

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: The Simulation Leads team in the Manawa Simulation Centre, from left: Bioengineering Team Leader Michael Sheedy, Manawa Simulation Centre Coordinator Christine Beasley and Clinical Educator Maggie Meeks.

Kupu Arataki – Introduction

Te Whatu Ora Health New Zealand

Work is continuing at pace as numerous services are in the throes of developing new operating models (ways of organising ourselves and working in ways that will allow us to deliver on Pae Ora -better health for all).

An interim New Zealand Health Plan, Te Pae Tata will be launched soon and will set out the first two years of action for Te Whatu Ora – Health New Zealand and Te Aka Whai Ora – the Māori Health Authority as we transform healthcare in Aotearoa. We'll have more on this next month.

Information about the Hospital and Specialist Services, Commissioning, Data and Digital, Infrastructure and Investment workstreams are on the [change hub](#), along with the three main phases of the operating model process. You'll find timeframes, terms of reference for work underway and more, on the change hub.

National Recruitment

We continue to build our leadership team and, alongside the recruitment already underway, we're now advertising three of the final set of executive leadership roles. We encourage you to apply if you're interested – expressions of interest close on 9 September:

- › [Chief People & Culture Officer](#)
- › [Executive Director Communications](#)
- › [Executive Director, Governance & Accountability](#)

Te Whatu Ora Board update

Our joint Te Whatu Ora and Te Aka Whai Ora boards met last week in Tāmaki Makaurau Auckland for a scheduled quarterly session.

You can read a summary of the meeting outcomes from the 18 August 2022 meeting on the Te Whatu Ora website [here](#). The agenda of the 26 August board meeting can be read [here](#).

From the Interim Regional Director and Interim District Director, Dr Peter Bramley

Thank-a-thon extended until 11 September

Over the past two weeks of our Waitaha Canterbury and Te Tai o Poutini West Coast Thank-a-Thon, it has been incredibly heart-warming to see our staff take a moment to recognise the positive attributes of those they work with every day. We've seen nominations recognising a variety of wonderful traits, all of which demonstrate our values, as well as the kindness and generosity of spirit of our people.

With such an overwhelming response and more than 750 nominations, we want to keep the positive vibes going and extend the Thank-a-Thon for a further two weeks to Sunday 11 September! This is your opportunity to continue nominating those colleagues who make your day that extra bit brighter and you feel deserve a great big thank you.

Here's how to nominate your colleagues:

Who deserves an extra big thank you? Thanks for being here, thanks for caring, and thanks for being you! Until Sunday 11 September our Waitaha Canterbury and Te Tai o Poutini West Coast Thank-a-Thon is live! Simply nominate someone you think is wonderful, or who has done something great and deserves an extra big thank you.

Winners will be chosen to receive one of two \$100 vouchers every day. Just fill in this simple [nomination form](#). For anyone who can't access a computer – team leaders please print out forms for staff, scan nominations, and send them to thanks@cdhb.health.nz

Winners to date

- › **The Labs LIS Team** – “I have been very impressed with the dedication the team has shown...”
- › **Mary Heslan** – “She has helped in many weird and wonderful ways... We would be lost without her.”
- › **Katharine Hayes** – “An absolute gem to have in our service and a pleasure to work alongside.”
- › **Theona Ireton** – “She is selfless with her time and goes above and beyond to ensure patients feel listened to while walking beside them in their cancer journey.”
- › **ED Admin Team** – “The team has worked hard, been flexible in covering shifts and extending their shifts to make sure important duties are covered.”
- › **Kay Strang** – “I would like to nominate Kay Strang for working tirelessly over the past 3 years...and championing pay equity for our administrators”
- › **Richard Grist** – “Richard is a wonderful manager and colleague who is very much appreciated..”
- › **Angela Watts** – “Ange is a total gem, always going the extra mile, always willing to make something work.”
- › **Rex de Ryde** – “He is a delight to work with and never seems phased by anything. I wish we could clone him!”
- › **Sue Hopkins** – “Sue has worked at the hospital and Tuarangi home during the pandemic to help ease the burden of staff sickness. She has done this without a blink of an eye.”
- › **Andrew Henderson** – “Andrew has worked really hard to try increase ward team morale”
- › **Kathleen Smitheram** – “Through her efforts, we consistently achieve high compliance to target date releases and minimal complaints...”
- › **Daryl Beattie** – “She is wonderful, and I am very thankful for her support.”
- › **Spencer Friese** – “Always polite and happy. Despite his vast mail run he is always prompt.”
- › **Caity Due** – “She is the most kind and generous person... I can honestly say there is not a negative bone in her body.”
- › **Noel Moore** – “Wonderful and caring nurse and colleague.”
- › **James Weaver** – “...a constant reliable friend who makes the day better!”
- › **Rhonda Nukunuku** – “She is always nice and unfailingly kind to staff and patients.”
- › **Cathy King** – “She is the best baker... and she is one of the humblest people I have met.”



Hillmorton facilities update

We're excited to share an update and some great photos of the progress happening on the Hillmorton campus. These facilities are being built to allow the transfer of a number of specialist mental health services from The Princess Margaret Hospital (TPMH).

There are three buildings under construction, one of which is a ground-breaking Energy Centre you can read more about on [page 17](#). The other two facilities known as 'Building 14' and 'Building 12', will provide a bright and modern environment for the following:

- › Eating Disorders and Mothers and Babies Inpatient and Community
- › Outpatient Services
- › Child Adolescent and Family Inpatient Services and Day Programme
- › Southern Health School
- › Adult Inpatient Services currently provided in the Seager Clinic based at TPMH.

See more images and information about the facilities on [page 16](#).



The lobby and entrance to Building 14



Outside Building 14

Choose Well this winter

If you're unwell choose the option that's best for you and your whānau

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 & 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.

Te Whatu Ora
Health New Zealand

Our waiata for Te Wiki o Te Reo Māori

Te Wiki o Te Reo Māori (Māori Language Week) begins on 13 September and all Te Whatu Ora staff are encouraged to participate in a collective waiata to celebrate. You may recognise the song we are going to share – 'Pepeha' by Six60.

Take some time to practise the song (learning the Sign Language as well is completely optional) and this week we will let you know when we can record you or, where appropriate, you can record yourself singing and submit your own video. All of our Te Whatu Ora colleagues across the motu are participating and all the videos will be combined into a beautiful, collective waiata.

Please note: Unless you are outside and/or maintaining a physical distance of at least two metres, any rehearsals or performances with two or more people will require surgical or N95 masks to be worn by everyone.

Waiata lyrics and music (we will record the first 50 seconds)

Ko Mana tokū maunga
Ko Aroha te Moana
Ko Whānau tōku waka
Ko au e tū atu nei

Mana is my mountain
Aroha is my sea
Whānau is my waka
And all of that is me.

Ahakoā pāmamao
Kei konei koe
Though you are far away
I'll hold you near

I'll keep the home fires burning
So you can see clear
Kia maumahara mai rā
Nō konei koe

Check out the video with [New Zealand Sign Language translation here](#)



Be part of our Waiata whānau

Celebrate Te Wiki o Te Reo Māori with us!



KIA KAHĀ
TE REO MĀORI



Te Whatu Ora
Health New Zealand



Te Aka Whai Ora
Māori Health Authority

Finally, a massive thank you to you all

This week we officially farewell winter, and for those who have worked through, we know this has been one of the toughest winters on record – and it seemed to go on and on.

The rain finally stopped at the weekend, daffodils are out, and lambs can be seen frolicking in paddocks. With the official start of spring just a few days away, this week we are due to have three sunny days in a row! As we recover from our busiest (and wettest) winter on record, I hope you can plan time to catch your breath and take a break if you haven't been able to already.

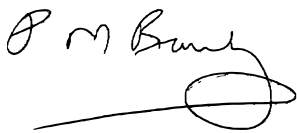
As we learn to live with COVID-19, we need to remember to look after ourselves, so we can continue to look after others. There will be another wave and a new variant at some stage, and we need to remember that COVID-19 isn't just a winter illness – with open borders, new variants are always just a plane ride away, so let's make the most of this period of lower COVID-19 case numbers to consolidate and plan for spring and summer.

Despite our COVID-19 cases decreasing, our hospitals have remained busy over the past couple of weeks. I would like to think we are about to turn the corner and see lower hospital occupancy soon, but there will be a lag as we continue to care for people with a range of winter illnesses.

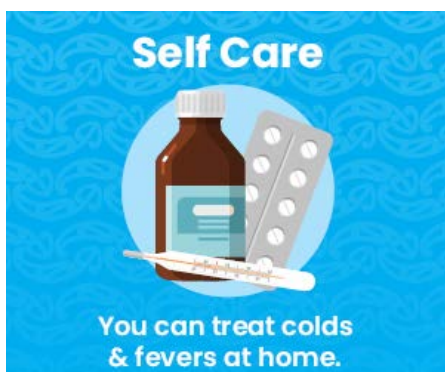
Please take care and thank you for supporting your colleagues and providing such great care to our community despite the challenges.

After this week, there are only 16 weeks until Christmas!

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 – Cats and Dogs

We love our fur babies and while some households keep both species, many of us find ourselves firmly set in the dog or cat camp. Whether you're a dog person or a cat lover, there are some questions you'll be able to answer in this quiz. We just won't ask which makes the better pet!

1. What is cartoon cat Garfield's favourite food?

- a. Chicken
- b. Salmon
- c. Lasagne
- d. Beef stew

2. True or false – cats have more ear muscles than dogs.

- a. True
- b. False

3. What breed is the dog in the tear-jerker movie 'Marley and me'?

- a. Rottweiler
- b. Labrador
- c. Golden retriever
- d. Bulldog

4. On average, how high can a domestic cat jump vertically?

- a. 1.5 metres
- b. 2 metres
- c. 2.5 metres
- d. 3 metres

5. What human diseases have dogs been trained to identify through smell?

- a. Diabetes
- b. Cancer
- c. Parkinson's Disease
- d. All of the above

6. What was the nickname of 'Tardar Sauce' (2012 – 2019) – the cat who became one of the most famous memes and social media stars of recent years?

- a. Fat cat
- b. Happy cat
- c. Grumpy cat
- d. Lonely cat

7. President Obama and his family famously owned two Portuguese Water Dogs during their time in the White House, a boy called Bo (2008 – 2021) and a girl called.....?

- a. Betty
- b. Sunny
- c. Daisy
- d. Lucy

8. What do the Chinese Crested dog and Sphynx cat have in common?

- a. They are both large breeds
- b. Both breeds are known for their green eyes
- c. Both breeds have featured on currency
- d. They are both hairless breeds

9. Dogs descended from wolves and cats from the African wild cat. Which species was domesticated first?

- a. Dogs
- b. Cats

10. In the Hairy Maclary books, what is the name of the dalmatian?

- a. Bitzer Maloney
- b. Bottomly Potts
- c. Muffin McLay
- d. Schnitzel von Crumm

Check out the answers on [page 23](#).

Ā mātou tāngata – Our people

Simulation-based learning in Canterbury leading the way

The Simulation Leads team at Waitaha Canterbury is doing things differently in the area of simulation-based learning, leading the way forward in the South Island and nationally.

The team, which moved into the Manawa building in 2017, is made up of Manawa Simulation Centre Coordinator Christine Beasley, Bioengineering Team Leader Michael Sheedy and Neonatal Paediatrician and Clinical Educator Maggie Meeks.

“Along with our educational and simulation colleagues, we’re leading a lot of initiatives in this area. We were the first region to establish a Regional Interprofessional Interest Group, a Simulation Governance Group, a Simulation Operations (SimOps), Group and to work with the South Island Alliance on a South Island Clinical Skills Group,” Christine says.

These groups have enabled Waitaha Canterbury to develop collaboration pathways locally and across the South Island, to discuss and develop new ways of doing things in relation to, reporting of simulation incidents, joint capital expenditure (Capex) and the possibility of sharing both equipment and resources.

“To our knowledge, nobody else is doing that. We have already laid the foundation work for a South Island Health Authority Simulation Strategy,” she says.

The term simulation in healthcare is not always well understood, Maggie says.

“We consider it to mean the creation of artificial ‘real-world’ processes with the aim of practising technical skills and complex interactive skills as well as evaluating new technology, systems and processes.”



Public Health Physician Anna Stevenson in the Manawa Simulation Centre talking to TVNZ about sustainable healthcare

Here are some examples:

1. Complex rare clinical scenario

A mother collapsing with cardiac arrest while in labour is one emergency scenario covered in simulation-based training.

“A doctor told me she encountered this exact situation after she had done the simulation-based training for it and both mother and child were saved. She told me she was calm and efficient and that the team worked well together,” Chris says.

2. Commonly encountered scenarios

Anaesthetists have a range of scenarios they do as part of completing their competency and registration and other examples are simulation-based training on deteriorating patients for medical and paediatric colleagues..

3. Technical and non-technical Skills

Our ICU physiotherapists hold courses that provide training in respiratory techniques with people who are ventilated.

4. Collaborative practice

Emergency Department in-situ simulations are not only inter-professional but inter-organisational with the inclusion of St John.

Simulation-based learning is used to provide the opportunity for effective ‘rehearsal’ for healthcare practitioners in a similar way to that required by sports teams or orchestras,” says Michael.

“We believe in it passionately. The team that trains together works well together. If the All Blacks need to practice, so do healthcare teams, practising those operations and those crisis moments.”

The evidence is increasing that providing a high standard of regular simulation-based learning can optimise functioning of healthcare teams in the provision of a higher standard of collaborative patient care, says Maggie.

"Like driving a car, when you ask someone how to do it they can tell you perfectly, but until they actually do it, they don't know how to."

The Manawa team want to represent the whole health sector.

"Simulation-based learning should be embedded as an essential component of healthcare and that's the vision of what we are trying to achieve. It's the one type of learning that people of all levels can engage in together and each get something out of it. And when people are given the right education they feel valued and it reduces anxiety," she says.

Nurse Educator Tony Curran says feedback from peritoneal dialysis nurses on the value of new mannequins is that for pre-dialysis patient education the mannequin shows patients exactly how peritoneal dialysis looks and works.

"Patients can't always visualise how it works and being able to show what the catheter looks like once inserted, and the process of doing the dialysis will promote better understanding.

"For staff training, having the ability to do a Continuous Ambulatory Peritoneal Dialysis (CAPD) on the mannequin is more realistic, compared to what we've been using – which is an apron with a catheter coming out of it."

Staff can practice their aseptic non-touch technique for connecting and disconnecting the lines as well as exit-site (the place where the peritoneal dialysis catheter comes out of the skin) care. They will then be confident in managing the exchange in a real patient, he says.

Christine says developing system-wide joint Capex purchasing for training equipment is one of SimOps' functions and was able to reduce the first Capex request for training equipment by \$150,000 – just by sharing equipment and working together.

"This year we have been able to reduce Capex requests by \$80,000. With this streamlined process of procuring essential equipment SimOps was also able to provide training equipment for other locations such as Ashburton, Hillmorton, Burwood and Kaikoura hospitals.

Specialist areas were also able to receive trainers such as renal dialysis trainers and cardiothoracic trainers."

Future plans include to:

- › Discuss and develop a South Island training collaborative equipment procurement plan
- › Improved faculty support with a new course and coaching model
- › Closer collaboration with tertiary organisations to develop our workforce
- › Supporting new centres with design and fitting support for example, Dunedin

Executive Director of Nursing Becky Hickmott says the team is hardworking and collaborative, but also looking always to improvement, ways to save, reduce duplication and always how to innovate.

"They have been absolutely cutting edge from the time they formed, and then strengthened even further when we went into Manawa. I am so grateful to have this team leading in this way."

If you 'd like to get in touch with the team, please email Christine.Beasley@cdhb.health.nz or Maggie.Meeks@cdhb.health.nz.



Volunteers receive awards

Some of our treasured Christchurch Hospital volunteers have been recognised with community service awards.

Lynda Bartlett, Hugh Isdale, Ronder McKinlay and Tina Smith have been given Community Service Awards in recognition of outstanding and dedicated service to the community. Secondary school student Rayhan Satriawan was presented with a Community Youth Award for outstanding and dedicated service to the community.

The awards are all from the Waikura Linwood-Central-Heathcote Community Board.

Lynda has been a volunteer since 2017 and last year completed about 330 hours of service over 84 days. Hugh was an Orderly at The Princess Margaret Hospital for 20 years and in 2014, following retirement, joined the Wayfinders team at Christchurch Hospital.

Last year he completed over 500 hours of service.

Ronder began as a Wayfinder in 2020 and last year did over 350 hours of service. Tina has been a volunteer in the retail team at the Christchurch Hospital Gift Shop since 2011. She also volunteers with St John in the Emergency Department.

Rayhan started as a volunteer in 2021 and gave over 230 hours of service last year, all while working two part-time jobs, being a school student and a St John cadet.

Christchurch Hospital Volunteer Coordinator Louise Hoban-Watson says the volunteers are wonderful people who generously give up their time to help others.



Christchurch Hospital Volunteers Lynda Bartlett and Hugh Isdale



Christchurch Hospital Volunteer Rayhan Satriawan



Christchurch Hospital Volunteer Ronder McKinlay

Note: Rayhan and Ronder are pictured by themselves and physically distanced which is why they are not wearing their masks in these photos

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.

Andrea Thompson, Corporate accounts

"About four years ago I took up painting and found it the closest thing I can do to meditation. After sitting at my easel painting for five minutes, I drift away into my own works and can feel all my stress disappear."



Hilary Nicholas, Gateway, in the Child & Family Safety Service at Christchurch Hospital

"I make papercraft creations such as this 'exploding box', which I made for a friend to thank her for helping me last year when I broke my leg. I make all sorts of papercraft creations, such as decorated canvases and altered items like cake tins and jars. It is a wonderful hobby and I really enjoy working in my craft room, making special items for people."



Harry (Harkeerat) Brar, Business Systems Analyst | Results and Diagnostics Capabilities Team

"I love reading books, and it all started in my childhood. I spent most of my early life in boarding school and books helped me to overcome loneliness. I love to read inspirational books, primarily autobiographies. When I moved to New Zealand five years ago, I started to read self-help books, and nowadays, I am reading health and business books. I have found books to be a best friend, showing the path in different aspects of life."

One minute with...

Malcolm Arnold, Gastroenterologist, Christchurch Hospital and Clinical Lead, National Endoscopy Quality Improvement Programme (NEQIP)



What does your job involve?

As a Gastroenterologist I look after inpatients and outpatients with gastrointestinal (GI) and liver problems and perform endoscopic procedures. As Clinical Lead of NEQIP I am part of the team located in Canterbury and funded by the Ministry of Health. We provide advice to all 32 publicly funded endoscopy units who undertake a twice-yearly census reviewing quality measures in GI endoscopy.

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

Gastroenterology is a fascinating specialty in medicine allowing us to help patients with a wide variety of clinical problems requiring mental and technical skills and offering us opportunities to improve people's lives. Come and visit us in the Christchurch unit to experience the work we do. Be inspired by the administration/nursing/medical staff teamwork and the wonderful outcomes we achieve to the benefit of patients from all over the South Island. Quality outcomes need experts in every field of medicine and improving and maintaining quality is very rewarding. Come and talk to the NEQIP team and see what we do.

Who inspires you and why?

My wife Kirsten, an inflammatory bowel disease nurse in Christchurch, for her dedication, tolerance (of me as well as the challenging issues in her work) and cheerfulness despite the hurdles and struggles she faces in looking after some very sick patients; my clinical colleagues and nursing and administration staff in Christchurch Hospital; NEQIP Nurse Lead Holly Weale, Coordinator Janette Ang and our UK-based Nurse Consultant Carolyn Davison. The Christchurch Gastro team are experts in the management of complex GI conditions.

They are friendly, collegial and adaptable and flex to meet the often very demanding needs of our patients. In the NEQIP role I have the privilege of interacting with teams from all over the country and participating in quality improvement resulting in improved outcomes for patients. The enthusiasm, dedication and humanity of my teams and those throughout the country are truly inspiring.

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

In both my roles concern for dignity and good, safe, and satisfying outcomes for patients are key, and we strive to achieve equity in all aspects of our team-based work. Quality improvement and integrity are immensely important to all team members in Gastroenterology.

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

Right here in Christchurch.

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

Sean Connery (I'm also Scottish!)

What are your hobbies/interests outside of work?

I am a keen motorcyclist and love riding the roads of New Zealand with Kirsten riding pillion, particularly in the South Island. I enjoy tramping the walks of New Zealand, reading books and I watch a lot of Netflix series. I spend as much time as possible with my four year-old granddaughter Luca, her mum/my daughter Kristina, and my son Scott and their partners.

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



Receptionist, Intensive Care Unit (ICU), Christchurch Hospital

I want to say how wonderful and helpful the lady on the ICU reception is. She is friendly and calming. She has made a very stressful time that little bit easier to deal with.

Emergency Department (ED), Christchurch Hospital

I was recently in ED and want to compliment all the staff who dealt with me. I was in a terrible state and had to re-visit the following day for more stitches. The staff were exceptional and always called in on me to see how I was doing. They were understaffed and kept apologising for any delays – which they did not need to do. Thank you to everyone for my care.

Charge Nurse Manager Andrew Henderson and Ward B1, Christchurch Hospital

To Andrew and the wonderful team on Ward B1, thank you so much for the care, love, consideration, and attention you gave to [patient name] in the last days of her life. The family and I will never forget your thoughtfulness which went well beyond duty. Thank you once again.

Orchard Road COVID-19 Community Testing Centre and Canterbury Health Laboratories (CHL) staff

How lucky we are to have superb staff, such as the nurses at the Orchard Road COVID-19 Community Testing Centre, who went above and beyond to assist me in having my COVID-19 test. Another example is all the people behind the scenes including the CHL staff who got back to me about the result really rapidly. Thank you to all those involved. And for all the staff who have supported this good work over the last few years. Very much appreciated!

Ward A7, Christchurch Hospital

The nurses working on Ward A7 are amazing. Sarah, Jenny, and Vienna were so kind and helpful while I was in hospital with my son. These ladies are brilliant at their job and go above and beyond to make patients/parents of patients' lives easier. Thank you so much.

ED, Christchurch Hospital

Dr Andrew Crawley was amazing. Kind and thorough. Lovely nurses and receptionist. Abundant love and blessings to you all and thank you all so very, very much.

Speech Language Therapists (SLTs) Brittany Craythorne and Jessie Davison, Christchurch Hospital

SLTs Brittany and Jessie were so helpful while I was in hospital with my baby boy. They were very supportive of me continuing to breastfeed and helped me do so safely. Their communication was great, and I always felt like we were being kept in the loop which was nice. These ladies are wonderful at their job and caring for their patients.

Cardiology Outpatients, Christchurch Hospital

We were very impressed with the care and attention [patient name] received. Good advice and outcome of discussions.

Eye Department, Christchurch Hospital

A great experience, we felt secure.

Day Surgery

Staff are fantastic. Always have a smile and very caring. Thank you to everyone, especially Kate, Cara, Deb and the WellFood staff member. Made us feel very at home.

Acute Orthopaedics, Christchurch Hospital

Linda and her team are amazing! Very helpful and caring. I don't think I would be as positive about my recovery if it wasn't for this team. Keep up the great job guys!

Coronary Care Unit (CCU), Christchurch Hospital

Thank you so much for your amazing, caring, kind and professional care. The CCU team were fantastic, from the specialists to the cleaners. You have all made my recovery so much better. The education was of an excellent level. Big thanks to Dougal, Karen, Ross, Maree, Delia, Dianna, the Physiotherapy Cardio Nurse, Marianne, Jay, Anne and Karren. Please know that you are all greatly appreciated. Thanks to anyone I have forgotten to name. A-plus team. I am so humbled by your care.

Ward 12 and Ward 10, Christchurch Hospital

I had a three week stay in hospital in May. Unfortunately, a double bypass was required. All the medical staff, from the Cardiothoracic team to the nurses, were amazing. I also thoroughly enjoyed the meals. I actually used to look forward to mealtime. Thank you so much for such high-quality care at a time when I was most vulnerable. I am recovering very well and was back at work three weeks post-op. Thank you.

Lyn Pugh and nurses, ED, Christchurch Hospital

I would just like to thank ED Consultant Dr Lyn Pugh for her genuine kind, caring and unhurried manner. It was very reassuring to have such thorough investigations and explanations for my friend who has a range of health issues. She is often dismissed because she doesn't 'fit in a box' but felt believed and well taken care of despite not detecting the exact cause of her severe chest pain. Also, I've sat through many ED experiences over the years and I would have to say that the nursing care was one of the best, feeling like a valued individual rather than just another number. Many thanks!

Maternity, Christchurch Women's Hospital

I want to give a shout out to three amazing midwives who looked after me and my new baby -- Elaine, Katy and Ally - thank you! These ladies were all so kind, caring and knowledgeable throughout my stay.

Big Shout Out

To: Registered Nurse Giya George

I want to pass on huge thanks from the team on Ward A7 overnight last night who really appreciated how marvellous Giya was. They said she worked incredibly hard and was so very helpful. We are so lucky to have such a talented RN on pool! Please pass on our thanks.

From: The team on Ward A7, Christchurch Hospital

#carestartshere

Ā mātou kōrero – Our stories

Hillmorton campus facility update

If you have been on the Hillmorton campus in recent months, you would have noticed a lot of construction and three new buildings taking shape. Work on the new facilities is progressing at pace as the following collection of recently taken images will attest.

The largest structure is 'Building 14' which will house the Eating Disorders and Mothers and Babies Inpatient and Community Outpatient Services, Child Adolescent and Family Inpatient Services and Day Programme, and the Southern Health School currently based at The Princess Margaret Hospital (TPMH).



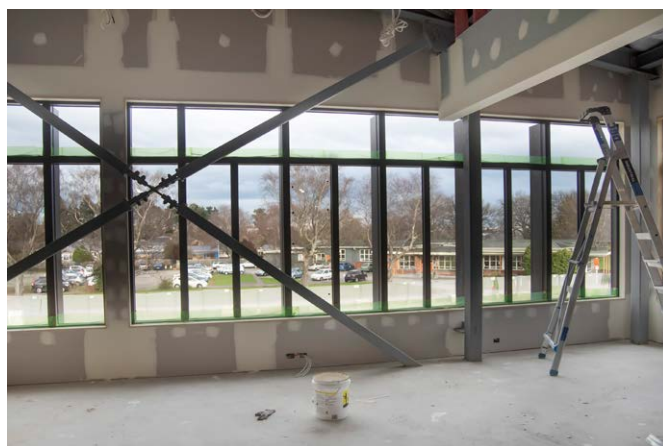
The main entrance to Building 14

With five inner courtyards, virtually every room and space within Building 14 has windows and plenty of natural light.



Light from one of the internal courtyards floods the interior of the building

Staff areas will occupy the second floor of Building 14. These will include shared workspaces, meeting rooms and a staffroom.



The outlook from one of the staff areas upstairs in Building 14

The smaller 'Building 12' will house the Adult Inpatient Services currently provided in the Seager Clinic based at TPMH.



The outside of Building 12 and a covered canopy that will lead to the therapy courtyard

More images and updates will be shared in the coming months via a soon-to-be-released Prism site.

Read about the third building, the Energy Centre, in the following article.

Hillmorton Energy Centre set to transform Te Whatu Ora Waitaha Canterbury energy production

While most attention is focused on the two adjacent facilities under construction, there's another structure taking shape, currently identified as 'Building 17', which will revolutionise energy production for Te Whatu Ora Waitaha Canterbury.

The Hillmorton Energy Centre is the first for us to use ground source heat pumps to produce heating and cooling water that the two new buildings' HVAC (heating, ventilation and air conditioning) system uses to heat and cool the building.

Project Manager Gordon Morrison explains how the process works:

"The ground source heat pumps work by abstracting (removing) water from an aquifer around 90 metres under the city. This water has a very constant temperature of around 10 – 12°C year-round. Running the water through a heat exchanger for heating in winter, the temperature is lowered to around 6°C and that 4 to 6°C difference provides energy (heat is energy) to heat the buildings. In summer it's the reverse.

"The heat from the buildings goes back into the water and raises its temperature to around 15 – 16°C. The water is then reinjected back into the ground about 40m deep."

It's best to think of the aquifer water as providing the 'fuel' in the same way as wood chip or coal would for a boiler, Gordon says.

For Te Whatu Ora Waitaha | Canterbury:

- › The water is not purchased which means there are no operational fuel costs
- › The water is not used or wasted. It is abstracted, circulated and reinjected (also known as 'non-consumptive')
- › Providing this energy for the two new buildings in the Hillmorton campus will be roughly three times more efficient than the boilers currently powering these units at The Princess Margaret Hospital (TPMH)



One of the wellheads the water will run through. The Energy Centre is in the background

- › There are no emissions to air as nothing is being combusted to create the energy
- › While electrical power is required to run pumps, chillers and other parts of the energy centre, it is a very clean, green and renewable energy source.

While the Energy Centre will provide heating and cooling for the new buildings, it will have around 30 percent additional capacity for a future building of 3000 to 3500m².

This will be the first public health building in New Zealand to have a green star 4 rating. Green Star certification is a formal process managed by New Zealand Green Building Council during which a building, fitout or precinct is reviewed by a third-party assessor. A building is awarded points based on its performance and environmental impact. A four-star rated building is deemed 'best practice'.

[You can read more here.](#)

From learner to lecturer

It was 2003 and Gladys Muza, a maths teacher, was becoming envious of her Zimbabwean friends' travels across the world.

She was ready for her own overseas adventures and wanted to head to the 'adventure capital of the world' – New Zealand.

Gladys packed as much fun as possible into her first five years in New Zealand. In addition to exploring her adopted country, she got married and started a family. But she had always wanted to be a nurse.

In 2008, she took the first step towards achieving this dream and started a Bachelor of Nursing at Ara Institute of Canterbury. It was a busy three years of study; with one young child at home and another on the way, most of her studying had to be done at night.

Once she gained her nursing degree Gladys spent time working at The Princess Margaret Hospital, Burwood Hospital, and on acute medical wards at Christchurch Hospital.

"Working with stroke rehabilitation patients at Burwood was the most rewarding for me, especially watching some of the patients, once bedridden, walk out the door to go home," she says.

"These patients inspired me to progress my studies and complete my Master of Nursing with the University of Otago. My final dissertation explored the impact of urinary incontinence on people who'd had a stroke."

By 2020 Gladys was looking for more of a challenge. Drawing on her experience as a maths teacher, she jumped at the opportunity to support Ara nursing students on clinical placement.

The students usually start their clinical placements in rest homes. Once they're comfortable in that environment they move to the acute medical wards at Christchurch or Burwood hospitals, then in their final year they might be placed in private hospitals.



Ara Institute of Canterbury Lecturer Gladys Muza

Gladys says she found teaching at Ara had many similarities to what she enjoyed most about nursing: helping people improve, helping them discover what is possible and watching them succeed.

Last year she became a full-time lecturer for the Diploma in Enrolled Nursing.

"Having more time on campus means I have an opportunity to understand the bigger picture, understand where Ara and the health industry are headed. I also get to help and see people self-actualise! It's really rewarding to be able to follow our students' journeys, watching them grow in confidence and skill."

As she begins work on her doctorate in nursing this year, growing her own skills is the next step in Gladys's life of adventure.

By Lana Hart, Ara Institute of Canterbury Ltd

Community-based alternative to inpatient rehabilitation

Older people who have had an injury from a fall are recovering well in the community thanks to a new physiotherapy outreach rehabilitation initiative.

The Older Persons Health and Rehabilitation Orthopaedic Physiotherapy Outreach Service was put in place in May and has been highly successful to date, says Advanced Physiotherapist Catherine McNee, who leads the service.

“The aim is to provide physiotherapy to patients while they recover from injury, either to those who have returned home, or those unable to return home, but who don’t need hospitalisation and are in interim care.”

This ensures the best function possible for patients who are unable to put weight on their affected limb or use it properly.

“As a result, their overall outcomes are better, any post-injury hospitalisation is kept to a minimum, and where possible, patients can return to their usual residence directly rather than via another hospital stay,” she says.

Many bed days are used for admissions related to falls and fractures in older adults. Being immobile can cause extra health risks so early facilitated discharge and rehabilitation of patients at home is preferable.

Catherine says the team work closely with ACC, care facilities, rehabilitation community teams and the teams at Christchurch and Burwood hospitals.

“We’re able to keep these patients out of hospital and transition them home faster by working in this way. This releases hospital inpatient beds but also provides a better patient experience.”



The team consists of a Lead Physiotherapist and an Allied Health Assistant and on average provides this care for 10–15 patients every week. Feedback from clinicians, patients and whānau has been positive with more patients being able to return directly home than anticipated.

“This new service has also led to the opportunity to improve communication across pathways and minimise duplication, providing a more seamless transition of care for our patients, Catherine says.

Understanding monkeypox

Unless you've been living under a rock, you've probably heard of monkeypox, but how much do you really know about it? How serious is it and what is the risk of catching it?

What is monkeypox (MPX)?

MPX is an infectious viral disease that can occur in, and be transmitted between, people and some animals.

What are the symptoms of MPX?

The most common symptoms include:

- › A rash, spots and/or blisters on the skin
- › Cold and flu symptoms such as fever, body aches and swollen glands
- › Fatigue and headache.

How is MPX transmitted?

It is not very contagious and spreads through:

- › Close physical (skin on skin) or sexual contact with an infected person. This includes kissing.
- › Direct contact with the rash or skin sores on an infected person.
- › Touching infected bedding, towels, clothes and objects.

A person with MPX is contagious from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. This will usually take between two and four weeks.

Is MPX life-threatening?

Rarely. Most people who contract MPX tend to feel uncomfortable and unwell for a week or two. The rash, which often results in lesions and blisters can be itchy and quite painful. In rare cases, people may experience difficulty breathing and extremely high fevers requiring hospitalisation.

Getting tested

To be tested for MPX you must visit a medical practice, or a sexual health or family planning clinic. You cannot get a test from a COVID-19 testing centre or pharmacy.

Testing involves taking a swab of the lesions or throat and must be administered by a health professional. Results are usually returned within 48 hours.

If you do test positive, a public health official will make contact.

What is the treatment for MPX?

First and foremost, people with MPX must stay home and self-isolate to reduce the risk of spreading it to others.

Most people can manage the pain and fever with paracetamol and ibuprofen. A doctor will provide advice and may prescribe an antihistamine for the skin lesions. Gently washing the affected skin with soap and warm water, without rubbing or scratching will aid healing.

You can also get advice from Healthline 24/7 on 0800 611 116. If at any time you experience an emergency or difficulty breathing, call 111.

How big is the risk of catching MPX?

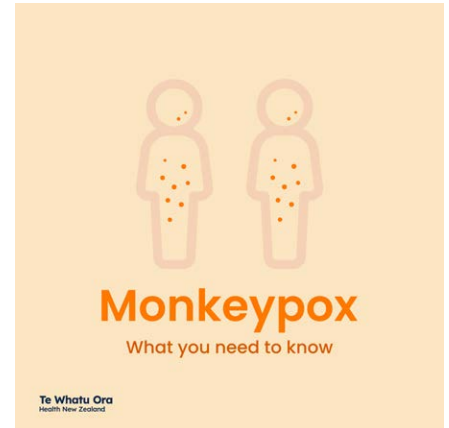
MPX cases have increased globally and we have had a few here, however the virus is not spreading in New Zealand right now and the risk of widespread community transmission is low.

The current global outbreak has mostly been transmitted through sexual contact with men who have sex with men, and people who have multiple or anonymous partners disproportionately affected.

Vaccination

Te Whatu Ora (Health New Zealand) is working with Pharmac to secure a national supply of a smallpox vaccine known as Imvanex or Jynneos. Vaccines designed for smallpox are also considered effective against MPX because the two viruses are similar.

In future, targeted vaccinations will form part of New Zealand's response to MPX, alongside existing contact tracing and health promotion. Information about how the vaccine will be made available will be confirmed in due course.



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](#).



Wai Thai Massage

88a Riccarton Road, Riccarton

Get 20 percent off all massages– show your staff ID to redeem. Offer is not claimable on promotional services or already discounted services. Parking is available at rear, accessible from Straven or Riccarton roads. See the [flyer here](#) for more information.



Body Fix Remedial Massage Therapy Clinic

361 Greers Road, Bishopdale

Get discounted rates off the 60-minute (\$80) and 90-minute (\$110) massage treatments. Select the Waitaha Canterbury option when booking online – take your staff ID with you to redeem.



All About You

Shop 3, Centaurus Village, Centaurus Road, Huntsbury, Christchurch 8022

Get 20 percent off your first visit and 10 percent off every visit thereafter – show your staff ID to redeem.



The Dermal Technologist

158 Main North Rd Papanui

Get 20 percent off all services each visit – show your staff ID instore to redeem. See the [flyer here](#) for more information.



The Cosmetic Clinic

Christchurch Central and Riccarton

Get 20 percent off skin treatments and laser, this does not include injectables or product – show your staff ID instore to redeem.

Harkness Fellowships

The Commonwealth Fund's Harkness Fellowships in Health Care Policy and Practice provide a unique opportunity for mid-career health services researchers and practitioners from around the world to spend up to 12 months in the United States conducting original research and working with leading U.S. health policy experts.

As a Harkness Fellow you'll have the gift of time: time to reflect on your work, think about how you want to evolve your career, and what it means to be a leader in improving health care delivery.

For further information, please visit <https://sforce.co/3BT7LI0>

“The fellowship introduced me to leading thinkers, researchers, policymakers, and innovators across the United States, many of whom I continue to connect with today.”



Juliet Rumball-Smith
2016-17 Harkness Fellow
Clinical Chief Advisor, New Zealand Ministry of 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>

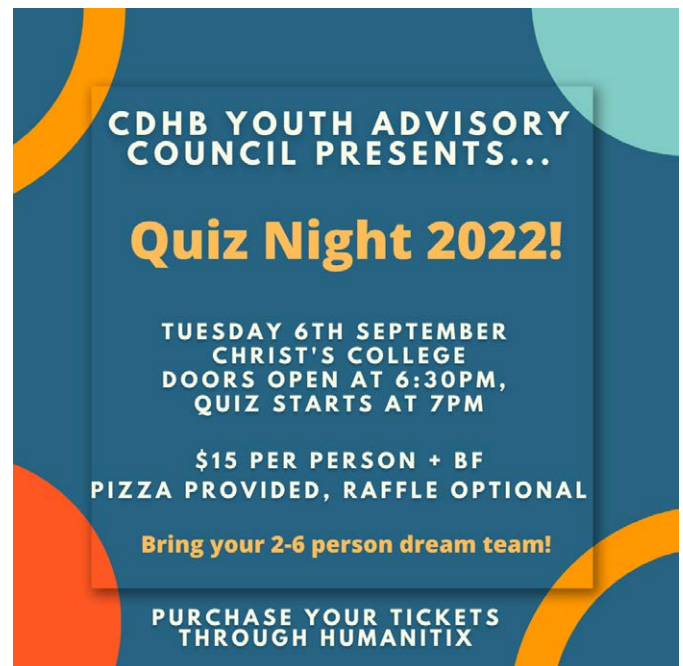
For any queries please contact PostGraduateNursingOffice@cdhb.health.nz.

Te Whatu Ora Waitaha Canterbury Youth Advisory Council invites you to its annual Quiz Night for 2022! This quiz night will be a fundraiser for the Youth Advisory Council to continue our work in advocating for 12 to 24 year olds in the Canterbury Health System through things like our backpack project, our upcoming mentoring programme trial, and other initiatives.

Quiz Night is Tuesday 6th September, doors open at 6:30pm with the quiz starting at 7pm. It is being held at Christ's College.

Tickets are \$15 per person + booking fee which includes free pizza! We also have our annual raffle which is better than ever with over a \$1000 worth of prizes you won't want to miss!

Make sure you snap up your tickets at <https://events.humanitix.com/cdhb-youth-advisory-council-quiz-night-2022> so you don't miss out! Any questions contact us at cdhb youth@gmail.com.



QUIZ ANSWERS – Cats and Dogs

- | | |
|---|---|
| 1. c. Lasagne | 6. c. Grumpy cat |
| 2. a. True – cats have 32 ear muscles and dogs have 18. | 7. b. Sunny |
| 3. b. Labrador | 8. d. They are both hairless breeds |
| 4. a. 1.5 metres (or 5 feet) | 9. a. Dogs. The domestication of dogs began more than 14,000 years ago. People started domesticating cats about 10,000 years ago. |
| 5. d. All of the above | 10. b. Bottomly Potts |



Noho ora ana i te Mate Wareware
Living Well with Dementia

Specialist Dementia Education Series 7 September 2022

Advance Care Planning

Advance Care Planning (ACP) is a way to help you live well with serious or complex health needs by thinking & talking about what matters most to you. This gives you control at a time when you can't speak for yourself and helps whānau and clinicians with decision making. You can share your values & goals, your thoughts and wishes for future health care and your last days of life. Karla Olorenshaw and Jenna Cook from Health New Zealand Canterbury (formerly CDHB) will be here to help us find out more about what ACP is, how it works and why it's a good idea to consider before you become seriously ill or are unable to make decisions for yourself.

Please ensure you register

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

Date: Wednesday 7 September 2022

Time: 1.30 – 3 pm

Venue: BrainTree, 70 Langdons Road, Papanui

Address: BrainTree 70 Langdons Road, Papanui, 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

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TSB Space, Level 1 - Tūranga Library**

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Registrations essential.



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Advance your nursing career

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Apply now at ara.ac.nz



Be part of our Waiata whānau

To celebrate Te Wiki o Te Reo Māori get
your kapa together to record yourselves
singing a waiata – and be part of the
Te Whatu Ora waiata video



Entries close 6 Mahuru/September



**KIA KAHĀ
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