

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: Members of the 'Musika Filipinas Aotearoa' choir, including Te Whatu Ora staff, back, far left, Clinical Assessor Kristian Rubi (yellow t shirt), middle, far right, Healthcare Assistant Nelly Pascual, front, second from left, Lea Ordinario, and sitting next to her, Occupational Health Nurse Maries Villa

Kupu Arataki – Introduction

Special thanks to everyone who pitched in to support ED over the weekend

Christchurch Hospital's Emergency Department (ED) saw 335 people in the 24-hour period to midnight Friday night, 300 in the 24 hours to midnight Saturday night and 340 in the 24-hour period until midnight last night.

These figures are lower than some recent busy days where up to 365 people have been treated in ED.

Last Friday we issued a [media statement](#) to let the public know there would likely be delays and long waits for anyone turning up to Christchurch Hospital ED for non-emergency care. Staff shortages last weekend were compounded by a mix of sick leave, annual leave and ongoing vacancies. Canterbury is in the process of recruiting significantly more nurses and doctors for the ED with a specific targeted campaign underway right now. At a national level, a range of initiatives have been undertaken to focus on responding to the current workforce shortages.

I want to acknowledge and thank everyone who worked additional shifts to bolster the staffing in ED, with most of our ED consultants doing extra duties last weekend, along with some of their junior doctor colleagues and staff from throughout Christchurch Hospital – it was a real team effort with everyone pulling together to ensure safe staffing.



The heavy rain on Saturday may have played a part to help keep attendance numbers down, as adverse weather sees more people staying at home, with no mountain biking or adventure sports taking place. During past weather 'events' ED attendance drops by about 10 percent, so that also helped ease the pressure on Saturday.

A special shout out also needs to be given to the three urgent care clinics: the 24Hour Surgery, Moorhouse Medical and Riccarton Clinic, who also care for hundreds of people in need.

Finally, I'd like to thank the public for taking note of our request to seek alternative health care if it wasn't an emergency.

Continuing to reduce barriers for internationally qualified nurses

Efforts continue to attract local and international health workers to our workforce. Since September, Te Whatu Ora has received more than 400 eligible registrations of interest from internationally qualified nurses (IQNs) wanting to apply for positions in Aotearoa. IQNs (excluding those from Australia) who meet Nursing Council standards may apply to become registered to practice in New Zealand. Nurses registered in Australia follow a different New Zealand registration process to those registered in other countries.

In order to practice in New Zealand, IQNs must complete a Competency Assessment Programme (CAP). To support this, Te Whatu Ora has adopted a consistent approach to funding IQNs working as healthcare assistants in our districts. This allows accredited providers to recruit IQNs directly into those programmes, so they can work while progressing their CAP.

Changes to eligibility for second COVID-19 booster

Effective last Friday, 18 November, Māori and Pacific Peoples aged between 40 and 49 are now eligible to receive the second COVID-19 booster. Second boosters continue to be available for everyone over 50 years old.

Māori and Pacific Peoples continue to be over-represented in both COVID-19 hospitalisations and deaths and extending the second booster eligibility will help to reduce this inequity through supporting higher vaccination rates. This will also eliminate the need for Māori and Pacific Peoples aged 40 to 49 who have undiagnosed comorbidities to get a prescription for their second booster.

Approximately 37 percent of eligible Māori and Pacific Peoples aged between 40 and 49 have not yet received their first COVID-19 booster. Everyone is encouraged to stay up to date with their recommended vaccinations to protect from the risk of serious illness, hospitalisation or death from COVID-19.

- › Staying up to date with the recommended COVID-19 vaccinations will continue to protect you from the risk of serious illness, hospitalisation or death from COVID-19 – even if you’ve already had it
- › You can catch COVID-19 more than once
- › Boosters will make the protection you received from your previous vaccination even stronger, and last longer
- › You’re eligible to get your second booster six months after receiving your first booster vaccination, or if you’ve had COVID-19, you can get your second booster three months after you tested positive – whichever is longer
- › Check your eligibility at [Covid19.govt.nz](https://covid19.govt.nz) or call 0800 28 29 26
- › You can find your nearest COVID-19 vaccination clinic here: vaccinatecanterburywestcoast.nz/

New Zealand records lowest smoking rate ever

Statistics revealed last week that New Zealand’s smoking rate has fallen to an historic low of 8 percent of adults smoking daily, down from 9.4 percent 12 months earlier. That’s 56,000 fewer Kiwi adults smoking!

While overall rates are half what they were 10 years ago, some figures are still high.

- › Daily smoking rates in 2021/22 are 19.9 percent for Māori, 18.2 percent for Pacific Peoples, 7.2 percent, European/other and Asian 2.6 percent.
- › 8.3 percent of adults are now vaping daily, an increase from 6.2 percent in the previous year.

If you or someone you care about needs help to quit, check out the information on the Smokefree website (www.smokefree.org.nz/).

You can see the full smoking statistics on the [Ministry of Health website](https://www.health.govt.nz/).

Give yourself a spring clean

It's the time of year when the electric blanket comes off the bed and the winter woollies are packed away, replaced with shorts, T shirts and summer dresses. If you're giving your house and wardrobe a spring clean, it is a good time to give yourself a bit of a refresh and dust-off winter.

Things we can all do to put some spring back into our step:

- › **Get good sleep.** One of the best things you can do for your physical and mental health is sleep. Check out this story from the [25 July 2022 Pānui](#) if you need some tips.
- › **Focus on your fitness.** It's time to get out the bike, blades, kayak and togs. Pop on the runners and get moving to make the most of the warmer weather and longer days.
- › **Eat good seasonal food.** Say goodbye to the heavy winter comfort food and hello to fresh seasonal salads. Your mind and body will thank you.
- › **Get outside.** Cold and wet weather provide a great excuse for staying indoors but now we have no reason to miss getting a daily dose of vitamin D and a shot of serotonin, while being sun safe of course! Take a walk, get out in the garden or eat your lunch outside if you can.
- › **Clear the clutter from your mind.** Your focus, stress levels and general demeanour can be improved through activities like mindfulness, meditation, yoga and even breathing exercises. Listen to a calming playlist and relax and reset.
- › **Make plans and set goals.** Give yourself something to look forward to and work towards. It may be a personal goal or a professional achievement you're striving towards. We are all motivated by different things but writing down your goals, setting yourself a deadline or target and sharing with others, all aid success.

There are only 34 days until Christmas – if you haven't booked in your holiday season leave, talk to your manager and get it locked in this week.

Our use of common te reo Māori words

As part of our commitment to honouring Te Tiriti o Waitangi (The Treaty of Waitangi) and the preservation, protection and promotion of te reo Māori, we continue to incorporate the Māori language into our publications, notices and correspondence. Many Māori words and terms are now deeply ingrained into the Kiwi vernacular. These are words that are used so frequently, they are widely understood and generally do not require translation. These words include:

- › mahi (work)
 - › pēpi (baby)
 - › Te Tiriti o Waitangi (The Treaty of Waitangi)
 - › kai (food)
 - › Te Tiriti (The Treaty)
 - › karakia (prayer)
 - › taonga (treasure)
 - › hauora (health)
- You can also find a few more frequently used te reo Māori words on page 97 of Te Pae Tata, the Interim New Zealand Health Plan: www.tewhatauora.govt.nz/about-us/publications/te-pae-tata-interim-new-zealand-health-plan-2022/

- › whānau (family)
- › motu (country)
- › tamariki (children)
- › kaimahi (staff / employees)
- › rangatahi (young people)

Men's Health Awareness Month

November is all about Movember and men's health awareness. With a particular focus on prostate and testicular cancer, mental health and suicide prevention, you don't need an awareness month to talk to the men in your life about their health and wellbeing. You also aren't obliged to grow a moustache to show your support!

The [New Zealand Movember website](#) has some great information and advice for people who are keen to know more or fundraise for this great cause. It also provides some excellent tips for men who may be neglecting themselves and their health.

Five things every man should know:

- 1. Spend time with people who make you feel good.** Stay connected with your mates. Catch up regularly, check in and make time.
- 2. Talk more.** You don't need to be an expert but being there for someone, listening and advising can be lifesaving.
- 3. Know your numbers.** You should be talking to your GP about prostate cancer around the age of 50, younger if there is a family history.

4. Check your pair. Testicular cancer is the number one cancer among young men and yet those at most risk don't know how to check themselves. Talk to your GP and check out this handy ['how to' video](#).

5. Move more. Walking, biking, running, taking the stairs – it doesn't matter what. If you incorporate more physical activity into your everyday life, it can only be good for you.

Fathers, grandfathers, uncles, sons, brothers, husbands, partners, cousins, colleagues and friends. You're important to your whānau, mates and community.



Have a great week.
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

Don't sweat it – author Nicky Pellegrino talks about menopause

Health Promoter Kini Piper recently interviewed author Nicky Pellegrino about her new book on menopause, 'Don't Sweat It: How to make 'the change' a good one'.

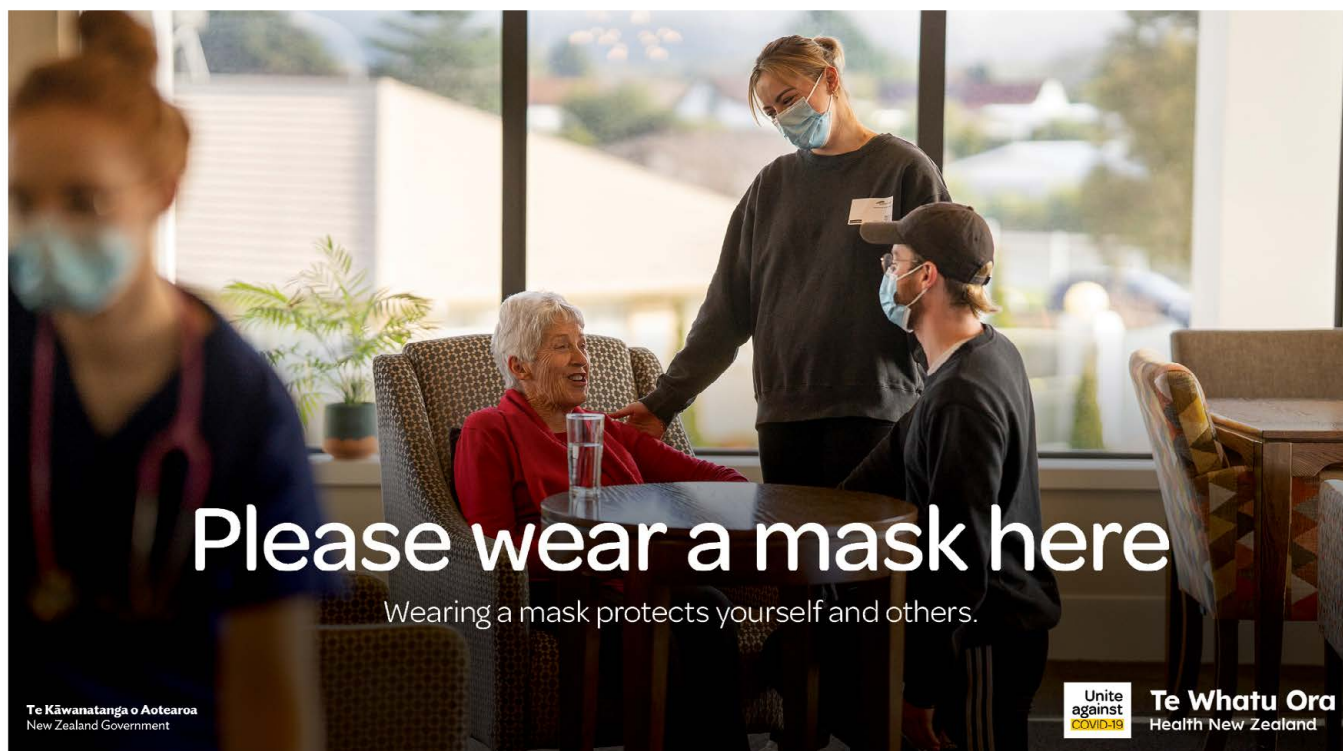
Nicky Pellegrino is an experienced health writer and weekly health columnist for the NZ Listener. She has a high public profile from her time as editor of New Zealand Woman's Weekly and more recently as a successful novelist with Hachette.

This 30 minute interview is available to [view at this link](#): (Passcode: 9Bp?7dUx)

Please note: The information contained in this video is for general information purposes only and is not intended to replace professional medical advice or treatment.

Other resources:

- › A menopause seminar hosted by Endocrinologist Catherine Conway Clinical Senior Lecturer in Women's Health, University of Otago Mary Hunt discussing menopause symptoms and how to manage them. You can watch [at this link](#)
- › A downloadable Menopause factsheet is [available here](#)
- › More about Nicky's book can be [found here](#)



Quiz – What country are you in if...?

Test your knowledge of the world. Geography, food, landmarks and more.

1. What country are you in if you're travelling via shinkansen?

- a. China
- b. South Korea
- c. Indonesia
- d. Japan

2. What country are you in if you're standing on Preikestolen (The Pulpit Rock)?

- a. Norway
- b. Sweden
- c. Iceland
- d. Denmark

3. What country are you in if you're visiting writer Robert Louis Stevenson's grave?

- a. Scotland
- b. Samoa
- c. South Africa
- d. Saint Lucia

4. What country are you in if you're hiking the Annapurna Circuit?

- a. Peru
- b. Canada
- c. Nepal
- d. India

5. What country are you in if you're staying in a type of inn called a yogwan?

- a. Mongolia
- b. South Korea
- c. Morocco
- d. Japan

6. What country are you in if you're visiting the birthplace of actor Sam Neil?

- a. England
- b. Wales
- c. New Zealand
- d. Northern Ireland

7. What country are you in if you're in the place that produces most of the world's kiwifruit?

- a. China
- b. Chile
- c. New Zealand
- d. Italy

8. What country are you in if you're where Hawaiian pizza originated?

- a. Cuba
- b. Italy
- c. Canada
- d. USA

9. What country are you in if you're standing on Whitehaven Beach?

- a. New Zealand
- b. Australia
- c. USA
- d. Cook Islands

10. What country are you in if there are no traffic lights at all?

- a. Bhutan
- b. North Korea
- c. Kazakhstan
- d. Nauru

[Check your answers on page 23.](#)

Ā mātou tāngata – Our people

Awards for Biochemistry achievements

Two of our clinical laboratory staff have been recognised with honours by the major professional society for laboratory professionals in New Zealand and Australia.

At a recent meeting in Australia of the Australasian Association for Clinical Biochemistry and Laboratory Medicine (AACB), Registrar Bobby Li passed his oral examinations with outstanding results and was awarded the 2022 Examination Prize.

Chemical Pathologist Chris Florkowski was awarded an Outstanding Service Medallion.

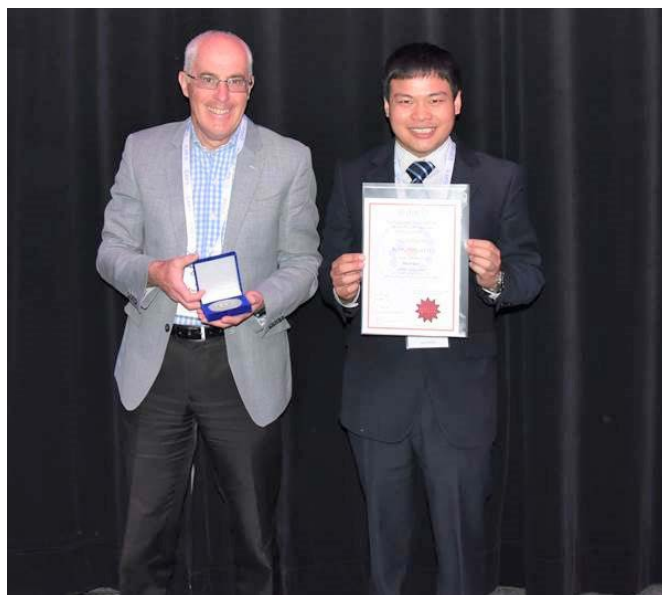
"The staff at Canterbury Health Laboratories (CHL) in all the biochemistry sections and the chemical pathologists have been very supportive of my training and willing to teach", Bobby says.

"A special mention to my supervisor Chris for teaching me about various topics, many of which ended up on The Royal College of Pathologists of Australasia and AACB exams.

It is quite fitting that Chris received the Outstanding Service Medallion at this year's AACB Annual Scientific Conference for his contribution to biochemistry over the years.

Chris's award recognises 18 years of service in roles including AACB Vice-President of Education and Training and New Zealand Branch Chair as well as contributions to numerous courses and symposia.

"It is a great honour to be recognised by an organisation that is so committed to education and training," Chris says.



From left, Chemical Pathologist Chris Florkowski and Registrar Bobby Li with their awards

Chris wrote the examination curriculum in 2007 and served on the Board of Examiners for six years.

CHL Interim General Manager Gloria Crossley says:

"The staff are extremely proud of these two lovely gentlemen and the work that they do. They are a pleasure to work alongside and we wish to pass on our congratulations to both of them."

Valued hospital aide retires

In her 48 years as a Hospital Aide on the night shift in Obstetrics, Colleen Aldridge has collected fresh bread at 4.30am, witnessed a car being chased by Police crash through the hospital's main entrance, 'caught' several babies and much more.

Colleen hung up her uniform for good last week, walking out of Christchurch Women's Hospital at 7am for the last time, full of gratitude for her career and looking forward to an annual tramp up north with a group of obstetric colleagues.

"It seemed strange, I thought, this doesn't feel real," she says.

After leaving school Colleen's first job was as a Hospital Aide at The Princess Margaret Hospital; she was there from 1965 until 1970. Interrupting her career to start a family, Colleen returned to work in 1974 at the former Essex Maternity Hospital, in Linwood, Christchurch, which was founded in the 1870s for unmarried mothers.

"The ladies lived in for a few weeks before their baby was born. I remember at one time there being six or seven babies that we cared for while they were waiting to be adopted."

One part of her job was collecting fresh bread from the bakery next door at 4.30am.

"I'd bring it upstairs and we would give a slice of buttered bread and a cup of tea to the ladies."

When Essex closed, she moved to Christchurch Women's Hospital where she stayed until her retirement last week, working through the big snow of 1992 (when it took her five hours to walk home) and the large earthquake in September 2010.

Another time a car drove through the glass doors at the entrance to Christchurch Women's and into the foyer.

"The driver was being chased by Police down Colombo Street and thought he'd take a quick left not realising he was turning into the hospital grounds. He was going so fast he almost hit the stairs."



Hospital Aide Colleen Aldridge (centre) meeting the Queen Mother at The Princess Margaret Hospital during her visit in September 1966



Colleen on a welcome tea break in 1988



Colleen with one of the rapid deliveries in her career. Photo taken in the Birthing Suite in 2005

There was a permanent night shift group of staff at the hospital.

"This meant we were all together as a team and we enjoyed socialising outside of work. We became very close knit and I've made lots of friends."

Colleen says not getting out of bed at night to go to work will be an adjustment.

"I have really enjoyed my time, everyone has been so supportive."

Associate Clinical Midwife Specialist Margaret Soutar says Colleen was a loyal and valued member of the team.

"She is an amazing person, always happy, chatty and enthusiastic in her work. In her time in Women's Health she has helped to catch a few babies and assisted the mothers feed and change their babies' nappies. Latterly she has helped keep and latterly help keep the smooth running of the Birthing Suite by cleaning and making up the birthing rooms and theatres ready for when they were next required.

"We wish Colleen a wonderful retirement and hope she has a fantastic time in the years to come."

Registered Midwife Lisa Beau says. "Our dear Colleen will be missed here on the Birthing Suite. We loved her light-heartedness and humour. She really is one of a kind."

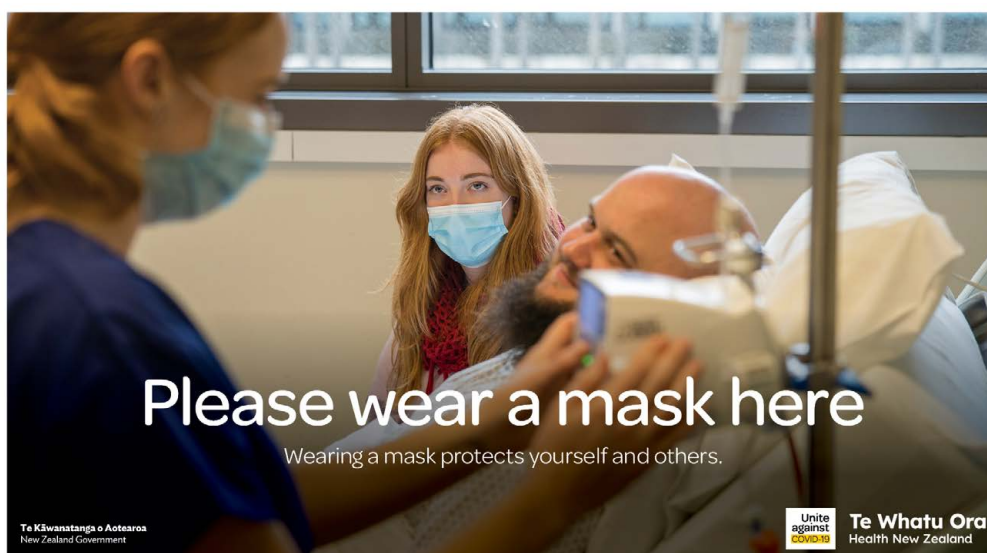


Left to right (front row) Ward Clerk Maddie McCormick, Associate Clinical Midwife Manager Margaret Soutar, Colleen Aldridge, Charge Midwife Manager Shae Bishop and Hospital Aide Claire Scullin

Left to right (back row) Ward Clerk Jisha Plamthottathil, Midwife Mary Milne and Ward Clerks Christine Burgess and Bridget Isherwood



The end of an era, Colleen at her farewell afternoon tea



Filipino choir concert to celebrate culture and Christmas

Te Whatu Ora has many Filipino staff members and some belong to an all-Filipino Christchurch-based community choir called 'Musika Filipinas Aotearoa'. The choir was founded and is directed by Older Persons Health Community Services Team Clinical Assessor Kristian Rubi.

Members include Healthcare Assistants (altos) Lea Ordinario and Nelly Pascual and Occupational Health Nurse (soprano) Maries Villa.

The choir brings together members of the Filipino community with a passion for singing and performing, says Kristian.

"It helps us stay physically, emotionally and socially connected after a long week of work through songs and camaraderie. The choir offers a sense of togetherness, comfort, refuge, strength and community resilience. This supports us when we are facing issues like racism, natural disasters, unsettling news from our home country (The Philippines) or COVID-19."

As well as promoting a sense of connection among Filipinos, the choir members aim to demonstrate Filipino culture and traditions by performing to the wider New Zealand community.

Filipinos are known for how enthusiastically they celebrate Christmas, often starting as early as September, Kristian says.

"We love sharing our culture and traditions and this year we'll be performing famous Filipino songs in our year-end concert 'Ating Musika' (Our Music)."

The first act will feature Filipino songs sung by the choir throughout the year, and the second part will reflect Filipino Christmas traditions and culture through carols, she says.

As well as original Filipino music there will be songs in English and te reo Māori.

The concert will be held in two locations: Rolleston



The poster for the 'Ating Musika (Our Music)' concert features a dark background with a glowing orange star in the upper right. The title 'Ating Musika' is written in a large, elegant yellow script, with '(Our Music)' in a smaller font below it. Above the title, logos for 'MUSIKA FILIPINAS AOTEAROA CHOIR', 'Ministry of Ethnic Communities Te Tari Mātauranga', and 'Selwyn District creative communities' are displayed. Below the title, the text reads: 'A year-end choral concert showcasing Filipino songs and Christmas carols' and 'With Musical Director Kristian Rubi'. At the bottom, a green banner says '★★★ FREE ADMISSION ★★★ Scan QR code and get your tickets now!'. Below this banner are two QR codes with their respective event details: '26 November, 1-3pm Te Ara Atea (Rolleston Library) 56 Tennyson Street Rolleston' and '3 December, 6-8pm Aldersgate Centre 309 Durham Street North Christchurch Central'.



Library on 26 November (sold out) and at the Aldersgate Centre on 3 December. Tickets are free. You can still reserve tickets for the 3 December event.

Aldersgate Centre, Saturday, Dec 3 @ 6pm
www.eventbrite.com/.../ating-musika-our-music.

Meet my pet

Stevie Licks

Classic Tabby, 18 months old

She's more dog than cat! She can 'sit' and likes to play fetch with her favourite Smurf toy. Even though she can be a bit of a menace at times, she's super affectionate and loves a smooch!

Bernadette Laurie, Registered Nurse



Flossie May

Cat, 6 years old

We lived in Rarotonga and one day Floss was chased by a dog. She clawed down the mosquito screen and ended up inside. After climbing numerous coconut trees, she now lives in New Zealand, thinks she is a human, and sleeps in bed, head on the pillow and body under the covers! A lady, she is not! She's very inquisitive and climbs anything.

Sheryl Truscott, Administrator



Teddy Bear Beau and Mocha Chino Beau

Both dogs are Shih Tzu cross Maltese and Mocha has some Griffon, Teddy is 3 and Mocha is 2 years old

Teddy is lively and cheeky, always ready to steal the warmest spot on the sofa. He loves to fetch a toy and is very good at doing tricks for a treat.

Mocha (with the bow) is a lady. She is too clever to do tricks and lets Teddy win treats for her. She is always ready for a belly scratch and taps you on the hand to let you know that it's tickle time.

Lisa Beau, Midwife Manager for Birthing Suite



Ra's Al Ghul

Tabby, 6 years young

Named after the DC comics character for being the most feral of his rescued litter, he has ironically grown up to become the sweetest, silliest, smoochiest softie. He is a very fussy eater, loves flattening piles of grass clippings/leaves and can go from zero to 100 almost instantaneously. He has a demanding squeak that will defeat anyone who dares to ignore him and has absolutely no concept of personal space... but I wouldn't have him any other way.

Aimee Borich, Dietitian



Maisy

Jack Russell cross, 1½ years old

Maisy loves to go for walks to her favourite park and she'll make friends with any dog who wants to play. When she's not going full speed, she can be found sunbathing and snoozing in a comfy spot.

Dee McKee, Public Health Nurse



Due to overwhelming interest, we can't accept any more 'meet my pet' submissions. All pet introductions already received will feature in upcoming pānui.

 **2023 PUBLIC HEALTH
SUMMER SCHOOL**



WELLINGTON

One minute with...

Diane Ries, Family Protection Specialist, Child and Family Safety Service – Tiaki Whānau



What does your job involve?

I quality assure professional entries on eProsafe (a Te Whatu Ora database for family violence and care and protection concerns) in relation to concerns about family violence; child protection concerns for unborn babies and their siblings, and elder abuse and neglect. I also provide consultation to anyone working within the health setting who holds concerns in relation to any of the above.

I facilitate and coordinate Family Violence Champion meetings on a monthly basis, and chair Neonatal Intensive Care Unit/Intensive Care Unit/Maternity care and wellbeing meetings which support staff to review the cases where there is vulnerability. I am also a Violence Intervention Programme (VIP) trainer which means I deliver training alongside the Child Protection Specialist to help staff to 'recognise, respond and refer' in relation to family violence.

The Child and Family Safety Service also has self-help tools and resources available which can assist health staff in planning for safe patient discharges. The resources include help for staff on how to safety plan where intimate partner violence and child abuse and neglect are present. There are other resources for health staff and the patients they work with, including: helpful phone numbers, and specific discreet communication and advice methods, as well as Women's Refuge contact details, and educational resources on signs of violence.

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

Self-care and good boundaries are important to stay effective in the social work field. Surround yourself with positive people and consult with your fellow co-workers, leaders, and other professionals.

Who inspires you and why?

There are so many people in this world who inspire me, but the most inspirational are those who may have little power, money or education, but attempt to succeed regardless, and people who have courage in adversity and fight each day to make it better.

What do Waitaha Canterbury's Values (Care and Respect for others, integrity in all we do and Responsibility for outcomes) mean in your role?

As a social worker we need to set judgement and our values aside and respect the patient's choices. It's important not to judge others as we do not know what they are going through, have been through, or what they are thinking.

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

I'm living my dream here in New Zealand. I arrived approximately five months ago from the United States. I was born and raised in the State of Wisconsin. The social work field is so diverse and allows me to meet new people daily.

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

That's a tough question, I can't just name one actress, so I'll name several; Sandra Bullock, Jennifer Connelly, Jessica Biel, or Jennifer Garner.

What are your hobbies/interests outside of work?

I absolutely love to work out and running is my favourite. However, I am also content at home watching Netflix and enjoying a good dinner (tea). This summer, you will find me at the beach, walking through the botanical gardens, hiking, biking, or on weekends travelling outside the city.

Read more from Diane about White Ribbon Day for the elimination of violence against women on [page 20](#).

Banana Bread

Ingredients

- › ½ cup (115g) butter
- › 1 cup brown sugar
- › 2 eggs
- › 1 cup mashed banana (over-ripe soft bananas are best)
- › 2 cups plain flour
- › 1 teaspoon baking powder
- › 1 teaspoon baking soda
- › ¼ teaspoon salt

Method

- › Grease and line a loaf tin with baking paper. Preheat the oven to 160°.
- › Cream the softened butter and sugar until light and fluffy. Add the eggs and then the banana.
- › Mix in the sifted dry ingredients and then pour into the loaf tin.
- › Bake for about an hour or until a skewer inserted into the middle comes out clean.
- › Slice and serve warm or cold; on its own or with a little butter. Individual slices can be wrapped and frozen. Just pop in the toaster or warm in the oven when you're ready to eat.



Don't throw those bananas away once they get a brown and soft. If you're not a very experienced or confident baker, this is a super easy and delicious recipe that will impress your friends and family.

You can use a sugar substitute if you prefer but it will affect the taste.

Te Reo Māori Akoranga #11 – Lesson #11

Te reo hāpai – The language of enrichment

Due to an error, we incorrectly numbered lesson 8 a couple of weeks ago and the lessons jumped from #7 to #9. We are continuing the numbering and no lessons have been missed.

E ngā mana, e ngā reo, e ngā karangatanga maha, tēnā koutou.
To all authorities, to all voices and to the many affiliations, greetings.

This week we are going to learn about te reo hāpai or the language of enrichment which is a Māori language glossary that is particularly useful in the addiction, mental health and disability sectors.

This glossary acknowledges that 'he mana tō te kupu' – 'words have great power' and incorporates this understanding as well as the Māori worldview in order to uphold the mana of those accessing these services. The following is a selection of kupu (words) and terms taken from the glossary which is linked here www.tereohapai.nz

| | |
|------------------------------------------|--------------------------------------|
| Turi | Deaf |
| Hakiri | Hearing impaired |
| Roro Ikura | Stroke |
| Hūkeke | Seizure |
| Iokerewai | Paralysis |
| Kanorau ā-roto | Neurodiversity |
| Takiwātanga | Autism |
| Kāpō | Blind |
| Whaikaha | Disabled/ Differently abled |
| Rōpū Tautoko | Support group |
| Tākuta Hauora Hinengaro | Psychiatrist |
| Ahurea Turi | Deaf culture |
| Ahurea Whaikaha | People with disabilities' culture |
| Aronga Taera | Sexual orientation |
| Māuiui Tuakiri | Personality, identity disorder |
| Ngā Iwi o Te Moana Nui a Kiwa | Pasifika peoples |
| Tangata Whakawhitiira | Transgender person |
| Tuakiri ā-Ahurea | Cultural identity |

He Whakapātaritari – A Challenge

Whether you work in addictions, mental health or the disability sector, all of us working in health regularly encounter people for whom these words have meaning. Each time you consider using one of the terms (left) in English, exchange it for the Māori version. This does not even need to be to a person who speaks te reo Māori. Instead you could use these with anyone and follow-up with the English translation. In this way, you are passing on the knowledge that you have gained. Iti nei, iti nei – small steps to achieve our goals.

Tū pakari tonu mai e te Whare Tapawhā! Tēnā koutou katoa.

Let the house of health and well-being stand strong! Thank you to you all.

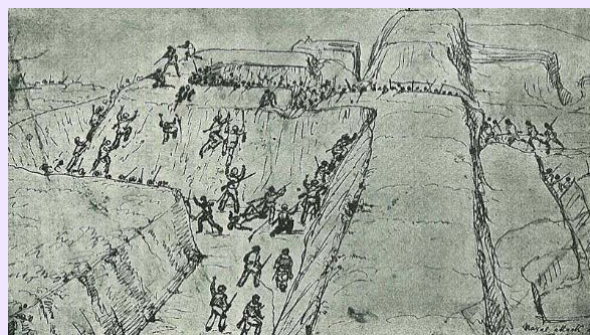
If you have any questions or feedback, please make contact via the email below.

Hauora.Maori@cdhb.health.nz

I mōhio rānei koe? Did you know?

On 20 and 21 November we commemorate the 1863 attack on Rangiriri during the 'New Zealand Wars'.

This was a major engagement and a decisive battle in the invasion of Waikato by some 1400 British troops who defeated around 500 toa (warriors) from the Kīngitanga who were resisting the expanding British infiltration and colonial rule.



[Rangiriri – War in Waikato | NZHistory, New Zealand history online](http://nzhistory.govt.nz/war/rangiriri)

Whakamihi – Bouquets



Eye Outpatients Department, Christchurch Hospital

Thanks for the top care and reassurance I received regarding my eye.

Children's Emergency Care and Ward A7, Christchurch Hospital

Amazing nursing staff. Very caring towards babies and parents. Keep up the good work.

Emergency Department (ED) and Ward B4, Christchurch Hospital

I wish to compliment Christchurch Hospital on the exemplary care given to my 90 year-old father when he sustained a fractured hip. From the moment he arrived at the busy ED, all the staff provided dedicated care. This included the X-ray department, ED nurses, doctors and auxiliary staff. He was transferred to Ward B4. The following day he had surgery, which was amazing given how busy the Orthopaedic department is. The kindness, respect and dedication of care given to dad from the nurses, doctors, physios and others has contributed to a speedy recovery. Thank you so much.

Ophthalmology, Christchurch Hospital

Thank you for fixing my eye and digging out the fibreglass! All the best.

Community Dental Services

On behalf of the Our Lady of Victories School staff, we would like to extend a big thank you to the dental teams who have been working onsite at our school over the past few weeks. We are very appreciative of the great service they provide our students and families, but would also like to acknowledge the team's friendliness, kindness and ability to adapt and work in with whatever is happening in the school. Once again, many thanks and we wish you all the very best for the festive season ahead.

Burwood Hospital Ward C1

Our heartfelt gratitude to all the staff on the ward. You are all amazing! Thank you for what you do. In these unprecedented times of COVID-19, we have seen first-hand the dedication you show to your jobs and the immense stress that the health system is under. Best wishes to you all.

Kirsty, Plastic Surgery Outpatients, Christchurch Hospital

Huge thank you to Nurse Kirsty at the Outpatients department. I phoned regarding a pending appointment for our seven-year-old son, who is very nervous about his procedure. Kirsty was kind, helpful, reassuring and offered some reasonable solutions to support his wellbeing. Our whānau really appreciated the support and her time!

Ward A8, Christchurch Hospital

My mother was admitted to hospital with a mild stroke. She has been looked after superbly, with great care by all the friendly staff and medical personnel. Thank you so much. We are extremely grateful.

Emergency Department (ED) Christchurch Hospital

I visited ED recently and would like to compliment your staff on their prompt, kind and efficient service. From reception in two areas, to the nurse and radiography team (including student radiographer Ruby), everything was excellent. I know that this wasn't peak time for you, but I am sure that you always do your best in what must be trying circumstances at times. Just felt you deserved a compliment as I was so impressed.

ED, Acute Medical Assessment Unit (AMAU), Christchurch Hospital

I arrived at ED Friday morning, discussed my symptoms with the Triage Nurse and was moved on to complete some paperwork. A nurse was then waiting to take me to a bed and within 5-10 minutes I was talking to an emergency doctor. Blood was taken, an X-ray and CT scan were done. We had some discussion around what was found, and a prognosis was given.

Around noon, I was moved to AMAU. A couple more tests and then more discussions were had. Lunch was provided. Around 3pm my doctor's 'boss' came and had another discussion giving drugs, instructions on their use and lifestyle changes I had to make for the next few months, while I recuperate. I was then discharged and came home.

In summary, the staff were always professional, polite and friendly. Always prepared to discuss any questions I had. They worked quickly but always had time for me. ED and AMAU are bright, clean and airy. Finally, while an Emergency Department is the last place you want to be, when you are in trouble and need help there are teams of people ready, willing, and able to help you. The two teams helping me have my utmost respect and gratitude. Thanks for your help.

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18–24 November 2022**



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keepantibioticsworking.nz



Speaking out against violence

White Ribbon Day on Friday 25 November is the United Nations International Day for the elimination of violence against women.

Te Whatu Ora Waitaha is supporting White Ribbon Day and speaking out against violence.

Family Violence is a health issue and the identification and management of family violence is part of the role of all health practitioners, says Family Protection Specialist Diane Ries.

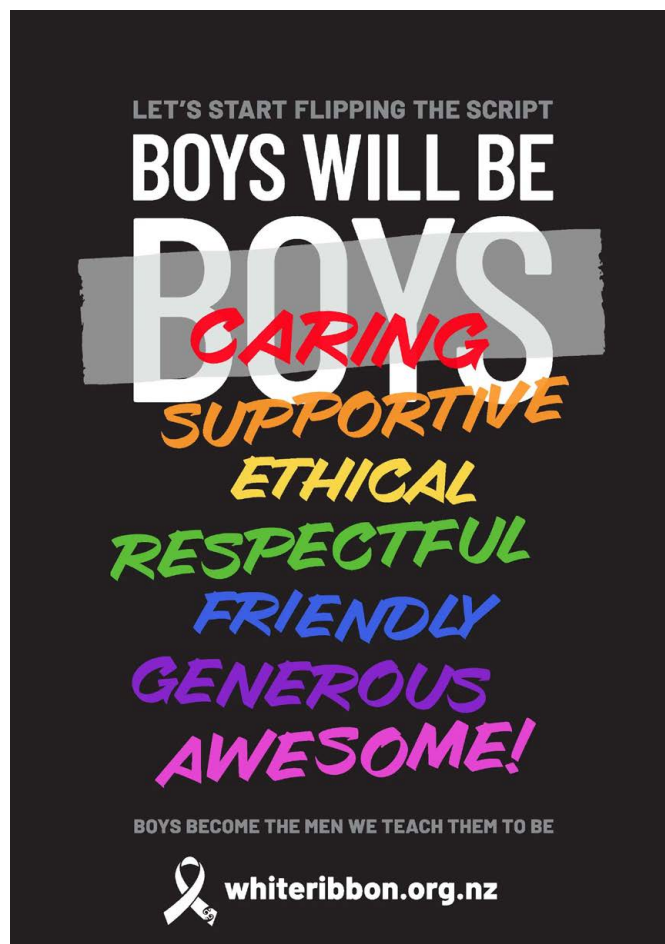
"Family Violence has huge health and social impacts so identifying and responding to it is an important role. The 2022 campaign will focus on bringing together resources and good advice for parents (especially dads) to communicate with their kids about important issues like consent, healthy masculinity and respectful relationships."

Part of that effort is focusing on positive healthy masculinity and reclaiming the saying, 'Boys will be boys'.

"This is usually a negative and we need to share the awesome things about being a boy", she says.

- › Boys have heart – encourage them to show it, not just in being tough or brave or strong but in showing that they care.
- › Boys can and should cry – it's part of being human and it serves a purpose, expressing your feelings allows you to work through them – bottling up emotions isn't healthy.
- › Boys can play sport, be part of a team, like fast cars and still stand up and speak out when they hear others being abusive.
- › Boys are loyal friends and can call others in – have a quiet chat with a mate if he says something abusive or offensive about girls or women, don't just let it go. Share your feelings, ask why they feel that way – you can help. Be the change you want to see in the world. Every person can make a difference.

Te Whatu Ora is promoting White Ribbon Day, providing staff with white ribbons to wear on 25 November and displaying posters this week. On Friday Diane will have a table set up in Waipapa with resources and support available.



"Please stop by to say hello, grab some resources, and share your positive words highlighting some of the many attributes of boys and help disrupt the gender stereotypes. There will be a draw to win a gift basket with some goodies. You can drop your name in to win it when you stop by," Diane says.

Stand together against violence. Supporters of White Ribbon are partnered with Te Whatu Ora, New Zealand Police, White Ribbon Riders, Canterbury Family Violence Collaborative and Christchurch City Council.

If you would like more information contact Diane.Ries@cdhb.health.nz or visit whiteribbon.org.nz

Read about Diane and her role in the 'One minute with' on [page 15](#).

New initiative supports safer intravenous catheter care

A team effort and a technical change to electronic documentation workflows for nursing, has helped support improved documentation for peripheral intravenous catheters (PIVC) at Christchurch Hospital.

PIVC are intravenous devices used to deliver fluids and medicines to the patients in our care.

To support patient safety and reduce any potential harm from PIVC complications, such as dislodgement or infection, it's important that we have effective tools in place to document the care people receive.

The Te Whatu Ora Technical Advisory Service team (who provide our Te Whatu Ora teams across the country with strategic, advisory, auditing and programme management services) requested we ensure consistent documentation and monitoring of PIVCs. Following this, a group was brought together that included those with nursing, surgical and programme management expertise to see if we could do things better.

The team identified the need to include the insertion and monitoring of PIVCs within a nurse's primary documentation workflows, rather than the pre-existing stand-alone documentation. This led to it being introduced into our (already in place) Cortex electronic forms.



From left, Registered Nurse Leah Wilkins, Clinical Nurse Specialist Stacey Simpson and Executive Director of Nursing Becky Hickmott using the integrated PIVC workflow device

Nursing Director – Infection Prevention and Control and Lead for the project Sarah Berger said this practical change has already made a big impact.

“By making this change to our systems, we have already seen correctly updated PIVC documentation increase from 19 to 89 percent, which is fantastic.

“It just goes to show what can be achieved when information technology is adapted to minimise task-switching and additional navigation requirements. What that has meant for us in this instance is that already under pressure clinical teams are better placed to do the right thing.”

Ka pai team!

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.



Academy Gold Cinema – 363 Colombo Street, Sydenham

\$15 tickets for all screenings from Monday to Thursday – show your staff ID to redeem.



Adrenalin Forest

– 105 Heyders Road, Spencerville

Get 10 percent off admission fees for employees and their children. Show your staff ID to redeem.



Adventure South NZ

Get \$200 off any cycling tour listed on the [Adventure South NZ website](#) and free standard bike hire (valued at \$180). Let them know you are a Te Whatu Ora employee when enquiring.



Christchurch Adventure Park

– 225 Worsleys Road, Cracroft

Get 25 percent off day passes, five uplift passes and sightseeing. – show your staff ID to redeem.



Cruise Milford

– 1 Milford Sound, Milford Sound Highway

Get \$30 off your cruise (discount is off the normal rate). Email: bookings@cruisemilfordnz.com to enquire and let them know you are a Te Whatu Ora employee.



Ferrymead Heritage Park

– 50 Ferrymead Park Drive, Heathcote

One free admission with every full-priced admission purchased, show your staff ID to redeem.



Inflite Charters

Get 30 percent off all purchases made on full-price experiences with Inflite NZ's bases. This includes Skydive Franz Josef, Mt Cook Ski Planes and Helicopters, Skydive Mt Cook and Skydive Abel Tasman. See the [website](#) for more information. Simply use promocode mentioned in our SFY portal or show your staff ID on check-in.



Packrafting Queenstown

– 142b Fernhill Road, Queenstown

Get 30 percent off any of the guided adventures or courses. Show your staff ID to redeem.



Russley Golf Club

– 428 Memorial Ave, Russley

Discounted casual green fees (\$45). Show your staff ID card to redeem.



News from the Health Quality & Safety Commission

The Health Quality & Safety Commission has released a [new report](#) looking at the impact of the COVID-19 pandemic on our health system, a follow-up to an earlier report published at the end of 2021.

The report identifies positive findings and challenges.

Read this and much more in the latest [Health Quality & Safety Commission newsletter](#) [here](#).

QUIZ ANSWERS – What country are you in if...?

- | | |
|--------------------------------------------------|------------------------------------------------------------------------------|
| 1. d. Japan (the shinkansen is the bullet train) | 6. d. Northern Ireland |
| 2. a. Norway | 7. a. China (New Zealand is the second largest producer and Italy the third) |
| 3. b. Samoa | 8. c. Canada |
| 4. c. Nepal | 9. b. Australia |
| 5. b. South Korea | 10. a. Bhutan |



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