

Thanks for the mahi

The past few weeks have been challenging for all of us, and I really want to make a point of saying thank you for what you've done to help our community prepare, and to care for, a growing number of people with COVID-19 across Canterbury.

We now have more than 10,000 active cases in Canterbury, and the first cases were reported on the Chatham Islands yesterday.

Grateful thanks to all our general practice teams supporting people who have COVID-19 in the community, along with Māori and Pacific providers and our Care in the Community team. A special mention to the team who worked tirelessly on our strike contingency plans while juggling other priorities. Also a big shout out to those involved in RAT distribution – what a mammoth effort it's been over the past week – I know it hasn't been plain sailing! We've deployed people from all over the system to boost staff numbers, so thanks to you all. Let's hope we can avoid a 3km long queue of people waiting to collect RATs this week!

We've been able to open a sixth community RAT collection centre today, at the Christchurch Arena – I hope this helps ease the pressure at other sites. All the details of our RAT pick up points are [here](#).

Please remember we have the plans, systems and processes to manage COVID-19 in the community and in our hospitals. As anticipated, we are starting to see more staff off, either with COVID-19 or caring for dependents, and this is placing many of our services under pressure.

A special shout out to those who have been redeployed to help other areas. Thank you so much for agreeing to work where your skills are needed. Your flexibility and willingness to put yourself forward to work in an unfamiliar area or service is so very much appreciated.

Finally, please take care of yourselves and your whānau – allow yourself to take breaks when you can. Rest, sleep, eat well, just get some time out and look after yourselves. Do something fun! If you can, get out and make the most of the autumnal days before winter sets in. Predictions are we have a few weeks to go before we reach the peak of this current wave, so hang on in there and please seek support when you need it.

It's so important to be kind to yourself, and to others. We can all start to feel a bit frazzled when constantly working under pressure, so take a breath – pause and pace yourself.

This week we have some excellent, practical wellbeing tips, especially for those who have COVID-19 at the moment. See the wise words from the Mental Health Foundation on [pages 3 and 4](#).

We all need to remember that for most fully vaccinated people Omicron is a mild to moderate illness and people will safely recover at home.

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Tomorrow is International Women's Day with the theme of #BreakTheBias

I'm getting in a day early to recognise the thousands of women who work in the Canterbury Health System and thank you for everything you do. International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

The pose you see in the photo is the official #BreakTheBias pose.

Myself, Executive Director of Nursing Becky Hickmott and Executive Director Maternity and Midwifery Norma Campbell are crossing our arms to support the message that gender bias is not okay.

Whether deliberate or unconscious, bias can sometimes make it difficult for women to move ahead. Knowing that bias exists isn't enough, action is needed to level the playing field.

I encourage you all to actively call out gender bias, discrimination and stereotyping each time you see it. If you want to learn more, get involved and show your support for International Women's Day, more information is available [here](#).



IWD 2022 campaign theme: #BreakTheBias

Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can all **#BreakTheBias**.

Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can break the bias in our communities.

We can break the bias in our workplaces.

We can break the bias in our schools, colleges and universities.

Together, we can all **break the bias** - on International Women's Day (IWD) and beyond.



Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

**This week
with Peter**

7 Poutū-te-rangi 2022

Click [here](#) to watch the This week with Peter video

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

Bundles of protection help keep patients and staff safe

The Omicron variant of COVID-19 is very different from the original variant. Omicron causes a milder illness in the upper respiratory tract and as health staff we have the additional protection of triple vaccination. Our understanding of how COVID-19 transmission occurs has improved greatly, and from this improved knowledge we have introduced multiple measures aka 'bundles of protection' in our hospitals and health centres to keep staff and patients safe.

Here's a refresher on how COVID-19 spreads, courtesy of our Infection, Prevention & Control team:

- › The main transmission route is via the air
- › Transmission is from large droplets to tiny aerosols that can stay in the air for a long time
- › Staff are most likely to get COVID-19 from each other when neither party have their mask on for longer periods, especially on breaks and not via the patients
- › Exposure to positive case does not equate to transmission as long as protocols are followed
- › Transmission is not happening in hospitals, it is happening in the community

Bundle of Protection

- › All staff are fully vaccinated and boosted
- › Most patients are fully vaccinated and boosted
- › All patients are risk assessed and tested for COVID-19 on admission to hospital, patients are then placed in appropriate isolation
- › Wearing a surgical mask at all times, ensure no gaps and don't pull away from your face when speaking to people
- › Patients are to wear surgical masks as tolerated

If you've tested positive for COVID-19, the Mental Health Foundation has some excellent advice

If you've tested positive for COVID-19 and are currently isolating at home, it's important to remember that your mental health/hinengaro is just as important to look after as your physical health/tinana.

The Mental Health Foundation have pulled together some simple wellbeing tips that can help give you a boost and get you through, check them out at: [mentalhealth.org.nz/covid-wellbeing-tips](https://www.mentalhealth.org.nz/covid-wellbeing-tips)

Here are some top tips for looking after your mental wellbeing if you have COVID-19 from people who have had it

- › Be kind to yourself, be gentle with yourself. Remember that having COVID-19 is not your fault. You are not to blame
- › Give yourself permission to do less, rest and take time to heal
- › Be patient with your recovery
- › Spend time outside if you have a garden
- › Listen to some gentle music
- › Get some sunshine and fresh air every day
- › Look after your wairua/spirit, with karakia, waiata, prayer, mindfulness, meditation – whatever is meaningful and helpful to you



- › Limit or stay off social media, and unfollow people or pages that upset or distress you. Don't "doomscroll"! If you find yourself just endlessly scrolling social media, try putting your phone away for a while.

- › Watch a favourite series or a movie that you don't have to try too hard to keep up with
- › Play board games if you have others at home unwell with you
- › When you start to feel better, distractions are key! Check out a new series on Netflix, take up knitting, start a new project, clean the house – stay busy, but don't overdo it
- › Eat things that nourish you if you can
- › Try some self-soothing techniques - use a nice smelling moisturiser on your body, touch something soft and comforting such as a teddy bear, use an ice pack on your forehead to make yourself calmer
- › Keep your fluids up – it makes you feel better mentally as well as physically
- › If you take medication, keep that up. Keep taking prescribed medications
- › Stay in touch with others – especially if you live alone. Just send one text a day if that's all you feel up to, but it's important to stay connected.
- › It's normal for COVID-19 to make you feel emotional, low and/or confused. This can be really hard on you and the people around you. Be kind to yourself, take time for yourself, and remember this will pass

Feeling all sorts of emotions

It's an uncertain and stressful time. Whether you're feeling out of sorts, sort of hōhā, a bit down, kinda happy, totally stressed, quite anxious, an emotion you can't even explain, or a weird combination of lots of these, it's important to remember all of these feelings are normal and expected, and different people will feel different things – even if they're going through the same experience.

There are all sorts of emotions, and they can combine in all sorts of ways – feelings can change day to day and ups and downs are normal.

Many of us are feeling a bit all over the place right now - and that's okay.

It's easy to blame ourselves for how we feel or tell ourselves we should be feeling a different way, but shaming or squashing our feelings makes us feel worse. This is because when we're feeling lots of emotions, especially anger, fear, tension or anxiety, our brains start pumping out stress hormones and that becomes overwhelming and hard to ignore.

Stick to the facts.

It's easy for our minds to jump to worst-case scenarios, but we know most people with COVID-19 are likely to have a mild to moderate infection and will fully recover at home.

Try to stay calm and stick to one or two reliable sources of information, like the Ministry of Health's website or Unite Against COVID-19.

By limiting the amount of news/pūrongo and social media you consume, you can feel on top of the news without feeling overwhelmed by it.

- › Think about doing smaller versions of the things that make you feel good when you're well. If you're not up to watching a whole TV show, maybe just watch a clip on YouTube. You can't go for a run, but you can go for a walk to the letterbox
- › Contact [support/helplines](#) if needed, don't be afraid to ask for help

Overwhelmed? Anxious? Hōhā? 'Name it to tame it.'



Check out [mentalhealth.org.nz/covid-wellbeing-tips](https://www.mentalhealth.org.nz/covid-wellbeing-tips) for heaps of tips to help get you through.

 Mental Health Foundation
Mauiri tū, mauiri ora
www.mentalhealth.org.nz

Dr Daniel Siegel (Clinical Professor of Psychiatry at the University of California, Los Angeles, School of Medicine) says that naming what you're feeling - out loud, writing it down, or just in your head - tells your brain to switch off those stress signals and helps you feel a bit calmer. Feeling calmer will help you focus on solving the problems you can solve, or just help you find other sources of joy.

'Name it to tame it' isn't always easy at first, especially if you're not used to thinking about your emotions. But it's a simple trick you can try any time to help you feel a bit better in difficult times.

Check out
**mentalhealth.org.nz/
covid-wellbeing-tips**
for heaps of tips to
help get you through.

Kei roto i te pōuri, te marama e whiti ana.





Bouquets

Christchurch Women's Hospital

I would like to pass on my thanks for the wonderful care I received from all the staff at the hospital during and following the birth of my son. Despite the pressures they would have been under due to changes with COVID-19 the care they gave me was outstanding.

Eye Clinic and Day Surgery

I had a brilliant experience from my initial Eye Clinic visits through to the cataract operation. The reception people were very caring, and thoughtful. The nurses and doctors were exceptional in their communication with me. They told me what was going to be happening, why, and the risks associated with cataract procedures. All in all, my experience was wonderful, and a happy one at the two venues. From being blind in one eye, to now being able to see as before, is a massive bonus to me. Thank you lots.

Nathan, Emergency Department (ED), Christchurch Hospital

The nurse I had in ED, Nathan, was the best nurse. He made things seem less scary, made me laugh, got my IVs in within seconds and was really good. Best experience I've had with a nurse ever.

Radiology, Christchurch Hospital

I had an X-ray today at Radiology in Riverside. You guys are so friendly and amazing. Thanks for dealing with me with such grace and patience.

Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital

Thank you NICU nurses. Room 1 - Room 3! Amazing!

Gynaecology Assessment Unit, Christchurch Women's Hospital

The doctor was the most caring and empathetic doctor I have ever come across. His bedside manner is outstanding, and I have never felt more comfortable with a doctor. I wish him all the best. He is absolutely one of a kind. Also, the nurse was incredible. She was so empathetic and supportive, and I cannot thank her enough for her role in supporting me. Both these members of staff are an absolute ray of sunshine and I want to thank them both.

Birthing Suite, Christchurch Women's Hospital

I would like to give compliments to the midwife who helped my sister deliver her baby. My sister found the midwife extremely supportive with excellent communication. Thank you for your kindness and support. It was really appreciated. You give wonderful care. Thank you.

Hand Clinic, Orthopaedics, Christchurch Hospital

Fantastic care, very impressed. Nurses and physiotherapists brilliant.

Big Shout Out

To: Craig Eaton, Maintenance Team

We would like to acknowledge the inventiveness and hard work put in by Craig to create bespoke cough protection screens within the Respiratory Physiology Laboratory. Craig went above and beyond to craft us a well-designed and practical solution. Our whole team wants to say a big thank you.

From: The physiologists in the Respiratory Physiology Laboratory

#carestartshere

ED, Medical Assessment, Ward 14 and Ward A8, Christchurch Hospital

Great care from all nursing staff in all wards.

Christchurch Hospital, area not specified

The hospital care is excellent. The nurses are very professional. I was always confident of their competence. Thanks.

Estella Yeo, Rheumatology Outpatients

Dr Estella Yeo found the exact spot for the steroid injection into my knee. I am now able to walk without pain or a limp and without a stick. Thank you very much.

ED, Ward 10, Orthopaedic Surgery and Cardiothoracic team, Christchurch Hospital

Thank you to the wonderful staff in ED and Ward 10, Orthopaedic surgery and the Cardiothoracic team, for all you have done to get me on my feet and home. The staff were courteous and listened to me. The discharge planning was awesome. WellFood was 10/10, great breakfast, lunch and dinner. Thank you to all at Christchurch Hospital.

Radiology, Christchurch Hospital

Fast and efficient service, no waiting about. Well done.

Urology, Outpatients, Christchurch Hospital

Very impressed by helpful professional staff. Thank you.

Ward 24, Christchurch Hospital

Thank you all so very much for making my recent stay with you as comfortable and pleasant as possible. You all do a truly wonderful job, in a totally professional manner. I have nothing but the utmost respect for you all. I can't praise you all highly enough. Thank you one and all from the bottom of my heart.

Ward 24, Christchurch Hospital

Thank you so much for your contribution to the excellent care that, [patient name] received during his stay in your ward. You are a fantastic team.

Big Shout Out

To: Staff COVID-19 testing team and Canterbury Health Laboratories (CHL) team

I'd like to send a massive thanks to the staff COVID-19 testing team and the CHL team. From the efficiency of the booking system, the ease of the system for getting a test, the great team providing this outside in a dusty car park, to the promptness of the test result (you must be working incredibly hard Labs team), I was hugely impressed.

Tumeke team!

From: Canterbury DHB Medical Specialist

#carestartshere

THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

Mental Health Foundation
mauri tū, mauri era

GETTING
THROUGH
TOGETHER
WHĀIA E TĀTOU TE PĀE TAWHITI

Christchurch Hospital Pharmacy success at national conference

Christchurch Hospital Pharmacy had a record number of poster and oral presentations accepted for the recent annual New Zealand Hospital Pharmacists Association (NZHPA) conference.

There were 11 posters and four oral presentations, including three from the pharmacy's technicians, says Acting Pharmacy Services Manager Clare Greasley.

"This was a fabulous effort in a disruptive year. We're proud to congratulate Canterbury DHB winners in the event."

They are:

Acting Clinical Pharmacy Supervisor Ashleigh Kortegast, who won Best Poster in Clinical Research/Audit for 'Attainment of Pharmacokinetic Targets with Once Daily Gentamicin Dosing for Synergy in Infective Endocarditis.'

Pharmacy Technician Ashleigh Russell, who won Best Poster by a technician for 'Reallocation Vs Wastage. Can We Do More?'

Pharmacist Lye Jinn Ng who won Best Poster in Medication Safety/Innovation for 'Creating a Visual Tool of Funded Emollients and Plain Steroid Creams in New Zealand to Support Dermatitis Management.'

Christchurch was the convenor of the NZHPA conference which was chaired by Clare and Ashleigh. The national conference was due to be held live but was switched to a virtual format due to COVID-19 level restrictions.



Prize-winners, from left, Pharmacist Lye Jinn Ng, Acting Clinical Pharmacy Supervisor Ashleigh Kortegast and Pharmacy Technician Ashleigh Russell

"The conference theme, 'Expect the Unexpected,' was one that we can all identify with, and the conference provided valuable learning and a chance for pharmacists and pharmacy technicians to interact on a virtual platform," Ashleigh says.

Highlights included informative sessions from keynote speakers – Associate Professor Caroline Bell, Organisational Resilience Expert Tracy Hatton and Consultant Plastic and Reconstructive Surgeon, who was involved in care for people injured in the White Island eruption, Richard Wong She.

Stay connected.

Even if you're physically isolated, staying connected with your whānau and friends will help you feel safer, less stressed and less anxious.

Let the people you care about know you're isolating with COVID-19 and schedule regular catch ups on the phone or by video call.

Try playing virtual video games with mates, online scrabble or other board games, joining or starting a virtual book club, or sharing a favourite karakia or waiata with your friends on social media.

Take one day at a time.

If you're feeling okay, it can help to create a routine for your days to give them some structure and make things feel a bit less all over the place. Little rituals like showering and getting dressed or planning consistent meal times can go a long way.

Distraction methods are great too. Immerse yourself in a hobby or activity, like mindful colouring, a puzzle or a good book.

Chinese community COVID-19 vaccination clinic

Canterbury DHB recently partnered with the Christchurch Zhonghua Chinese Society and Remedy Pharmacy to run a vaccination clinic in Riccarton for the Chinese community.

Community leaders invited their community to the clinic and helped on the day to welcome people and with interpreting for the registration staff.

The Saturday clinic was a success, administering 30 paediatric doses and 117 boosters.

This was a positive turn out at a time of the vaccination rollout when clinics are noting smaller numbers of people coming to get their jab, says Cultural and Linguistic Diversity (CALD) Equity Lead in the COVID-19 programme Ester Vallero.

The key to the success of the clinic was the Zhonghua Chinese Society's relationship with their community, and the ability to offer a Mandarin and Cantonese speaking vaccinating team.

"See Nee Ng and Vanessa Cheong from Remedy Pharmacy, Riccarton, and Canterbury DHB Registrar Eng Toh were brilliant. The clinic was buzzing with laughter and chatter all day. Warm thanks to Qingyang Du, Honghuan Zhang and their wonderful team for the great turn out and welcoming atmosphere on the day.

"When we partner with a community to deliver health services when and where it works for them, and our teams reflect the community we're serving, that's when our services are accessible and attract people."

To connect to the Canterbury CALD Health Advisory group for guidance on making your service accessible to migrant and former refugee clients, or to partner with Canterbury migrant and former refugee community groups email ester.vallero@pegasus.org.nz.



People lining up outside the vaccination clinic



Harper Liu, who attended the vaccination clinic

Reflections on long nursing career

Una O'Neill is a proud centenarian and retired nurse who is as passionate about health care now as she was in her younger years.

Her rich experience includes working as a 'fever nurse' in England during World War 2, and roles here in Canterbury in a variety of specialties, including as a midwife in Ellesmere, and a district nurse in Leeston.

She recently enjoyed a special celebration of her 100th birthday with family and friends.

Reflecting on her nursing career, Una says the day she received her successful nursing exam results after three years of training was one of the best days of her life.

"I was so happy!"

Una moved from Ireland at the age of 21 to Oldham, Lancashire, England, in 1943 to begin what would be her life's vocation.

"On arrival in England we were presented with a gas mask and helmet and we thought 'what a friendly bunch' they are!"

She enjoyed living in the Nurse's Home.

"You always had someone to chat with over the good and bad things that happened during your day, someone to study with, and go out together with, it was a lovely homely atmosphere."

Her first role was as a 'fever nurse' working in the 'fever wards' that treated people with diseases such as measles, rheumatic fever, scarlet fever, polio and diphtheria.

"We would get notified that a patient with scarlet fever or measles, for instance, had arrived and we'd go out to the ambulance to bring them to the ward. I remember very strict 'barrier nursing' to avoid cross-infection and visitors being restricted to try and stop the spread of infection."

Of all the changes she witnessed in her long career, such as reduced surgery recovery times and shorter stays in maternity, the positive effect of immunisation was the biggest, Una says.

"When people started to get immunised those wards eventually weren't needed anymore. People stopped getting the diseases, so they didn't need to go to hospital and the 'fever wards' were closed."

She recalls asking families if they would allow their child to be immunised.

"Sometimes they said no. The only deaths I saw were those that weren't immunised, and now those diseases are wiped out."

In the 1950s New Zealand was advertising for trained nurses to work in the country on a two-year contract.

"My friends and I decided to take up the offer. We paid 10 pounds for our fare and were given a contract for two years. If the contract was broken, the penalty was 100 pounds. On arrival in New Zealand we were designated different areas of the country. I reported at Christchurch Hospital, and from there to Ellesmere."

When her contract was up Una decided to stay in New Zealand and says being a nurse was satisfying and rewarding.



Una O'Neill outside the Westhulme Fever Hospital in Oldham, England



Una O'Neill (far right) in the grounds of Ellesmere Hospital in the 1950s. With her are from left, Sister Harding and Sister Talbot



Una O'Neill at her 100th birthday party

One minute with...

Aaron Sim, Registered Nurse, Managed Isolation and Quarantine Facilities (MIQF)



What does your job involve?

Working at MIQF is an enriching experience, with its many opportunities to work with guests and ensure their safety and needs are maintained. In my time at MIQF I have completed wound care, taken bloods, conducted mental health assessments, and conducted daily nasopharyngeal swabbing.

Why did you choose to work in this field?

Back in 2020 I read about the formation of MIQF to isolate and quarantine returnee guests who travelled through the New Zealand border. When I graduated a year later, I decided to work in this clinical environment because I wanted to help my fellow nursing colleagues during a time of uncertainty and assist in protecting the Canterbury community.

What do you like about it?

No day is the same. I value taking time to hear the guests' personal stories, build rapport and provide reassurance. I relish the opportunities the job has given me. Also, huge recognition to my amazing nursing colleagues in MIQF – they work hard and always put their heart and soul into the job.

What are the challenging bits?

MIQF is an ever-changing environment, with adjustments to policy and the model of care changing at a moment's notice. This requires an adaptable nursing workforce that can quickly accommodate changes and educate other staff and departments working there. It's important to establish clear communication between all departments working in MIQF and maintain strong collegial relationships. Personally, I have found various changes to practice in MIQF a good test of my clinical knowledge and I've learnt to be an accommodating and adaptable.

Who inspires you and why?

The nurses who work in MIQF. They come from an array of clinical backgrounds, including paediatrics and intensive care. All are passionate and share a wealth of experience. At MIQF, nurses support one another and facilitate discussion. The nursing team inspire me to be the best nurse I can possibly be.

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

I have experienced a positive environment between members of the multidisciplinary teams. They respect, support, and value each staff member's views and clinical judgement. Canterbury DHB offers a high quality of care for patients and supports a collaborative approach that enriches my working experience.

If you could be anywhere in the world right now it would be...

I would love to do an O.E in Europe and see where the adventure takes me. I have a passion for history and exploring the geography and nature of the world.

What do you do on a typical Sunday?

I like to explore our 'backyard' and do some tramping to discover the beautiful vistas in New Zealand. I recommend visiting places like Hinewai Reserve near Akaroa, which has some amazing scenic views and is well worth exploring. When I need a rest day I'll watch a show like 'Peacemaker'.

And your favourite music?

I dabble in listening to music from many different eras. I particularly enjoy 1960s music with a touch of Jazz. A special shout out to a song that has taken over my Spotify replays at the moment – 'Do Ya Wanna Tate It' by Wig Wam. I do recommend a listen, it will make your head bob!

Something For You



Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

Show your support to our New Zealand owned businesses that would like to offer special discounts to our people.



HAPA

111 Cashel Street, BNZ Centre, Christchurch Central

HAPA stores would like to offer 10 percent off all non-discounted items. Show your Canterbury DHB ID instore to redeem this offer.



Kjole Style

6/7 Conical Hill Road, Hanmer Springs 7334

Get 15 percent off full priced items instore and [online store](#) - show your CDHB ID instore to redeem. See the 'Retail' section in Something For You page for the discount code [here](#).



Issue Clothing

Get 10 percent off full priced items in the [online store](#). Please contact them at info@issueclothing.com if you have any questions. See the 'Retail' section on the Something For You page for the discount code [here](#).



Mia & Co

Get 15 percent off all items in the [online watch store](#). If you have any questions you can contact the owners at miaanndco@gmail.com. See the 'Retail' section in Something For You page for the discount code [here](#).

**THE BIG
BOOST**
February 2022

I'm backing the fight
against Omicron.
Get your booster now.
BookMyVaccine.nz

Health Research Council grants

The HRC supports health delivery research that directly informs changes to policy, practice or systems in Aotearoa New Zealand's health and disability sector. We are pleased to have the following Health Delivery Research grants on offer:

- › [Health Delivery Research Activation Grant](#) Up to \$30,000 to enable researchers or research providers to get ready for research by establishing health delivery research needs before applying for larger-scale funding. We have increased the maximum term of this grant to 18 months.
- › [Health Delivery Research Project Grant](#) Up to \$1.4 million for research projects connected to health delivery research needs.
- › [Health Delivery Research Career Development Award](#) Funding for salary and salary associated costs. This award is designed as an alternative pathway into health delivery research aimed at attracting more people with relevant skills into this discipline. The maximum term for this award is 1 FTE over 12 months; however, applicants may now undertake this award part-time over a term of up to 24 months.

Registrations for these grants close on 16 March 2022, with the Expression of Interest submission deadline for the Project Grant on 6 April, and the deadline for full applications for the Activation Grant and Career Development Award on 13 April. Applicants will need to submit a registration to be able to submit applications to these funding opportunities.

You can read some [commonly asked questions about our Health Delivery Research grants](#) on the HRC's website.

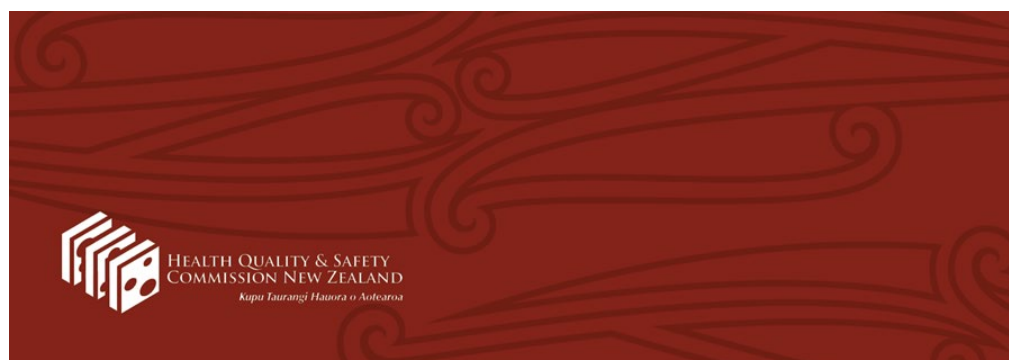
If you miss out on applying for this round, a second round of Health Delivery Research Activation Grants and Health Delivery Research Career Development Awards will open on 5 July 2022. Registrations for this Round 2 will close on 4 August 2022 and applications will close on 12 September 2022.

Overwhelmed? Anxious? Hōha? 'Name it to tame it.'



Check out
[mentalhealth.org.nz/
covid-wellbeing-tips](https://www.mentalhealth.org.nz/covid-wellbeing-tips)
for heaps of tips to
help get you through.

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz



Health Quality & Safety Commission report helps to understand the ongoing effects of COVID-19 on our health system

As we continue to respond to the challenges and spread of the omicron variant, the Health Quality & Safety Commission (HQ&SC) would like to draw your attention to a recent report it has published looking into the effects of COVID-19 on New Zealand's health system.

The report: *A window on quality 2021: COVID-19 and impacts on our broader health system – Part 1 | He tirohanga kounga 2021: me ngā pānga ki te pūnaha hauora whānui – Wāhanga 1* is available on the HQ&SC's [website here](#).

The themes include the distraction from our system's business-as-usual work in primary care and the impacts of this on prevention and screening. The report also addresses differences in the experiences of primary health care among different population groups, emergency department delays, deferral of scheduled care and elective procedures, and delivery of cancer care.

Hard copies are available through Carl Shuker, Principal Advisor in the Health Quality Intelligence team
carl.shuker@hqsc.govt.nz

The HQ&SC would be interested in your feedback on the report to help them improve future work in this area, and encourage you to complete this [short survey here](#).

They are currently developing part two of the report, which will examine the ongoing effects of COVID-19, including Omicron, which will include a close look at mental health and workforce, and will cover a period from August 2021 to March 2022.



Noho ora pai ana i te korokeke
Living well with Dementia

Specialist Dementia Education Series 16 March 2022

Wandering & Dementia

“Wandering” is a term often used to describe a person living with dementia when they leave home alone and become lost.

Sharyn Creighton, Registered Occupational Therapist from Older Persons Mental Health service, will help us rethink the term “wandering” to better understand why a person with dementia might go walking, and provide some strategies around this.

Additionally, Linda Rutland from WanderSearch Canterbury will provide information on the WandaTrak tracking system used by LandSAR and the NZ Police to detect people with cognitive impairments who have gone missing from their place of residence.

Please ensure you register

Ph 03 379 2590 or 0800 444 776 or email admin@dementiacanterbury.org.nz

Date: Wednesday 16 March 2022

Time: 7 - 8 pm

Venue: Via Zoom Link

Once you have registered the Zoom link will be emailed to you.

Address: 3/49 Sir William Pickering Drive, Burnside, Christchurch **Postal Address:** PO Box 20567, Christchurch 8543
Ph: 03 379 2590 or 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz

Tō Tātou Ora Wellbeing Seminar Series 2022

The Psychology of Self-Preservation: Some Thoughts on Looking After Ourselves

Rachel Hodge
Consultant Clinical Psychologist, CDHB

Monday 28 March 2022
12.30pm - 1.30pm

Room 102A-B, Level 1, Manawa,
276 Antigua Street
My Vaccine Pass required

There is no need to RSVP, but space is limited.

wellbeing♥

Canterbury
District Health Board
Te Poari Hauora ō Waitaha