, whether that is going on multi-day tramps, mountain biking, trail running. You will find me with my Sumner running club team mates on a Sunday morning running in the Port Hills, followed by family time with my two boys at a playground or trying to pull both my boys out from a muddy puddle.

If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz.

Whakamihi – Bouquets



Parkside General Medical Ward (PGM), Christchurch Hospital

I would like to express my appreciation of the excellent care provided during my stay. My condition was dealt with by several doctors who made, what I regard, as a thorough and comprehensive evaluation. Thanks to the staff at MRI, CT scanning, Ultrasound and the X-Ray departments. The staff at PGM were most attentive and I would like to make a particular mention of the excellent care I received from Nurse Priyanka.

Ward A5, Christchurch Hospital

Having severe vomiting and abdominal pain, I was admitted to Christchurch Hospital, where I was treated, had surgery and stayed for the recovery period. During my stay, I was a bit touchy as it was a shock to have a bowel problem on top of previous abdomen surgeries, but the staff treated me with the utmost care. My appreciation and a big thank you to all doctors, nurses, health staff and catering and cleaning staff. Thank you all.

Christchurch Hospital and Burwood Hospital

I have been an outpatient several times over the past years and I have been looked after so well. Thank you!

Urology Outpatients, Christchurch Hospital

Very good, cheerful and positive service. Professional and friendly. Excellent as always.

Burwood Hospital

I developed a haematoma following surgery at Burwood two days earlier. Due to some location confusion, by the time I arrived I was 'spent', very sore and becoming stressed. I asked for two Panadol from the nurse, which she came back with and also Dr Kelsey Ireland. She offered to do surgery in her lunchtime, rather than send me away. This is above and beyond value, thought, care and definitely expertise and I'm so grateful to this young, caring doctor in today's difficult medical climate. I wish her every success and hope she stays in New Zealand.

Gynaecology Ward, Christchurch Women's Hospital

I feel so grateful to live in a country where we have access to such amazing health care! Everybody who I came into contact with today was outstanding – friendly, caring, professional! The hospital itself seems calm and well taken care of – clean and well equipped. Thank you and well done! What a fabulous team. I feel extremely grateful.

Maternity ward, Christchurch Women's Hospital

I recently spent a week at Christchurch Women's after giving birth and wanted to give a shout out to three amazing midwives who looked after me and my new baby – Elaine, Katy and Ally – thank you!

Ward B7, Christchurch Hospital

[Patient name] was very well cared for by Georgia, Ruby, Julie and everyone who looked out for her with her broken leg. Thank you. Keep up the good work!

Emergency Department (ED), Christchurch Hospital

I would like to express gratitude for the service I received. Thank you, Dr Connor and Dr Sahara and especially Nurse Ruby for the care and attention that I received. Nurse Ruby deserves a special thanks for the genuine interest she showed in my welfare. Once again, thank you for the care and attention everyone in ED showed me. You all have the customers' interest at heart.

Burwood Hospital Radiology

Sonya, the nurse who looked after me today was just awesome. She was attentive, relaxed, patient, and put me at ease. Wonderful team member to have on board. All the nurses are just fabulous here and I wanted to thank you all. Sonya, you're very good at your job and a huge asset to Burwood Hospital! Thank you for what you do.

Burwood Hospital Radiology

I had an amazing appointment with Belinda. A wonderful goddess.

Jane, Burwood Hospital Radiology

I have had numerous ultrasounds/abdomen scans here and at Christchurch Hospital. Jane G is fantastic at testing. Excellent patient connecting. Hope I have her again in four months!

Burwood Hospital Radiology

Had an MRI head scan. The radiographer was extremely pleasant and made me feel comfortable. Thank you.

ED, Christchurch Hospital

I would like to thank the doctor and nurse for their wonderful care in looking after me. Blood tests and a scan were done in the department all in a matter of a few hours. The department was clean, bright and the new technology is amazing. Thank you so much for the wonderful care I received

Feeling under the weather?

If you're not sure where to go or what to do call Healthline on 0800 611 116 for free health advice. There's someone ready to take your call 24/7.

Make the right call and Choose Well this winter.

| Self Care | Healthline | Pharmacy | Family Doctor | Urgent Care | Hospital |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| You can treat colds & fevers at home. | Call 0800 611 116 24/7 for FREE health advice. | See your local pharmacy for advice on medication and minor health concerns. | See your family doctor for all non-urgent health concerns. | If it's urgent & needs attention today go to an Urgent Care Clinic. | If it's a life threatening emergency call 111. |

For more info about where to go
www.cdhb.health.nz

Te Whatu Ora
Health New Zealand

HNZ22Aug22 UC

Ā mātou kōrero – Our stories

Te Wiki o Te Reo Māori – Māori Language Week

He tau whakahirahira te tau 2022. This is a big year for te reo Māori as 14 September marks the 50th anniversary of Te Petihana Reo Māori, the Māori Language Petition, an event that led to many of the kaupapa we have today, including Te Wiki o te Reo Māori.

The Māori Language Petition (Te Petihana) presentation to Parliament on 14 September 1972, with over 30,000 signatures, kick started major shifts in the revival of te reo Māori as a living language in Aotearoa. Since this moment 50 years ago, Te Petihana has, and continues, to inspire the Māori language movement.

Māori Language Week has been celebrated each year from 1975.

Māori Language Day is 14 September and commemorates the presentation of the 1972 Māori language petition to parliament.

Mahuru Māori is an initiative begun in 2017 to promote the use of te reo Māori throughout the month of September.

Why just a week? Why not a year? Why not a decade? A century?

Because New Zealand is revitalising the Māori language and a part of that is celebration of our success and promoting te reo Māori.

Māori Language Week is an opportunity for concentrated celebration, promotion and encouragement. And every minute of every hour of every day is a Māori language minute – we can choose to use te reo – Every minute we do, even just a 'Kia ora!' contributes to revitalisation.

Te Wiki o te reo Māori is becoming a major fixture on the national calendar providing an opportunity for concentrated promotion, raising awareness and giving an opportunity for expert and advanced speakers to encourage others on their te reo Māori journey.



Te Wā Tuku Reo Māori | Māori language moment

The Māori Language Moment has become part of Te Wiki o Te Reo Māori. We want one million of us speaking, singing and celebrating te reo at the same time. Join in at 1200 (midday) on 14 September.

In this 1988 Waka huia episode, Sir James Hēnare (Tā Hēmi Henare) uses a saying which has become the rallying cry of the Māori-language revitalisation movement: 'Ko te reo te mauri o te mana Māori' – the language is the life force of the mana Māori. Hēnare said this during the Waitangi Tribunal hearings in 1985 and was quoted with approval in the final report.

The full quotation is:

| Mā tātou katoa te reo Māori e whakarauora: | Everyone can contribute to te reo Māori revitalisation: |
|--|---|
| Whakatauhia te reo Māori ki te wāhi mahi me te hapori | Make te reo welcome at work and in the community |
| Whakahau i ētahi atu ki te kōrero, ki te ako hoki i te reo Māori; whakauruamai hoki te reo Māori ki tōu ao | Encourage others to use and learn te reo Māori; welcome Māori language into your life |
| Kia tika tonu te whakahua i te kupu Māori i ngā wā e kōrero Pākehā ana | Pronounce Māori words correctly when speaking English |
| Ahakoa iti, akona, kōrerohia | Learn a little, use a little |
| Kia nui ake te ako ka kōrero ai | Learn more, and use what you know |
| Whāia te ara poutama o te reo ka tohatoha ai. | Keep improving your language, and share what you know |

Helpful Links:

<https://reomaori.co.nz/>

Home of Te Wiki o Te Reo Māori with many resources to download

<https://maoridictionary.co.nz/>

Te Aka – Online Māori dictionary

<https://kupu.maori.nz/>

Kupu o te Rā (word of the day) and Kupu o te Wiki (word of the week)

<https://www.mahurumaori.com/>

Mahuru Māori is a challenge for each and every one of us to take up, no matter what our current level of Māori language may be. The idea is that we consciously speak more of the Māori language every day during the month of September.

Ko te reo te mauri o te mana Māori

By Hector Matthews, Executive Director of Māori and Pacific Health



**KIA KAHA
TE REO MĀORI**



KIA KAHA
TE REO MĀORI

“
I wear
my moko
as a tribute to
those of the
past, present
and future”

Te Tira O Te Rangi Nikora

*He uri tēnei nō Te Aitanga a Mahaki ratau ko Ngāi
Tāmanuhiri, ko Ngāti Kahungunu, ko Te Whakatōhea,
ko Ngāti Konohi, ko Te Aitanga a Hauiti, ko Ngāti Oneone*

Quality & Patient Safety

Ehara i te mea he whakaaro puta kau noa kia tāia taku kauae ki te moko. He oranga ngākau, he pikinga wairua i hua mai ai i te puna o taku moko kauae. He taonga tuku iho i ngā atua hei maimoa mā tēnei whakareanga, otirā, mō te anamata e heke tonu mai nei. Ko te iho o taku moko he tohu aroha ki ngā māreikura o tōku ao. Mai i ōku kuia nō ngā iwi o Te Tairāwhiti nā rātau ngā tikanga o te marae, o te ao Māori i whakatō mai ki roto i ahau, tae rawa atu ki tōku māmā, nāna te reo i whāngai mai ki ahau i taku nohinohitanga. Ko taku moko he mea uhi ki taku manawa, ki taku arero nāna i whakakaha taku tū i tēnei ao kikokiko. E kore hoki e wareware te tuku mihi ki a Uncle Mark Kōpua mō te tānga mai o taku kauae.

Like many people, I've had my fair share of knocks and adversity in my life. However, I have had the fortune of being raised within a legacy of aspirational and nurturing female leadership. My nannies have instilled a strong sense of tikanga Māori within me, to which I endeavour to carry for my son, and my family. My mother, who is Pākehā, raised me in te reo Māori and gave me an incredible sense of self-belief, strength and integrity. I wear this moko, as a tribute to those of the past, present and future.

**If you would like to be part of this Moko Kauae Kōrero and share your moko kauae whakapapa with our wider Te Whatu Ora whānau we would love to hear from you. Please email us at:
ManaTaurite@cdhb.health.nz**

Te Whatu Ora
Health New Zealand

Children's Emergency Care opens in Waipapa

Our Children's Emergency Care (CEC) area opened today to children requiring emergency care.

This new space means that children and their families presenting for emergency and acute care are now treated in an environment designed to meet their needs, separate from adult patients and adult activity in a busy Emergency Department (ED). A child-friendly and specific environment is considered international best practice.

"It has been a long-term aspiration of Child Health and Emergency staff to provide children of Canterbury with a dedicated space," says Chief of Child Health Clare Doocey.

"We worked collaboratively with our ED colleagues to design a space specifically for children so that we can reduce the stress that coming to hospital causes and streamline care for children. I am really excited that this area has become fully operational."

The space was constructed when Waipapa was initially built, with a plan to co-locate services for children requiring emergency and acute care. Along with children who are currently being treated in the main ED, Children's Acute Assessment is also a part of CEC and provides a high-quality assessment service for children and young people referred with acute medical and some surgical conditions. Consultation has been ongoing since 2019 on how to adequately fund and resource this area. Knowing it is the best thing to do for children and young people, funding was approved in 2022.

Nursing Director Women's and Children's Health, Tracy Jackson and Nurse Manager Emergency Department, Anne Esson have been working together with their nursing teams to develop a model of care for this area which consists of one joined up team providing nursing care focussed on the needs of children, young people and their whānau.

The space has 23 beds and additional nursing and support staff have been employed to create the team working in CEC. Medical and Allied Health staff from the ED and Child Health will work in the CEC.



The warm and bright waiting area of CEC



The consult bays in CEC are decorated and child-friendly



Registered Nurse Michael Streeter and Acting Charge Nurse Manager Emma Payne check equipment in the Children's Emergency Care area

We would like to thank all people across many services who have worked towards the opening of this space.

New birthing unit gifted special name – Kurawaka: Waipapa

Ngāi Tūāhuriri has gifted a special name – **Kurawaka: Waipapa** – for Te Whatu Ora Waitaha Canterbury's new Central City Birthing Unit.

The gifted name was chosen by Reriti Tau and given by Te Maire Tau, Ngāi Tūāhuriri Ūpoko, because Kurawaka has great significance in Te Ao Māori, the Māori world, for bringing life into the world.

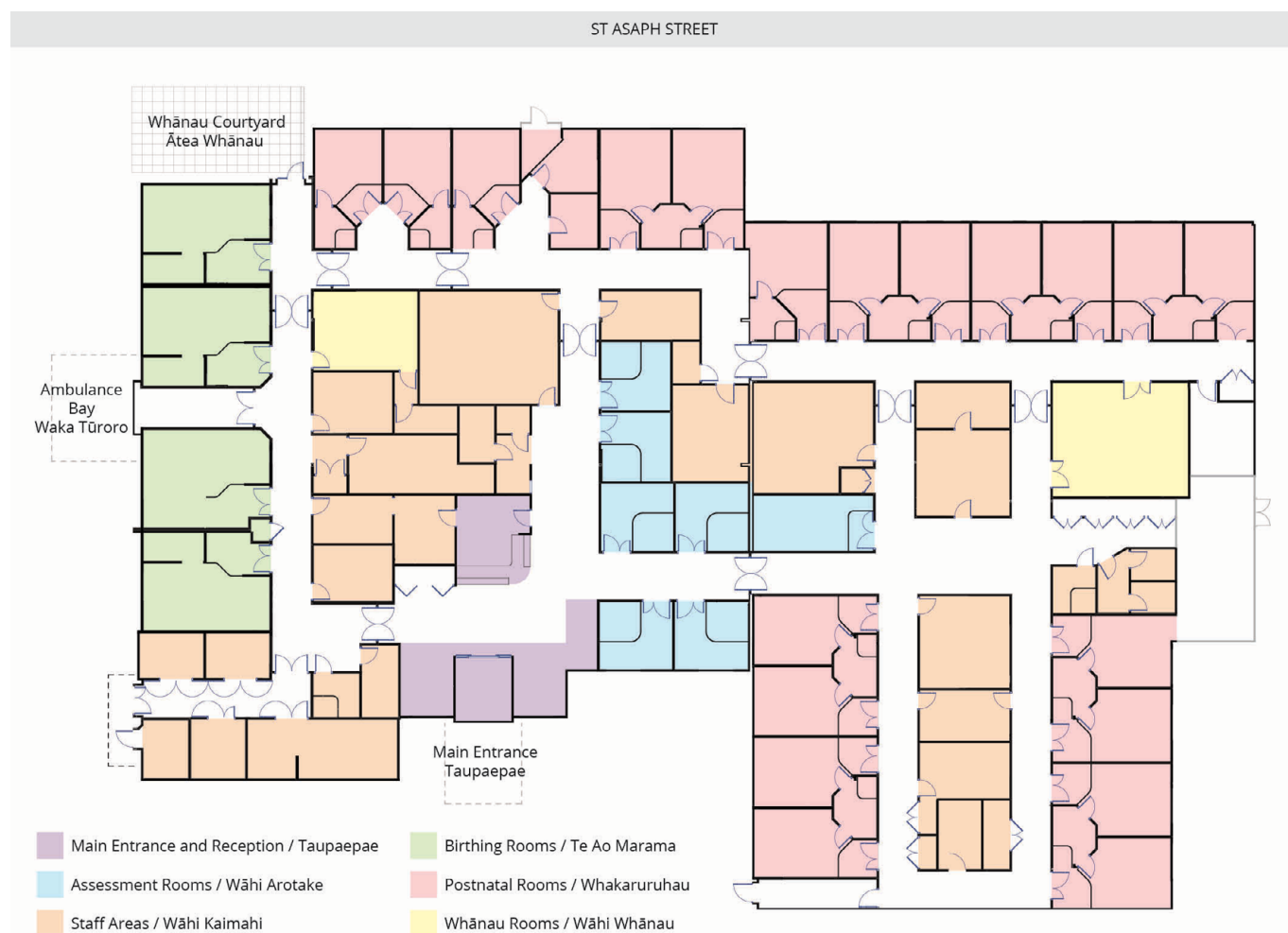
Kurawaka is the place where the first human being was made by Tāne. Tāne created a figure out of the soil at Kurawaka and blew his breath into its mouth and nose. She then sneezed and came to life, creating the first woman Hine-ahu-one, also known to Ngāi Tahu as Io-wahine, says Manawhenua Ki Waitaha Chair Michelle Turrall.

"The various elements that came together at Kurawaka to give life to Hine-ahu-one is symbolic of the journey a woman experiences to pass on this gift of life in the birth of her child.

"Adding Waipapa to the name denotes the whenua of where this unit sits. It means surface water and signifies the many springs that were in the area."

Executive Director of Midwifery and Maternity Services Norma Campbell says the organisation is privileged to be given such a name for this unit.

"With this name now comes the responsibility to ensure that the vitality given to Hine-ahu-one now flows through the unit to our māmā and pregnant people, pēpi and whānau who come to birth there.



“There are exciting times ahead to have a Te Ao Māori model of care underpinning this unit – we have been gifted this taonga and therefore we are committed to honour that gift.”

Kurawaka: Waipapa is a primary birthing unit which will have four birthing rooms, 20 post-natal rooms, two whānau rooms, an education room and six assessment rooms and will be located at 68 St Asaph Street.

“Our Facilities and Infrastructure Programme Office has worked extensively with user groups to complete the design of the internal layout of the unit that meets the needs of the community,” says Executive Director Infrastructure Rob Ojala.

“The building will now undergo an extensive fit-out to transform it into a welcoming, modern, fit-for-purpose facility and we are looking forward to construction getting underway before the end of the year.”

The tender for the lead contractor to carry out construction closed on 30 August and an appointment is expected shortly. Building consent has also been applied for. The facility is expected to be operational in mid-2023.

From a user perspective, well women that have given birth will simply move down the corridor to their own post-natal room rather than transferring by car to another facility. Partners will be able to stay in post-natal rooms.

For many communities the cultural expectation is to have local, midwife-led care in a setting where family/whānau support is easily accessible. The new primary birth unit will achieve this expectation by providing community-based services that meet the needs of our diverse population.

Māmā who birth in a primary unit, supported by a lead maternity carer (LMC), are more likely to have a normal birth. The units provide a more calming space than a tertiary hospital and the risks of complications are greatly reduced.

Parking for women, their families and whānau, and the community lead maternity carers will be much easier too.

The Tuam Street bus stop and Ngāi Tahu Properties public car park currently under construction are less than five minutes' walk along the road. The site is less than 10 minutes' walk or a five minute drive from Christchurch Women's, making patient/staff transfer between sites very rapid and easy.

The Facilities & Infrastructure Programme Office can be contacted via email: FIPO@cdhb.health.nz.

Self Care



You can treat colds & fevers at home.

Healthline



Call 0800 611 116 24/7 for FREE health advice.

Pharmacy



See your local pharmacy for advice on medication & minor health concerns.

Innovative patient eHandover tool set to expand to other facilities

An innovative eHandover tool created by the team at Te Whatu Ora Waitaha Canterbury to improve patient handovers between wards, departments and hospitals could expand to aged residential care (ARC), private hospitals and other facilities across the South Island.

The tool was developed by a cross-functional working group including representatives from our clinical, information technology and Quality and Safety teams in response to review findings that found patient handovers were frustrating and didn't always provide the information needed.

A key feature of the tool includes the use of a pre-defined template of relevant patient information. This ensures everyone involved in the transfer has one consistent and clear 'source of the truth' that only has to be entered into a system once.

It also provides teams receiving patients the information they need to plan ahead for resources and the care they will need to deliver, along with a notifications element keeping everyone up-to-date on transfer progress.

The tool has been successfully supporting clinical teams to better deliver patient handovers for the last five years, and up until now has been involved in transfers from areas such as our Emergency Department to general wards, and transfers from our Medical Assessment and our Surgical Assessment and Review Area as well as transfers between Canterbury hospitals.



Registered Nurses Jessica Carey and Fiona Bartlett on Waipapa's Ward B3 using the eHandover tool

Executive Director of Nursing Becky Hickmott says it feels the right time to introduce this tool across other departments as well as to Te Tai o Poutini (West Coast) as our trans alpine partner.

"We've been keeping a close eye on the value to our patients and teams provided by the eHandover tool. It's clear there are other teams and facilities who could also benefit from the increased safety, ease, efficiency and effective sharing of information the tool has delivered.

"Our next step will be to work with ARC facilities and private hospitals here in Waitaha Canterbury to explore the potential for rolling out the tool to them, and we're also keen to share our learning and the tool with our colleagues across our Te Waipounamu (South Island) region for their teams and departments too."

Saving time and walking

Staff who work in Christchurch Hospital's operating theatres are being saved many walking steps thanks to a pilot workforce planning and workload management software system.

The hospital's 28 operating theatres are in four different locations on the Christchurch campus.

Usually staff allocation for the theatres is transferred manually from a Microster print-out onto a piece of paper with the theatre locations on it, says Perioperative Nurse Manager Marie Lory.

"All staff then need to come to the Waipapa 'command centre' to see where they are working, or we fax it around. Faxing it makes last minute changes tricky as staff are sick. This all wastes a lot of staff time walking."

To improve this issue TrendCare is being used.

"Operating theatres do not usually use TrendCare as it is traditionally an acuity tool for ward nursing. However, we have moved into a different section of TrendCare that has work areas in it. In these work areas we can allocate our staff," she says.

"This allows us to log on to any computer and see where staff are working. No more walking."

Multiple people can add information to the comments on the roster, such as educators adding students. Clinical nurse specialists (CNSs) are able to move their staff around the theatres they are responsible for with the theatre coordinators bringing it together.

CNSs can also add important comments, such as if it is a multi-surgeon case.

"We're able to include our operating theatre assistants as well and have them appear in TrendCare embedded and aligned in the same areas as nursing."

The operating theatre innovation improvement is in a trial stage and a work in progress, Marie says.

"However, this is a huge improvement for our service – working collaboratively online on our staff allocation."

New Kiwibank ATM at Christchurch Hospital

There's a new ATM at Christchurch Hospital.

Last Wednesday a Kiwibank ATM was installed on the ground floor of Parkside in room G230, opposite the NZ Post mailbox (where the previous Westpac ATM was). The ATM will be available 24 hours a day, seven days a week.



Naylor Love 'Fly the Flag' for MATES in Construction

Trigger warning – This article discusses suicide

An annual initiative to 'fly the flag' for MATES in Construction saw the team at the Naylor Love construction site at Canterbury Health Laboratories (CHL) come together to 'take 10 at 10' as a chance to kōrero about the importance of this organisation's message. The gathering coincided with World Suicide Prevention Day on 10 September.

The team was greeted with a BBQ, hosted by Naylor Love and a presentation from supervisor Steve Denton. He discussed what to look out for when you suspect one of your workmates is struggling mentally. Steve also reinforced the all-important message that it is normal to not feel okay all the time. He reminded everyone of the free and confidential support services that Naylor Love and the MATES in Construction organisation offer to their employees. Reiterating the message to take advantage of support is important in a male-dominated industry. Men are generally less likely to seek out help when they need it.

MATES in Construction's 'fly the flag' concept was developed to recognise and remember tradesmen and construction workers lost to suicide and acknowledge the problem that still exists.

New Zealand has some of the highest suicide rates worldwide, and our tradies and construction workers make up 10 percent of those who take their own lives each year. To put that in perspective, approximately one person dies every week to suicide in the trades/construction industry. It was these statistics that helped in prompting a need to recognise the importance of taking time out for yourself with your workmates. Construction sites around New Zealand took part in flying the MATES in Construction flag and acknowledging the day in their own way, whether it be through a BBQ, morning tea or kōrero.

The premise behind Naylor Love's 'take 10 at 10' was to encourage all workers to drop their tools or pens and take some time to remember those who had passed and acknowledge and be reminded of the support around them. It was encouraging to see such a positive turn out from employees, willing to show up for themselves and their workmates.



Naylor Love employees congregating at the CHL site for the 'Take 10 at 10' presentation



Supervisor Steve Duncan delivers a presentation about MATES in Construction with Filipino translation available



Free BBQ and refreshments on site for those in attendance

Could it be sepsis?

On World Sepsis Day, 13 September, a new programme to improve recognition and management of sepsis will be launched at Christchurch Hospital. Sepsis (mate whakatāoke) is a life-threatening condition that occurs when the body's response to an infection injures its own tissues and organs. Anyone can get it, but people who are already susceptible to infections are more likely to develop sepsis. This includes the very young and very old, Māori and Pacific peoples, those with chronic illness like diabetes or a compromised immune system, people living in poverty, and those who are pregnant or have recently given birth.

Any infection can lead to sepsis, including those involving urinary tract, lung or skin. Sepsis can develop quickly and is often frightening for patients and their whānau. Symptoms may include slurred speech, confusion or sleepiness, shivering or muscle pain, passing no urine for a prolonged period (such as a day), breathing problems and skin changes (mottled, pale or bluish, cold to touch). In addition, small children may not feed well, may vomit repeatedly or may have convulsions (fits). People with sepsis may feel that they going to die.

Sepsis affects up to 1 in 100 people in Aotearoa New Zealand every year. It causes around 20 percent of all deaths globally (11 million people per year), which is more than die from lung, breast and colon cancer combined. Despite being so common, most people don't recognise the word "sepsis" or know what it is. People have often heard of the related problem of "blood poisoning" or "septicaemia" (toto pirau), but "sepsis" is the accepted term. Treatment of sepsis requires more than antibiotics alone – it will need intravenous fluids and sometimes medicines to improve blood pressure, oxygen, close monitoring and frequently things like operations to treat the source of infection. It cannot be treated at home.

At Waitaha Canterbury our new [RAISE THE FLAG](#) sepsis programme aims to increase community awareness of the condition, improve recognition and treatment, and support sepsis survivors. We know that sepsis is largely preventable and that it is often recognised late. Early recognition and appropriate management will save lives.

Our RAISE THE FLAG programme focuses on adults at Christchurch Hospital initially and we are working

**RAISE THE
FLAG** *Could it be
Sepsis?*



together with colleagues in Child Health and Maternity who have similar programmes already in place.

We know that sepsis can be difficult to recognise so we have a new tool to help staff screen for it in patients who are unwell, and to act on it. We hope to empower staff and the wider community to question "could this be sepsis?" and to escalate concerns appropriately. We have an education bundle for staff including a new guideline and a new sepsis intranet site which has opportunities for learning including a focus on equity for Māori and Pacific Peoples. This is important as these ethnicities are two- to three-times more likely to be admitted to hospital for sepsis and to die from it, and this generally occurs at a 10-year younger age than for Pākehā. Being of Māori or Pacific ethnicity are not in themselves risk factors for infection or sepsis but are markers of exposure to other risk factors such as inadequate access to health care and overcrowding. We are committed to working to address these inequities.

We are also working to improve care for patients after discharge. Having sepsis can be terrifying and obtaining access to help can be difficult to navigate. We are asking staff to provide patients who have survived sepsis with written information for patients, family, and whānau and with access to support. Sepsis Trust NZ has a nurse available to speak to and also offer support groups – find information about this [here](#).

Safe Mobility September: Why Burwood rarely uses bed rails

As Burwood Hospital is a rehabilitation-focused centre, bed rails are not used (with the exception of surgical wards) as most patients would not have them at home.

In 2020 the new Stryker beds were introduced to the wards and these had split bedrails on the sides with a separate top and bottom rail.

Old habits started to creep in and many of the team were frequently finding these rails pulled up for patients with no clear reason offered. This became a bit of a default and staff were reminded that bed rails were not to be used, says Caroline McCullough, Nursing Director for Older Person's Health.

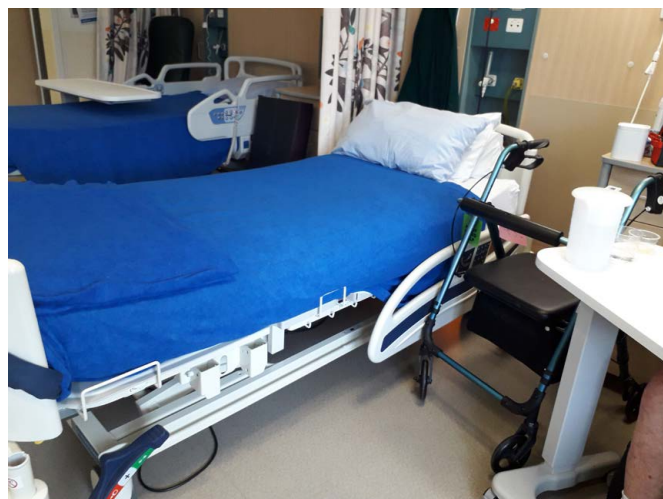
"Confused patients have been found trying to get out of the bottom of the bed or caught in the space between the two side rails."

Some research indicates that, if used appropriately, bed rails can assist patients to move around in bed. However, if used incorrectly, bedrails can lead to entrapment and with the added height, to greater injuries from falls, she says.

Other issues arose for smaller or more petite patients who required to be hoisted out of bed. When the bed was at its lowest and the rail down the hoists would not fit under the bed. Nor could the Sara Steady (the-sit-to-stand transferring device used on the wards).

Also, if a patient was resting on their bed and asked for their table to be put in front of them, the bed had to be raised to accommodate this. Patients were then at risk of not being able to transfer safely out of the bed, due to the increased height.

Of note, the Ministry of Health and HealthCERT advice in the recently released Ngā Paerewa Health and Disability Services Standard for restraint states that when equipment such as bed rails, tray tables etc are used as an enabler, then if the user requires a third party to release them from this equipment. This use of equipment must be recorded as a restraint event in the incident management system.



Stryker beds, one with rails up and one with rails down

A meeting was held with the Stryker rep who agreed that the lower rails from these beds could be removed as there were no electronics in this section. Unfortunately, there are in the upper rails and so they had to stay.

Stryker beds without the bottom rail were tested in the stroke ward under close observation to ensure that there were no unintended consequences of removing these rails, such as skin tears or contusions from the sides. After four weeks, with no increase in injuries or incidents for patients, lower rails were removed except for the surgical ward.

"This has been a successful initiative. However, the upper rails can still be a hazard and we need to remind staff only to use the upper rail when there is a clear benefit or rationale for doing so – and to document it clearly in the patients notes", Caroline says.

The next step is to consider the beds in use at the Ashburton and Christchurch campuses to identify which beds would benefit from having the bottom bed rail removed, says Susan Wood, Director of Quality and Patient Safety and Chair of the Safe Mobility Steering Group.

"We are going back to our previous best practice."

Pānui – Notices

Something For You

Something For You is the Te Whatu Ora – Waitaha Canterbury employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do. [Click here](#) for more deals on Home Maintenance. You can find [similar offers here](#).



Please see below offers for you.

Torpedo7

Torpedo 7

friends and family offer from 16 September – 2 October 2022

Torpedo7 is offering up to 60 percent off on huge range of gears for Te Whatu Ora staff and their family. Show [this flyer](#) instore printed out or on your device or enter the promo code mentioned in the flyer at the checkout on the website www.torpedo7.co.nz

Harvey Norman®

Harvey Norman

Christchurch Central, Northwood, Hornby, Tower Junction

Discounted rates when you present with your staff ID for all Waitaha Canterbury employees, simply speak to staff as the amount can vary from product to product.



Warehouse Stationery

11-13 Winchcombe Street, Central City (South City)

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in store – please take a copy of [this letter](#) and your staff ID to redeem.



Noel Leeming

Present your staff ID with [this offer](#) to receive everyday preferential pricing in store nationwide at Noel Leeming.

News from the Health Quality & Safety Commission

The latest newsletter is [available here](#).

QUIZ ANSWERS – Politician or comedian

- | | |
|-----------------------------------|--|
| 1. Comedian (Jim Carrey) | 6. Comedian (Julia Louis-Dreyfuss as Selena Meyer in Veep) |
| 2. Politician (Winston Churchill) | 7. Politician (Boris Johnson) |
| 3. Politician (Donald Trump) | 8. Comedian (Stephen Colbert) |
| 4. Comedian (Lucille Ball) | 9. Comedian (Dave Chapelle) |
| 5. Politician (David Lange) | 10. Politician (Barack Obama) |

Mandatory learning on healthLearn

Effective work processes and tools enable staff to do the right thing, at the right time, at the right place and with the right experience – and learning will support these outcomes.

Te Whatu Ora Waitahi (Canterbury) and Te Tai o Poutini (West Coast) have introduced a structured process for ensuring completion of organisation-wide mandatory learning, which is deemed to be essential to ensure safe and efficient delivery of services.

Current employees – You are not required to complete mandatory learning retrospectively, although we encourage you to log in to healthLearn and enrol in the onboarding package: <https://www.healthlearn.ac.nz/course/view.php?id=999>

New employees will be set up with a healthLearn account and assigned organisation-wide mandatory learning automatically. All new starters to the organisation need to complete mandatory learning within three months of their start date.

Line managers need to do the following:

- › Provide time for employees to complete their mandatory learning. We recommend scheduling about eight hours during the induction period.
- › Monitor progress to ensure employees complete their learning. Help guide them to complete this step.
- › Assure all new employees complete mandatory learning before you approve their professional development requests.

Below is a table of mandatory learning with links and indicative time to complete each piece of content.

(Note: This new process does not refer to learning that is specific to profession/workforce, service or location. We recommend that you follow the Mandatory Learning Management Guidelines for implementing mandatory learning specific to the needs of your area.)

| CONTENT | LINK | TIME TO COMPLETE |
|--|--|------------------|
| Fire Safety | Course: Fire Safety (healthlearn.ac.nz) | 20 minutes |
| Health Privacy | Course: Health Privacy (Health ABC) (healthlearn.ac.nz) | 30 minutes |
| Infection Prevention and Control | Course: Infection Prevention & Control (healthlearn.ac.nz) | 20 minutes |
| Wellbeing, Health and Safety | Course: Wellbeing, Health and Safety Induction (healthlearn.ac.nz) | 20 minutes |
| Digital Security | Course: Digital Security (healthlearn.ac.nz) | 30 minutes |
| Safe Moving and Handling | Course: Safe Moving and Handling (healthlearn.ac.nz) | 20 minutes |
| Code of Health and Disability Services Consumers' Rights | Course: Code of Health & Disability Services Consumers' Rights (healthlearn.ac.nz) | 20 minutes |
| Taking Leave and Managing Absence | Course: Taking Leave and Managing Absence (healthlearn.ac.nz) | 20 minutes |
| Electrical Safety | Course: Electrical Safety (healthlearn.ac.nz) | 20 minutes |
| Ngā Paerewa Te Tiriti o Waitangi | Course: Ngā Paerewa Te Tiriti o Waitangi (healthlearn.ac.nz) | 1 hour |

Influencing the future of health through research

The Doctor of Health Sciences (DHSc) programme at the University of Canterbury provides an opportunity for you to evaluate an area of health that you are passionate about.

That could include evaluating health innovations and initiatives that are designed to reduce disparities in health outcomes, generating evidence for improved practice and service delivery, or conducting research into population health needs.

Taking part in a cohort for your doctoral studies means that you have the opportunity to meet other health professionals who have similar interests. You will be a part of a Community of Practice who will offer peer support as you all work to complete the doctoral journey. You will also be supported by your supervisor(s) as well as the programme

coordinators. Being part of a cohort offers you opportunities to connect with others to build your professional networks.

Now is the time to start planning your studies for 2023 and beyond. Get in touch with us to discuss your study options.

For more information contact:

Dr Isabel Jamieson

DHSc Programme Coordinator

Faculty of Health | Te Kaupeka Oranga

University of Canterbury | Te Whare Wānanga o Waitaha

Phone: +64 3 369 1808

Email: isabel.jamieson@canterbury.ac.nz

Website: www.canterbury.ac.nz/health

Apply now: Nursing Postgraduate Study 2023, Health Workforce Directorate Funding Applications are now open

Applications for 2023 Nursing Postgraduate Health Workforce Directorate (formally HWNZ) funding will be open from Monday 29 August at 9am until Friday 7 October at 3pm. The link to the application form and further information can be located on the Postgraduate Nursing Website: <https://edu.cdhb.health.nz/Hospitals-Services/Health-Professionals/Postgraduate-Nursing-Education/Pages/default.aspx>

For any queries please contact PostGraduateNursingOffice@cdhb.health.nz

Apply now: Nursing Ara Graduate Course Credit Application Process, January – June 2023, now open

Applications for 2023 Ara graduate course credits will be open from Monday 29 August at 9am until Friday 7 October at 3pm. The application form and flow diagram outlining the application process can be located on the Waitaha Canterbury intranet: <http://cdhbintranet/corporate/NursingInformation/SitePages/ARA.aspx>

For any queries please contact PostGraduateNursingOffice@cdhb.health.nz

Anu
Ara graduate

GET READY

to return to nursing

If you're a trained nurse but not currently registered, Ara's nine-week, full-time Competency Assessment Programme can have you registered and back into the nursing workforce in no time. The programme comprises three weeks' theory and six weeks' clinical practice and is available to both Registered Nurses and Enrolled Nurses. Funding of up to \$10,000 is available to approved internationally qualified nurse applicants via a new fund recently announced by Te Whatu Ora.

**The next CAP courses start in October,
applications close 19 September.**

Apply now at ara.ac.nz



Te Pūkenga

FREE EVENT

‘The Black Dog of Depression’

What causes it and what can we do about it?

Join us for a free interactive lecture presented by mental health expert Professor Richard Porter



**Thursday 15 September 10.30am
TSB Space, Level 1 - Tūranga Library**

Book tickets at
www.cmrf.org.nz/events
or call 03 353 1240.
Registrations essential.



**Canterbury
Medical Research
Foundation**



Decorate your tari (office/department) for Te Wiki o Te Reo Māori

Go in the draw
to win a Te Wiki
o Te Reo Māori
Prize!



To celebrate Te Wiki o Te Reo Māori get
your kapa (team) to decorate your
noticeboards or tari (office/department).

Send us your photo by Friday 16th September to:
ManaTaurite@cdhb.health.nz



Te Whatu Ora
Health New Zealand

2022
ipl

Inaugural Professorial Lecture



CHRISTCHURCH

Professor Chris Pemberton

Department of Medicine



Caterpillars,
coronaries and COVID:
A career spent testing
boundaries

Friday 16 September 2022
12:30pm
Rolleston Lecture Theatre
University of Otago
Christchurch

EVTS-CS0303-0721