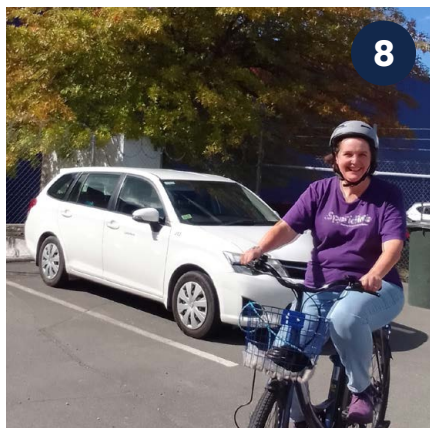


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Pet Therapy Volunteer Shannon McGarry and her dog Lucy visiting for Burwood Hospital's Brain Awareness Week

Kupu Arataki – Introduction

Interim Director, Office of the National Director, Hospital and Specialist Services appointed

Megan Stratford has accepted a secondment into the position of Interim Director, Office of the National Director, Hospital and Specialist Services, effective last Monday, 13 March.

Megan is responsible for providing strategic and operational support and advice to National Director, Hospital and Specialist Services Fionnagh Dougan.

Megan joins us from the Office of the Chief Executive where she has been working at the interface of the relationship between Te Whatu Ora and Ministers' offices – managing our private secretaries, Ministers' meetings and trouble-shooting issues as they arise.



The newly appointed Interim Director, Office of the National Director, Hospital and Specialist Services Megan Stratford

Political neutrality during the General Election period

The official three-month pre-election period begins on 14 July before the General Election on Saturday 14 October.

As public servants, generally, the following is considered appropriate and acceptable conduct during an election period:

- › Chatting about politics or policy as part of a private conversation, in non-public facing areas, with interested colleagues
- › Being a member of a political party
- › Attending political party meetings or delivering pamphlets outside of work
- › Sensible personal use of media and social media (make sure you're familiar with our [workplace's social media policy](#))
- › Standing for Parliament as a candidate, with the caveat that you won't be able to work in your public sector role from the point of nomination until the day after the Election – [more information is available here](#).

The following is not considered appropriate and acceptable conduct during an election period:

- › Campaigning for a political party or a candidate in the workplace

- › Using your personal social media to make political comments about Te Whatu Ora, political parties or policies, ministers or our work
- › Providing your work contact details to political parties
- › Engaging with political parties while at work, including responding to or forwarding emails from them – if you receive an email from a political party asking to visit your workplace, please refer the [request to our communications team](#)
- › Using publicly funded resources for political purposes (e.g. using a work printer to print political materials).

More information can be found at [Te Kawa Mataaho \(Public Service Commission\) He Ārahitanga Pōtitanga Whānui General Election Guidance 2023](#).

If at any point you're unsure of what to do, or need further guidance, please [contact Andrea Seymour](#) in the Advice and Settings Team in the Office of the Chief Executive.

The flu is not to be sneezed at

We are in for another bumper flu season in 2023 with virologists predicting a similar surge to the one we saw last year, and which overwhelmed our urgent care facilities and hospitals.

Based on the experience in the northern hemisphere over their recent winter months, we can anticipate:

- › More influenza B strains, which primarily impact younger and school-age children rather than the influenza A strains which typically cause more illness in elderly people
- › H1N1, or 'swine flu' has been on the rise overseas and is expected to land here too

We will have greater susceptibility to these viruses because they did not have a strong presence last year. We know this means greater pressure on general practices, urgent care, ED and our hospitals. This will be compounded if there is the expected winter surge of RSV and higher COVID-19 infections.



The best thing any of us can do is get our flu vaccination (free to all Te Whatu Ora staff from 4 April) and if eligible, the new [COVID-19 bivalent booster](#).

Look out for information on flu vaccine clinics in the coming weeks.

Ramadan Mubarak – Blessed Ramadan to our Muslim whānau

The most sacred month in the Islamic calendar begins on Wednesday. Ramadan will see Muslim faithful fast from food and drink during the sunlit hours as a means of drawing closer to God and cultivating self-control, gratitude, and compassion for those less fortunate.

Some of your colleagues will be fasting during Ramadan but still maintaining their normal day-to-day duties and responsibilities. If you would like to know more about why Ramadan is so important in the Islamic faith, you can read all about it on [page 7](#).

Today is World Oral Health Day

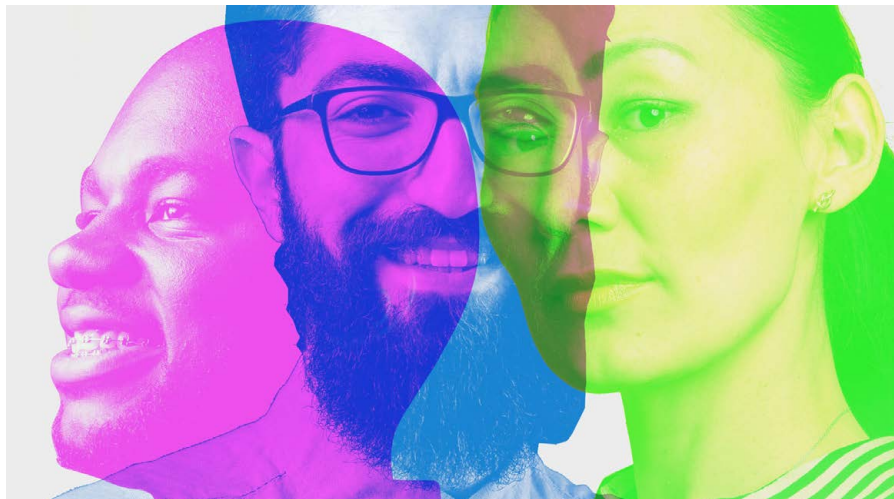
One of the most important things you can do for your overall health and well-being is to take care of your teeth. Caring for your mouth and looking after your oral health is essential regardless of your stage of life or age. Be proud of your mouth! [Learn more here](#).



International Day for the Elimination of Racial Discrimination – 21 March

The International Day for the Elimination of Racial Discrimination is observed annually on the day the police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid 'pass laws' in 1960.

The focus of this year is the **urgency of combatting racism and racial discrimination, 75 years after the adoption of the Universal Declaration of Human Rights (UDHR).**



Racism and racial discrimination take many forms and impact all aspects of life.

Impacts could include the ability to find a job, get an education, have equal access to healthcare, housing, food, water or get fair treatment in a court of law.

Racism, xenophobia and related discrimination and intolerance exist in all societies, everywhere.

Racism harms not just the lives of those who endure it but also society as a whole. It deepens mistrust, casting suspicion on all sides and tearing apart the social fabric. We all lose in a society characterised by discrimination, division, distrust, intolerance, and hate.

Learn more about the day including associated events and presentations, as well as [ways we can all stand up and fight racism, here](#).

Congratulations

Megan Bowie and Sandra Richardson were the randomly selected winners of double passes to attend the Kate Sheppard theatre event, That Bloody Woman.

Thanks so much to all who submitted entries.



Quiz – Board games

Most of us would have grown up in homes with a selection of these. Board games bring out the fun and also competitive side of many. Test your knowledge!

1. More Monopoly money is printed each year than the United States prints real money. How much more?

- a. Twice as much
- b. Ten times the amount
- c. 30 times the amount
- d. 50 times the amount

2. If you're playing Scrabble, what is the face value of the word HEALTH?

- a. 10
- b. 12
- c. 14
- d. 16

3. Which of the following is not a category in Trivial Pursuit questions?

- a. History
- b. Science and nature
- c. People and places
- d. Geography

4. Put these boardgames in order, from oldest to newest.

- a. Chess
- b. Go
- c. Monopoly
- d. Checkers/Draughts

5. Starting as a game played with pencil and paper in WWI and originally called 'Salvo', in 1967 Milton Bradley produced a version that used plastic boards and pegs. In 1977, the company released an electronic version. In 2012, an action movie based on the game (and with the same name) was released. What game is it?

- a. Connect four
- b. Battleship
- c. Scrabble
- d. Life

6. What game are you playing if you use the Benoni Defence?

- a. Checkers/Draughts
- b. Dungeons and Dragons
- c. Chess
- d. Snakes and Ladders

7. Originally created in 1860, The Game of Life (also known as Life) has had multiple changes and versions over the years. In 2009 a conservative group in the US called for the game to be banned. Why?

- a. It encourages players to commit crimes
- b. It encourages greed and wealth accumulation
- c. It allows players to have same-sex marriages
- d. It allows players to have children out of wedlock

8. What is this game called?



9. This game was invented in the early 1980s by a waiter who wanted something to liven up social parties. By the end of the decade, sales of the game were in the millions. It's hugely popular, very competitive and has been played on multiple TV shows. Players can't use words, numbers or gestures. What game is it?

- a. Boggle
- b. Operation
- c. Charades
- d. Pictionary

10. Which of the following is a character in the game Cluedo (Clue)?

- a. Miss Scarlett
- b. Colonel Mayonnaise
- c. Professor Peach
- d. Miss Pepper

[Check your answers on page 19](#)

Ā mātou tāngata – Our people

Ramadan Mubarak – Blessed Ramadan

Ramadan begins on Wednesday 22 March and is the most sacred month in Islamic culture.

Beginning with the sighting of the new crescent moon, during Ramadan Muslim faithful fast from food and drink during the sunlit hours as a means of drawing closer to God and cultivating self-control, gratitude, and compassion for those less fortunate.

Ramadan is a month of intense spiritual rejuvenation with a heightened focus on devotion, during which Muslims spend extra time reading the Qur'an and performing special prayers.

Some people are exempt from fasting, including pregnant or nursing women, the sick, or elderly people and pre-pubescent children.

During Ramadan, Muslim families will eat breakfast early, before the sun rises.

Health Promoter Ayan Hussein says during Ramadan she normally eats a light breakfast at 5.30am before starting her day.

"My daily routine won't change. I still have to work as normal and get the kids to and from school, I just can't eat or drink during the day."

At sunset, family members will enjoy a few dates and water, and depending on the culture, other light foods such as soup or fruit. This is referred to as iftar which means 'breaking the fast.' After performing the sunset prayers, the family eats dinner.

Inviting guests to break the fast or going to someone else's house for iftar is very common during Ramadan. Ayan refers to this as an "open door policy".

"A big part of Ramadan is engaging with the community and people around you, especially those who might need a little more help or support. People open their homes to visitors for iftar. My



family might go to our friends' house to break the fast one night, and the next night they come to us. You always prepare extra meals in anticipation of visitors."

Many families go to their mosque for the night prayer and a special Ramadan prayer called Taraweeh after iftar.

Some mosques and community centres will also host special community events during Ramadan including dinners which are a great way for people to gather and mingle and an additional service to people living alone, students away from home, and those less fortunate.

Fasting during Ramadan is about practising self-control and self-reflection says Ayan.

"It's about being the best person you can be. It's a time to abstain from negativity, fighting, and arguing and have empathy for others. Of course, we should all be that way all the time and not just for the month of Ramadan!"

Eid al-Fitr or the Festival of Sweets will mark the end of Ramadan around 21 April.

Bike Challenge win for Waitaha Canterbury

Waitaha Canterbury was the top Te Whatu Ora performer in the recent Aotearoa Bike Challenge and seventh across the whole of New Zealand for organisations with over 2000 kaimahi.

The challenge runs through the month of February, encouraging organisations and individuals to enjoy the benefits of bike riding. They compete nationally to earn the most points by riding and encouraging others to do the same.

Our people did over 63,000 rides, commuted over 247,000km and the total number of kilometres they rode was more than 924,000.

Waitaha Canterbury Workplace Champion for the challenge, Health Promoter Meg Christie, says one of the exciting things was that this year there were 138 new participants.

"The Challenge really does motivate people to upcycle their commute. When February came around this year, my colleague Public Health Specialist Lucy Daeth went out and bought herself an e-bike. Up until then her biggest physical, and psychological, barrier to cycling was the Waltham Street overbridge.

"The Aotearoa Bike Challenge inspired her to overcome this."

Lucy says she chooses to bike in 'eco mode' to push herself a little harder than otherwise.

"In a few short weeks my commuting behaviour has changed to the degree that I feel grumpy if I have to take the car for any reason!"



Public Health Specialist Lucy Daeth cycling during the Aotearoa Bike Challenge

A total of 23,267 people nationwide took part in the Aotearoa Bike Challenge, pedalling 3,990,517 kilometres and saving 226,898 kgs of CO₂.

To learn more about the Bike Challenge visit the [Love to Ride website here](#).

One minute with...

Evenjaline (Eve) Prasad – Catering Assistant

What does your job involve?

I work collaboratively with a team to provide patients with high quality food and drinks that meet their dietary preferences and requirements. However, what I find most rewarding, is the opportunity to interact with patients in a friendly and approachable manner while serving their meals. Small gestures can have a positive impact on their well-being and lift their spirits.

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

For those who enjoy working with food and serving others, becoming a catering assistant can be a fulfilling career path. With the necessary skills and experience, you can excel in this role and make a positive difference to the patients and staff you serve.

Who inspires you and why?

My mother has been a constant source of inspiration to me throughout her battle with cancer. Despite facing numerous challenges and setbacks, she has never let her diagnosis define her or dampen her spirit. Her determination to fight this disease with courage and grace has been truly remarkable, and I feel fortunate to have such a strong and resilient role model in my life. Seeing her face each day with such positivity and strength has taught me the value of perseverance, resilience, and the importance of staying positive in the face of adversity. Her unwavering faith in God and the future and her ability to find joy in even the smallest moments have inspired me to approach life with a similar attitude, and to cherish every day as a gift. Her courage and strength have left an indelible impression on me, and I feel grateful to have her as my mother and as a constant source of inspiration.

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 integral to my work, and I strive to embody them in every aspect of my job. They mean that I prioritise care, demonstrating empathy

and concern for patients. I always aim to provide a positive experience and exceed expectations. I also emphasise respect for others – treating everyone with kindness, compassion, and dignity. Additionally, integrity in all our actions is vital, as we adhere to ethical standards and conduct ourselves with honesty, trustworthiness, and transparency. Finally, we take responsibility for the outcomes of our work, ensuring that we deliver high quality food and service while maintaining strict hygiene and safety standards in the kitchen.

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

In Syria, helping this earthquake-stricken country. It is devastating to see the aftermath of such a natural disaster and the impact it has had on people's lives. I believe that it is our responsibility as global citizens to support and uplift those who are struggling, and to show compassion and empathy in times of crisis. Being able to contribute to the relief efforts in Syria would be a meaningful way to make a difference and bring hope.

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

Julie Andrews – I hold great admiration for the traits that she embodies, such as her strong work ethic, passion for the arts, and deep commitment to family and community.

What are your hobbies/interests outside of work?

I love to go fishing and one of my favourite hobbies is baking. I also enjoy watching sports.



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

Akoranga reo Māori – lesson #6

Kai – Food

Ko te kai a te rangatira, he kōrero – e ngā rangatira o te tōpūtanga nei, tēnā koutou katoa.

The food or sustenance of chiefs is words – greetings to all of you, the chiefs of this organisation.

This lesson will focus on kai, or food. This is intended to be a appetizer of sorts, for you to whet your appetite.

Kupu – Word

Hākari	Feast
Hāngi	Traditional meal cooked in earth oven
Karakia whakapai kai	Incantation giving thanks for food
Hua whenua	Vegetables
Hua rākau	Fruit
Kai Hapanihi	Japanese food
Kai Hainamana	Chinese food
Kaimanga	Vegetarian
Heihei	Chicken
Mīti	Meat
Tīhi	Cheese
Keke	Cake
Tiakarete	Chocolate
Kūmara	Sweet potato
Rīwai	Potato
Rētihi	Lettuce
Riki	Onion
Rōpere	Strawberry
Āporo	Apple
Ika	Fish
Kūtai	Mussel
Parāoa	Bread

Kīanga – Phrases

He kai māu?	Would you like some food?
Āe, he kai māku.	Yes, I would like some food.
Te reka o te kai!	The delicious meal!
Kua puta a Pito	A saying to indicate you are full
Kua pau te hau!	I am stuffed/ exhausted!

He whakapātaritari – A challenge

The next time you are offering someone some kai, use the phrase “He.....māu?” You can insert whatever the kai is that you are offering between “He” and “māu”. For instance, if you were offering an apple, instead of saying “Would you like an apple?”, you could instead say “He āporo māu?” If you don’t know the correct word for the kai that you are offering, insert the English word that you do know between the two Māori words that you know. Then challenge yourself to learn the Māori word for that item of food.

Ko te tūmanako ia, kua mākona koutou i ēnei whakapūwharu. Tēnā koutou.

I do hope that you have been satisfied by these appetisers, thank you.

If you have any questions or feedback, please make contact via the email below. Hauora.Maori@cdhb.health.nz

Whakamihi – Bouquets



Emergency Department (ED), Christchurch Hospital

The care I received was prompt, professional, friendly, caring and reassuring. My husband and I were impressed with the efficiency of service and the level of care and attention I received. Special thanks to Nurse Practitioner Luke, who got things off to a positive start with his care, and also the Ophthalmology registrar. I left the hospital feeling very satisfied with my care.

Saxon Connor, Interventional Radiology and Wards B3, A5 23 and Surgical Assessment and Review Area (SARA) Christchurch Hospital

Recently my grandad passed peacefully at Christchurch Hospital. The family would like to express their gratitude and thanks for the excellent medical care shown by Saxon and his team, Interventional Radiology, Wards B3, A5, 23 and SARA over the years.

ED, Christchurch Hospital

I would like to offer the best compliments possible to ED. From the moment we arrived at the hospital, the security guard brought us a wheelchair and the charge nurse took the patient straight in. The nurses, doctors, CT scanning staff, surgeons – everyone involved – were so kind, caring and professional. We were so thankful and incredibly impressed. Often you read in the paper of the negatives, but we would suggest an extremely positive 10 out of 10 in regards to the care and medical attention given to this patient. The system worked so well. We were worried about the patient's condition, but we felt, straight away, that everything possible was being done for him and that he was definitely in the right place with the best possible care. Thank you.

Christchurch Hospital

I have been a patient in Ward A4 recently – my first time as a patient in the new building. The facilities seem to me to be world class and a credit to those involved. The care I received during my stay was nothing short of incredible. From the orderlies who moved me around, to the doctors and nurses who took care of me, all under pressure I'm sure, but always with a smile. Special mention to Dexter and Mary. My grateful thanks.

Yvonne, Christchurch Women's Hospital

I wish to compliment Phlebotomist Yvonne who looked after me professionally and with a smile. Could you please pass on to Yvonne how much I enjoyed meeting her and appreciated her kindness and caring attitude. Thank you.

ED, X-Ray and Physiotherapy, Christchurch Hospital

I attended ED recently with chronic pain. From the time I arrived until I was discharged, the staff were brilliant. I am 71 years old and I was quite anxious about going to hospital, but I was in so much pain, I had no choice. Reception was amazing. Dr David Nair was exceptional, so thorough and left nothing out. He was engaging and put me at ease right from the beginning. The X-ray team were fantastic and very professional. Physio was outstanding. I wish to say a huge sincere thank you to all.

Canterbury Hauora Coordination Hub

My parents had COVID-19 last week. I wanted to pass on their feedback about the great care and connection provided by the COVID-19 team throughout their isolation. Thanks heaps! It was great to know that they were being monitored so well.

Evenjaline Prasad, WellFood

I have had all my teeth taken out and tubes placed in my neck due to an infection. I am also type 1 diabetic. Evenjaline has proven to be very helpful in understanding what I can and can't eat. She is always making sure I am able to eat something delicious and yummy. If not for her I would have just discharged myself and just not eaten. She has made the visit much more bearable and has even spoken to me and settled my nerves about my third upcoming surgery. She cares and treats me with respect and makes me feel like I am welcome and not a nuisance. I enjoy seeing her every day.

Russtie Villanueva and Daniel Leonard, ED, Christchurch Hospital

I would like to record my satisfaction with my recent visit to the hospital. Recently I arrived by ambulance during the afternoon, with severe back and stomach pains. My details were taken, and I was advised to expect a long wait. During the next few hours, various samples were collected. Eventually, a doctor arrived to hear my story. From my arrival I was looked after by a nurse, Russtie, who took good care of me. The next thing was an X-ray, again the Duty Radiographer was excellent and kind. Finally, I saw a second doctor, Daniel Leonard, who fully researched and diagnosed my condition, then explained his professional opinion and treatment. The whole experience demonstrated how good our city's hospital is and how professional the staff are. Thank you.

Christchurch Hospital

A family member was recently airlifted to Christchurch Hospital suffering from a stroke. I would like to thank everyone involved with his care. We found the stroke team, doctors, nurses, and anaesthetists to be very professional and they kept us well informed every step of the way and made sure we understood what and why things were being done. We are so grateful to the team as our family member is well on the mend and came home the very next day.

Ward B7, Child Health Services, Radiology, Surgery, Christchurch Hospital

I would like to express our full gratitude for the professional, caring and understanding of all those involved with [patient name]'s care during his time in hospital. In particular, the nursing staff in Ward B7, Children's High Care, Childrens' Recovery, the Surgical Team, Emergency Radiology and doctors. His recovery is slow, but steady, and I hope he will be able to join his friends at school when he is ready.

Sarah Legg, Ben McLaughlin, and Valerie Daprini, Birthing Unit, Christchurch Women's Hospital

A huge thank you to the team who were at the labour/birth of our baby girl in January, including Sarah Legg, Ben McLaughlin and our amazing midwife Valerie Daprini. There were others, but I can't guarantee I'll get your name right from the notes! We felt very well looked after. Thank you also to the core midwife team who helped post-birth. You are clearly very busy, but manage to be calm and caring, and it is very much appreciated!

Radiology, Christchurch Hospital

I had a scan recently. The staff were delightful – thoughtful, kind, engaging and just awesome! Be proud of yourselves, I'm proud to be a patient at Christchurch Hospital!

Greg, Ness, Phyliss, Sarah, Matt, and Simon, Cardiology Day Unit, Christchurch Hospital

I recently had an operation and was in the Cardiology Day Unit. I would like to express my gratitude towards the very hard-working staff in this unit. Right from when Greg checked me in and made sure I was comfortable, to the nurses Ness, Phyliss and Sarah who looked after me, and Matt and Simon and the Theatre staff – they were all fantastic. So caring and attentive. Please pass on my thanks to them all.

Ā mātou kōrero – Our stories

Saying no to N₂O in Parkside theatres

Due to a substantial reduction in the use of Nitrous Oxide (N₂O) for anaesthesia globally, Te Whatu Ora Waitaha Canterbury is in the process of decommissioning piped N₂O from its Parkside theatre block.

The availability of better alternatives and increasing concerns about its significant Global Warming Potential (GWP) presented an opportunity to decommission the piped supply. The current system in Parkside supplies N₂O to six active theatres and two additional theatres have been without N₂O for several years.

Te Whatu Ora Waitaha Canterbury Anaesthetist Richard Signe, who is leading the project, says medical gases are our third biggest source of CO₂ equivalents.

“N₂O contributes approximately 90 percent of the GWP of medical gases.”

Apart from the environmental impact, it will also have an increased financial implications.

Facilities and Engineering Manager Terry Walker says from 2025, the Government Carbon Neutral Programme (GCNP) will mandate Crown Enterprises, including Te Whatu Ora, to pay for their carbon emissions.

“At today’s market price of \$66/tonne CO₂ and our emission rate, this would equate to \$115,500 per annum. On top of that, maintenance and servicing of the piped system is an added cost,” he says.

Environmental and economic arguments have already supported the decommissioning of piped N₂O from Burwood Hospital’s operating suite in May 2022.

To further reduce our carbon emissions and save costs, the team consulted with clinicians and specialists at the Parkside block and both groups confirmed that they do not require piped N₂O in that facility. If N₂O is required, it can be supplied in a cylinder.



Nitrous Oxide cylinders at Burwood Hospital

The decommissioning process at Parkside has begun and the N₂O outlets were blanked off in the week ending 17 March 2023 and the supply to Parkside has been disconnected.

The team is also exploring scavenging and destroying (cracking) N₂O from the birthing suites. A mobile destruction unit is being tested around the country’s birthing suites. It is currently in Christchurch Women’s Hospital. Decommissioning the piped supply to Waipapa theatres could also be explored in the future as N₂O use for children’s anaesthesia continues to diminish.

Burwood on its way to being first Dementia Friendly accredited hospital in the country

Burwood Hospital has been successful in its two-year review against Dementia Friendly Recognition Programme standards.

This means the hospital will maintain its Working to be Dementia Friendly status for a further two years.

The achievement is the result of some fantastic work by the team to achieve the programme standards initially, and maintain them, during the challenges of the past two years, says Director of Nursing Nathan Hood.

“We are nearly ready to move towards full accreditation which would make Burwood Hospital the first Dementia Friendly accredited hospital in the country. I would like to acknowledge Registered Nurse in the Memory Assessment Clinic Lara Hitchcock and Lead Researcher in the Psychiatry of Old Age Academic Unit Susan Gee for the fantastic work they have done to lead and guide this,” he says.

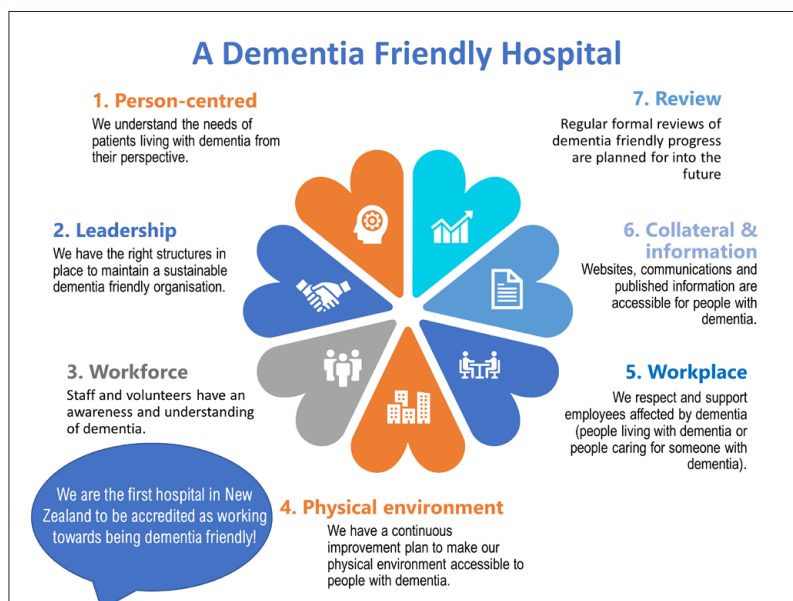
The Dementia Friendly Recognition Programme is an accreditation and recognition framework for any business or organisation to become dementia friendly – showing they are a safe, friendly, accepting and supportive place for people with dementia.

People living with dementia face unique and diverse challenges, Lara says.

“We can make their lives easier by helping our communities to become more dementia friendly, and that includes our hospitals.”

People living with dementia are admitted to hospital more often and for longer. On top of their illness, they are separated from their familiar settings, activities, and routines while they are in hospital.

“At Burwood Hospital, we work with many people who are impacted by dementia, and a dementia



friendly physical and social environment is essential to provide a better experience and outcome for people living with dementia,” she says.

Alzheimers New Zealand Chief Executive Catherine Hall says Burwood Hospital provided ample evidence of ongoing commitment to, and progress against, the Dementia Friendly Recognition Programme standards.

“It is fantastic to see the continuing effort being put in, your close relationship with Dementia Canterbury and Canterbury University, and the commitment of all involved in the programme. Well done. We hope to see you applying for accreditation in two years, if not sooner if you feel ready. What a celebration that would be.

“Congratulations on achieving this in what we know have been very challenging circumstances for all health and social service providers in New Zealand.”

The commitment to remain Dementia Friendly and complete the requirements of the two-year review over the past few years is commendable, she says.

More information on the programme is available on the [Alzheimers NZ website here](#).

Lifestyle key for brain health

Burwood Hospital colourfully celebrated Brain Awareness Week last week with yellow decorations, tablecloths and t-shirts all on show.

The kōwhai is the emblem of an extensive programme of dementia and delirium awareness at Burwood Hospital, so the colour yellow was to the fore, says Lead Researcher, Psychiatry of Old Age Academic Unit Susan Gee.

“The key message of the week was pretty simple but really important, that lifestyle has a profound impact on our brain health.”

The Burwood Brain Week focused on the Six Pillars of Brain Health, both for ourselves, and the people we support:

- › **Get Moving:** Exercise helps maintain blood flow to the brain and even stimulate brain cell growth and survival. People who are regularly physically active have a lower risk of developing dementia.
- › **Eat Smart, Think Better:** You are what you eat. A diet rich in nuts, seafood, whole grains, and vegetables may reduce the risk of dementia by up to 25 percent.
- › **Control Medical Risks:** Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, smoking, and uncorrected hearing loss can all increase the risk of dementia. You can control and reduce these risks.
- › **Rest and Relax:** Sleep energises you, improves your mood and your immune system, and may reduce build-up in the brain of an abnormal protein associated with Alzheimer’s disease. Meditation and managing stress may also help fend off age-related decline in brain health.
- › **Use Your Mind:** Use it or lose it. Mental exercise is just as critical as physical exercise in keeping your brain fit and healthy.
- › **Stay Connected:** People with the most social interaction have the slowest rate of memory decline. Spending time with others, engaging in stimulating conversation, and staying in touch and connected with family and friends may be good for your brain health.



Brain Awareness Week being celebrated at Burwood Hospital

These messages about brain health were reinforced throughout the week from different perspectives, Susan says.

- › On Monday the focus was stroke awareness. The Stroke Foundation is encouraging small lifestyle changes to reduce the risk of stroke with a Hurricanes Health Challenge: www.stroke.org.nz/hurricanes-health-challenge
- › On Tuesday the focus was dementia awareness with Dementia Canterbury. Dementia New Zealand is encouraging lifestyle changes to reduce the risk of dementia with a challenge called Steps for Dementia. www.stepsfordementia.nz
- › On Wednesday the focus was delirium awareness and the message was that these factors can also reduce the risk of delirium. The Delirium and Dementia committee encourages staff to check out the Dementia and Delirium information hub on PRISM. prism.cdhb.health.nz/Site/DementiaDelirium
- › On Thursday the focus was on what’s good for the heart is good for the brain. The Heart Foundation encourages you to check out “My Heart Check” www.heartfoundation.org.nz/your-heart/my-heart-check

Creating accessible information and documents

This is the seventh item in the series providing tips on creating accessible information and documents. For previous tips refer to [Tips and tools](#).

Tips for collation of EasyRead

- › Have one idea per page
- › Group the same topics of information together
- › Use headings and sub-headings including bold and colour to highlight information
- › Use the same font across all headings
- › Always finish a word on a line, i.e. do not hyphenate to the next line
- › Always finish a sentence on the same page
- › Always finish a paragraph on the same page.

Tips for images for EasyRead

- › Images support and add meaning to words
- › Use pictures, symbols, photos or drawings
- › You can find pictures on the Clipart function of word

- › You can purchase picture kits from specialist organisations
- › Make sure the pictures are relevant and age appropriate
- › You do not have to have a picture for each bulletpoint – you can have one just for the main point
- › Do not put pictures over the words
- › When using photos make sure they are up to date and clear with not too much in the photo
- › Make sure you have freely available images, or you have the right to use them.

This information has been amended from Guide to Writing EasyRead Information produced by People First New Zealand Inc.

To learn more about creating accessible documents, look out for the items in future pānui. For queries, contact Paul Barclay – Senior Advisor Disability Communications Engagement on paul.barclay@cdhb.health.nz.



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.

Please see below offers for you.



OPSM

OPSM –

Get 15 percent off all prescription eyewear, please [see more information here](#). Promotional code must be presented at time of appointment and ordering.



SUNGLASS HUT

Get 15 percent off all full-priced sunglasses, please [see more information here](#). Promotional code must be presented at time of appointment and ordering. .



OAKLEY

Get 15 percent off all full-priced eyewear, apparel, accessories and footwear. Please [see more information here](#). Promotional code must be presented at time of appointment and ordering.

B A I L E Y N E L S O N

BAILEY NELSON – *Christchurch Central and Riccarton*

Get 15 percent off all prescription eyewear. An annual comprehensive eye test is also free for all customers, show your staff ID instore to redeem.



SPECSAVERS – *Ashburton, Riccarton, Shirley, Papanui, Hornby, and Rangiora*

Get 25 percent off lens when selecting one pair from the \$169 range or above. [Click here](#) to create a voucher and redeem this offer.

Enhancing CALD Cultural Competence

Cultural diversity in the New Zealand Population is growing, leading to increasing cross cultural interactions between clinicians and patients and between employees.



eCALD® 83rd News Edition. March 2023

Tēnā koutou katoa

Ramadan Kareem to our Muslim colleagues! Ramadan is a month of fasting, prayer, reflection and community. It is likely to start on Wednesday, 22 March 2023 and last 30 days. The exact date depends on the sighting of the crescent moon.

We are also taking an opportunity to wish those who celebrate Easter an early Easter greeting and may you have a joyous celebration. Easter Sunday falls on 9 April 2023 and is a Christian Festival and cultural holiday commemorating the resurrection of Jesus from the dead.

This edition brings you the following news:

- › World Health Organisation's Promoting the Health of Refugees and Migrants: Experiences From Around the World Report | eCALD® selected one of the global case studies.
- › Asian Family Services | Celebrating their Independence.
- › Free Cultural Competency Training Programme for the Mental Health and Addiction Workforce working with Asian and Refugee Communities | eCALD®.

Read more [here](#).

Our voices: The journey to healthy futures | Ō mātou reo: Te huarahi ki pae ora

The Health Quality & Safety Commission's He Hoa Tiaki | Partners in Care team is hosting a one-day forum at Te Pae, Christchurch convention centre.

It will focus on te huarahi ki pae ora | the journey to healthy futures.

Date: 25 May 2023

Time: 9.30am to 4.30pm

Location: Te Pae, Christchurch convention centre

The event will run from 9.30am – 4.30pm. A networking function will follow this from 4.30pm – 6.30pm. The earlybird discount is available until 31 March.

To read the full programme or register visit: www.hqsc.govt.nz/OurVoices.



QUIZ ANSWERS – Board games

- | | |
|--|--|
| 1. c. 30 times the amount | 7. c. It allows players to have same-sex marriages |
| 2. b. 12 (H is worth 4 points and all the others are worth 1) | 8. Guess who? |
| 3. d. Geography | 9. d. Pictionary |
| 4. d. Checkers/Draughts (3000BCE), b. Go (2000 BCE), a. Chess (600 AD), c. Monopoly (1935) | 10. a. Miss Scarlett |
| 5. b. Battleship | |
| 6. c. Chess | |