

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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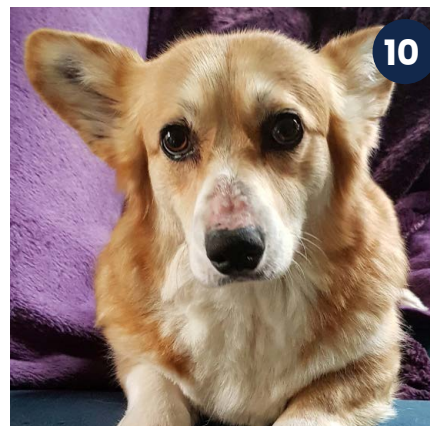
Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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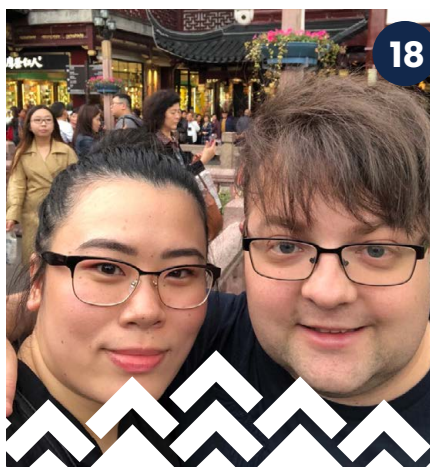
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Cover photo: Staff from Waitaha Canterbury and Te Tai o Poutini West Coast together at Ōnuku marae taking part in the first phase of a new Māori Leadership Programme

Kupu Arataki – Introduction

Winter may be behind us, but the busyness continues

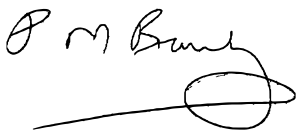
As we welcomed spring, there was hope that the worst was behind us and we could catch our breath before the next COVID-19 wave appears. Unfortunately, things haven't turned out as anticipated and we've seen unprecedented high demand for acute care throughout our health system, from primary and urgent care to community services, secondary and tertiary hospital care.

There's been no single cause for the high levels of acute demand. We're seeing some very sick children as well as older members of our community, and everyone in between. Many have respiratory illnesses, many need acute surgery. There's still some COVID-19 about, but there's no single cause for the high numbers of unwell people needing health care at present. When our community has high levels of illness, staff are affected too. Staff illness coupled with high levels of vacancies in some services compounds the issues.

For most of you this is not news, this is your daily reality and the school holidays only add to the challenges.

I want to acknowledge everything you are doing, after a couple of extremely hard years for health. Thank you for continuing to go the extra mile for our patients and their whānau. I also want to recognise the personal cost that comes with doing additional work, especially when your plans are changed at short notice. Please know that your efforts are very much appreciated, and we couldn't continue to care for our community without you.

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*

Nationally, there is a lot of work underway to increase the health workforce. There have been almost 40,000 visits to the [Real Nurses](#) website, and 4,500 direct referrals. The [Return to Nursing Workforce Support Fund](#) was relaunched on 12 September. Unlike previous rounds, New Zealand nurses can apply for funding individually or through their employer. This means applicants don't need to be in employment to meet the eligibility requirements.

As the health system is reformed, and we're managing high levels of acute care, there's also an emphasis on managing planned care waiting lists. Due to the impact of COVID-19 many people have had prolonged waits for surgery and to see a specialist and we are addressing that now.

I want to thank everyone involved in reviewing, rebooking and providing care. Work is ongoing and our whole-of-system response involving private hospitals with outsourced and outplaced work, in addition to what's carried out in our own facilities, and those of our neighbouring districts is helping to ensure Canterbury people can access the care they need.

For many it's been difficult to take leave due to work pressures and staffing shortages, but I do encourage everyone to plan to take some leave as rosters allow. I know many services are organising their Christmas rosters now and are looking to see where staff can be released.

The official Te Whatu Ora Christmas close-down will see offices in non-clinical areas close for the three days after the Christmas-Boxing Day holidays (Wednesday 28, Thursday 29, Friday 30 December). Everyone who is not rostered on or needed to provide an essential service on those days is encouraged to take these three days off as leave. If you're a week-day worker, you'll have 11 days off in a row by taking just three days leave.

TIP! You can extend that to a 16-day break by taking off Wednesday 4 January, Thursday 5 and Friday 6 January 2023. Talk to your manager about leave over the holiday season and make it max. official.

Health reform update

Enabling locally delivered services through regional coordination and national planning

The steps we take to unify and simplify our health system are critical for achieving more collaborative health services across local networks.

When we talk about nationalising and building regional teams, our focus is on providing the right framework to *deliver* at a local level. We're shifting the language a bit to be more explicit about the end goal, which is 'delivery' to whānau and communities by a local network of health services. That's why you will hear people talk about nationally planned, regionally coordinated and locally delivered health services.

Te Whatu Ora Board update

The Te Whatu Ora Board met on Friday 23 September. You can read about the key decisions made at this meeting on the [Te Whatu Ora website](#).

Hospital and Specialist Services operating model

Momentum is building around the design of the Hospital and Specialist Services operating model. You can read about this in the [team's latest update](#), which includes information on upcoming hui, emerging themes, regional directors, and the scope of the operating model.

Staff are invited to attend an upcoming Hospital and Specialist Services taskforce hui, which will provide opportunities for people to learn and ask questions.

› Tuesday 4 October, 12 – 12.45 pm, [Register here](#)

Regions have a crucial role to play, alongside Te Whatu Ora and Te Aka Whai Ora, to integrate planning for primary, community and hospital services. Regional delivery will support tailoring and delivery of care to meet local needs.

Cabinet was explicit on the roles of the regions, which include effectively managing the delivery of all health services, and commissioning primary and community health services.

Work has started on developing the future regional model. This work is being led by Lead Corporate Services, Sue Gordon – National and Regional, in conjunction with people at regional and local levels. We will keep you updated on progress and let you know how you can be involved.

Have your say on your work environment – work/life balance

The Institute of Public Administration New Zealand (IPANZ) and BusinessDesk will be sending a survey on 'Working in the Public Service' to Te Whatu Ora staff.

Information gathered from this survey will provide an independent picture of the public service, including how people perceive the sector's commitment to public service principles (s12 Public Service Act 2020) and what they think about their work environment (e.g., work/life balance, and workplace relationships).

Data will be anonymised but may be aggregated by demographics or type of agency. Individual agencies will not be separately identified.

Everyone is encouraged to complete this survey. Find out more on the [IPANZ website](#).

October is Breast Cancer Awareness Month



Help continue to print and distribute free educational resources like this one.
Donate at www.breastcancerfoundation.org.nz



B R A S

The basics you need to know

Need advice?

Call our breast nurses on **0800 BC NURSE** (0800 226 8773)
breastnurse@bcf.org.nz

Reduce your risk

B

Be breast aware. From 20, know how your breasts normally feel. Understand your family history. If your mum or a close relative had breast or ovarian cancer, talk to your doctor.

R

Reduce your risk. Make healthy lifestyle choices, have alcohol free days, exercise regularly and maintain a healthy body weight.

A

Act promptly. Show your doctor any unusual breast changes straight away.

S

Screening mammograms. BCFNZ recommends regular screening mammograms every year from 40 to find cancer early, before a lump can be felt. Ageing increases your risk.

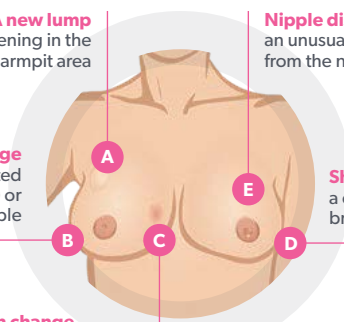
A new lump
or thickening in the
breast or armpit area

Nipple discharge
an unusual discharge
from the nipple

Nipple change
a newly inverted
(pulled in) or
retracted nipple

Shape change
a change in the
breast shape or size

Skin change
a change in the skin of the breast, areola or nipple,
e.g. colour, dimpling, puckering or redding



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



QUIZ – 90s music

An interesting mix of music was popular in the 90s. Madonna taught us to Vogue and Nirvana made your grandfather's old cardigan trendy again. Hip hop and rap entered their golden age and the girl band emerged in the form of the Spice Girls. Test your knowledge of music in the 1990s.

- 1. Pop duo Milli Vanilli won the Grammy for 'best new artist' in February 1990 then nine months later, their award was revoked. It was the only time this has ever happened. Why was their Grammy taken away?**
 - a. Someone got the vote count wrong and Neneh Cherry actually won
 - b. It turned out that more than a million of their albums were actually bought by their record label
 - c. The duo's producer admitted that they did not actually sing on any of the songs on their album
 - d. The duo were accused of plagiarism
- 2. What 1990s movie produced the best-selling soundtrack album of all time?**
 - a. Dirty Dancing
 - b. The Bodyguard
 - c. Forrest Gump
 - d. Titanic
- 3. The Spice Girls burst into the music world in 1996 with a debut single that went to number one in 37 countries. What was it called?**
 - a. Wannabe
 - b. 2 become 1
 - c. Spice up your life
 - d. Who do you think you are?
- 4. The music genre 'grunge' emerged in the 1980s but became huge in the 90s thanks to Nirvana, Pearl Jam and more. What US city is considered the home of grunge?**
 - a. Detroit
 - b. New York
 - c. Chicago
 - d. Seattle
- 5. 'Gangsta's Paradise' by Coolio was a global hit and spent nine weeks at number one in New Zealand in 1995. What actress appeared in the music video?**
 - a. Michelle Pfeiffer
 - b. Julia Roberts
 - c. Sharon Stone
 - d. Winona Ryder
- 6. Which artist(s) had the most number one hits in the 1990s?**
 - a. Boyz II Men
 - b. Whitney Houston
 - c. Mariah Carey
 - d. Janet Jackson
- 7. Which 90s TV series had the theme song 'I'll be there for you' by The Rembrandts?**
 - a. Seinfeld
 - b. Friends
 - c. Full House
 - d. Home Improvement
- 8. What are the first names of the Gallagher brothers from Oasis?**
 - a. Liam and Neil
 - b. Luke and Noel
 - c. Luke and Neil
 - d. Liam and Noel
- 9. Madonna had a huge hit in the 90s with 'Vogue'. Who is NOT mentioned in the lyrics?**
 - a. Marlon Brando
 - b. Rita Hayworth
 - c. Doris Day
 - d. Gene Kelly
- 10. A big Kiwi hit in the 90s was 'How bizarre' by OMC. What did OMC stand for?**
 - a. Otara Millionaires Club
 - b. Otara Music Club
 - c. Orakei Methodist Centre
 - d. Orakei Musical Champions

[Check your answers on page 22.](#)

Ā mātou tāngata – Our people

New leadership programme supports Māori kaimahi to reach for the top

Twenty-five Māori kaimahi (staff) from across our Waitaha Canterbury and Te Tai o Poutini West Coast teams joined together at Ōnuku marae recently to take part in the first phase of a new Māori Leadership Programme.

The seven-month long programme is aiming to change the diversity of thinking at decision-making tables across our organisation by developing rangatira (leaders) and providing opportunities for growth amongst our Māori kaimahi. The kaimahi on this hōtaka (programme) will develop new skills and set goals aligned to their career aspirations. When returning to their mahi there will be opportunities to apply their leadership skills.

The content for the hōtaka has been designed around the three kete of knowledge and two sacred kōwhatu to guide them on their journey into leadership. Foundationally, it is about acknowledging that advantages can be found when incorporating both Te Ao Māori and Te Ao Pākehā approaches to Rangatiratanga (Leadership) and exploring how each of our kaimahi can lead successful, effectively, and safely at the point where these two worlds overlap.

The programme involves noho marae stays at Ōnuku, Arahura, Rāpaki marae, three part-day hui ako (learning meetings) and Tuakana-Teina (mentoring).

Feedback from the participants on this first noho marae was also very positive. The general sentiment was how wonderful it was, how empowering, how challenging, how thought provoking and how the relationships they have formed already will sustain them through this journey. Some even used the word 'magical' to describe their experience.



View of Banks Peninsula from Ōnuku Marae



(Tū Tangata Tū Rangatira Whānau) – Tū Tangata Tū Rangatira rōpū (group)

New recruits focus of Mahi for Me expo

Last week, Steph Keene and Lily Simons from our People and Capability Recruitment team attended Mahi for Me – one of the job fairs run by Connected and Ministry of Social Development (MSD) at Tūranga (Christchurch Central Library). There were over 350 people (potential recruits!) in attendance.

The Te Whatu Ora stand was one of the most popular there with people queuing up to speak to our team – in total they spoke to around 40 people in the space of 45 minutes. Great connections were made, for a variety of roles, with potential candidates.

The main message the team shared when talking to people was that we don't just hire nurses and doctors. We want to fill a range of positions, many of which do not require a formal qualification.

We look forward to hearing about any new recruits in the future.



Recruitment Specialist Steph Keene at the Mahi for Me expo



People and Capability Recruitment team leader Lily Simons spreading the word about Te Whatu Ora

Te Reo Māori Akoranga 3 – Lesson 3

Farewells

E ngā kaihoe o tō tātou nei waka reo Māori, tēnā koutou katoa.

To those who are paddling our Māori language canoe, greetings to you all.

Following on from learning some useful greetings last week, this week we will learn a few easy farewells that you can incorporate into your everyday language.

He Poroporoaki – Some Farewells

Ka kite	See you
Ka kite anō	See you again
Pō mārie	Good night
Haere rā	Goodbye to those leaving (speaker is staying)
E noho rā	Goodbye to those staying behind (speaker is leaving)
Hei konā	Goodbye
Mā te wā	See you later

Pronunciation

Remember that if you are finding pronunciation challenging, you can break the words up into syllables and pronounce each syllable, progressively closing the gap or pause between the syllables.

For example: Pō mā – ri – e
Pō mā-ri-e
Pō mārie

He whakapātaritari – A challenge

If you want to challenge yourself, start to use the farewells above instead of your usual “See ya later”. The more you use these phrases, the easier and more natural they will become.

Āku mihi nui, ā, kia whakanuia tō tātou reo kāmeheheha!

Many thanks and let us celebrate our precious language!

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?

Tomorrow, 4 October marks the anniversary of the Battle of Te Pōrere in 1869.

In 1865, Te Kooti Arikirangi Te Turuki from the iwi (tribe) of Rongowhakaata was one of the few from his hapū (sub-tribe) of Ngāti Maru, that had not converted to the Pai Mārire religion which opposed the sale of land to the Europeans. Te Kooti instead joined government forces who fought the ‘rebel’ Pai Mārire followers.

When suspected of aiding the enemy, he was exiled to Rēkohu/Wharekauri/Chatham Islands where he founded the Ringatū faith. Te Kooti along with just under 300 followers escaped the island and on 10 July 1868 they landed at Poverty

Bay from where Te Kooti then fled the authorities.

The pursuit of Te Kooti involved a series of battles and sieges which concluded at Te Pōrere to the west of Mount Tongariro, with the final major battle in the New Zealand Wars. The force of Te Kooti was defeated at Te Pōrere but Te Kooti himself managed to escape minus two fingers on his left hand. Te Pōrere has since been restored and is now known as the best preserved pā (fortified village) site in Aotearoa New Zealand.

<https://teara.govt.nz/en/photograph/36940/te-porere-pa>

<https://nzhistory.govt.nz/media/photo/te-porere>

Meet my pet

Ellie

Cavoodle, 18 months.

Ellie lives by the motto 'work hard, play hard'. During the COVID-19 lockdown when her dad was working from home, Ellie took her role as Assistant Care Capacity Demand Management Coordinator very seriously. After a long week Ellie loves her weekly trip up to Victoria Park to burn off some steam.

**Brian Salisbury, Nurse
Coordinator, Care Capacity
Demand Management**

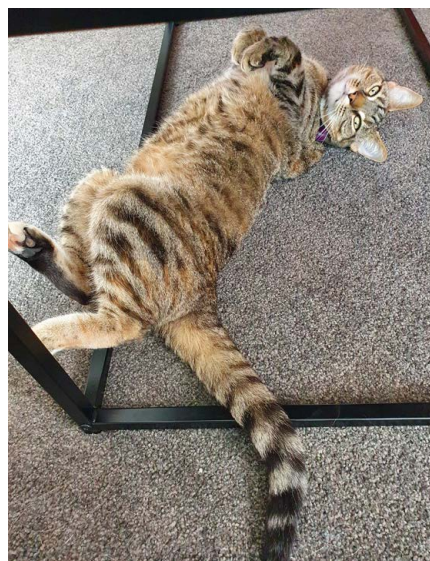
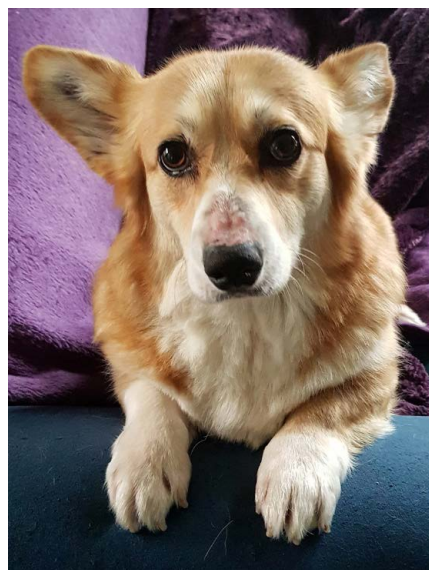


Pru (Prudence) and Tavi (Octavia)

Pembroke Welsh Corgi (Pru), 9½ years and Domestic Short Hair cat (Tavi), 5½ years.

I often joke that Pru and Tavi are the same pet in different species' bodies. They are both wonderful, dramatic creatures who are happiest snuggling with you, being patted, and just generally getting attention. They use their adorableness to lure unsuspecting humans in, which isn't a dangerous trap unless you happen to not want to be covered in pet fur. I feel very lucky to be their chosen, albeit fur-covered, human.

**Hannah Davey, Registered
Nurse - Perioperative Services**



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

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

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

One minute with...

Monique Murray, Project Coordinator ISG

What does your job involve?

Supporting the project/programme manager(s) through coordination and administration. The Projects and Portfolio team at ISG are responsible for delivering and managing projects and the wider ISG portfolio. My role is to support the team through reporting, maintaining programme and project documentation, organising meetings, coordinating and assisting with the planning and management of resources.

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

Every day is different, if you are someone who enjoys variety, supporting a team, have/or can gain administration experience, are proactive, adaptable and have an interest in project work, this is a good role for you. Connecting with people and having a robust knowledge of the teams' roles, accountabilities and responsibilities is also an important part of being a project coordinator.

Who inspires you and why?

Every person who tries to live in harmony with themselves, other people, and the environment, inspires me. I prefer cooperation to competition, I want to bring some value to the lives of people around me. I am lucky enough to have around me a few people who are on the same journey, and they are my daily inspiration.



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

These values are integral to providing quality project outcomes.

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

Walking on Sumner beach on a low wind day is my happy place.

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

Hmm, I don't think I am all that interesting!

What are your hobbies/interests outside of work?

Spending time with family, doing Reformer Pilates and continuing to explore New Zealand. Reformer Pilates is a dynamic form of Pilates using a reformer machine, there are lots of pulleys and springs which adds more resistance to Pilates exercises, it's good fun and is great brain gym!

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



Endoscopy Clinic, Christchurch Hospital

I would like to pass on my thanks to the staff involved: Rajan Patel, Sophie, Sharie, Lucy and Suzette. The service was efficient, I was seen quickly (I arrived early) and I was given a good level of care by friendly staff who put me at ease. I appreciate how busy the hospital is and my experience has been pretty quick and am grateful at how efficient it has been through the public health service. I gave previous complimentary feedback about my colonography at Radiology and believe it is important for patients to provide feedback on good service. Te Whatu Ora is a huge, complex organisation, like many other organisations, striving to provide the best level of care with finite resources. Thanks again for all that you do.

Christchurch Hospital

The care I received was faultless, from the orderlies to the senior team in the Gastroenterology Department. You should be very proud you can provide such a service under trying times. At all times your staff remained professional, caring and communicated in a way I could understand.

Gynaecology Unit and Surgery, Christchurch Hospital

The staff were beyond amazing. I was extremely anxious, however the nurses supported me mentally and physically so well. I would like to especially thank the nurse who was always supporting me on the ward and took me down to surgery to wait as I was in tears. She then came back to get me once I woke up as she promised she would and I will never forget it. I would also like to thank the other nurse who held my hand as I went into Theatre. She was so comforting and took such amazing care of me, I'm not sure how I would have done it without her.

Unfortunately I cannot remember their names and I never got the chance to thank them in person. I know the work they do is not easy and I want to thank everyone for the amazing support I received. It has been one week now since I have been out of hospital and I am still thinking about how much I just want to thank and hug all the nurses and surgeons who helped me (especially the two nurses I mentioned earlier). Thank you so much from the bottom of my heart. I will never forget it.

Olivia, Radiology, Christchurch Hospital

I wanted to reach out and contact someone in Radiology to comment on the kindness of one of their team. Last week I dropped my father off at the 'wrong' side of the hospital without realising. He assured me he would be fine and I would see him in a couple of hours. Sadly, he could not manage on his crutches all the way to what we now know is the older part of the hospital for his Orthopaedics appointment. One radiographer stopped to ask him if he was okay and to cut a long story short, fetched him a wheelchair and took him there herself. This was probably during her lunch break and she did not need to do this. Not only did she provide transport, but some friendly conversation on his trip which cheered him up. I do not know how long a lunch break is but for her to take the time to show such compassion to my father really speaks volumes about this woman. I'm afraid I cannot give you her full name, but it was a team member called Olivia. We would love for her to receive some recognition for this, because no doubt if she did it for my dad, she may be doing similar frequently. Without her kindness, he would have missed his appointment which would have caused him a great deal of anxiety.

Ward A8, Christchurch Hospital

I am writing to express my many thanks for the professionalism, kindness and care I received through my journey to surgery. In all areas, the staff were excellent, the nurses and doctors very professional and beyond any expectations. You should all be very proud of your efforts.

Sandy Davidson and Basil Yee, Radiology, Christchurch Hospital

Excellent service on a Sunday from Sandy and Basil! Brilliant triage pathway for bowel concerns.

Ward B8, Christchurch Hospital

I would like to thank and commend the staff at Christchurch Hospital from my arrival for elective surgery. I could not have wished for a better service and at no stage did I feel unsafe or uninformed. You all worked as a well-oiled machine and I only have admiration for you all in the way you administered the job in hand and that of your chosen careers. From Neurosurgeon Ronald Boet and the operating staff, to the cleaners, WellFood staff, doctors and nurses, kind wishes to you all and a huge thank you.

Ward A4, Christchurch Hospital

My husband was admitted into Ward A4. Chanel was his nurse nearly every day and she was fantastic! So very friendly, helpful and professional in sorting things out when he was prescribed the incorrect medication. The patient's wellbeing was her foremost focus. The vibe and culture on this ward were very positive, mainly due to the fabulous Charge Nurse Karen Wilson who led by example.

Big Shout Out

To: Sharon Minchington and the Ward 18 team

I recently visited your ward from ISG to perform some testing on the MedChart Offline PC. During this visit I found your signage for the Offline Computer to be exemplary! Thank you!

From: Pip Hawker, Clinical Application Support Team, ISG

#carestartshere

Volunteers and Ward B8, Christchurch Hospital

The bliss of the help from a volunteer who brought me a wheelchair for my friend and directed me. Thanks to another volunteer for directions. Staff also excellent. Thank you.

Ward 23, Christchurch Hospital

Thank you so much for the support we received here in the whānau room in Ward 23. Awesome support to my family. Much appreciated. You set an example across New Zealand. Thanks so much.

Ward A8, Christchurch Hospital

My husband was admitted to this ward very late at night and everyone was so warm and welcoming. All the lovely hospital aides who had to sit and watch him for seizures 24/7 were so focused and professional. We can still recall Valencia who offered for me to stay with my husband and rushed around sorting bedding. Natalia was also excellent and also Heather. This ward was so well run. Thanks to the charge nurse on Ward A8 for setting a high standard.

Eye Outpatients, Christchurch Hospital

I have been very impressed by the care I have been given. Everyone has been professional, caring and charming. I could not have had better treatment anywhere in the world.

Ward 23, Christchurch Hospital

Just want to thank all the lovely nurses and doctors in this ward for their patience and time in looking after my father. We were truly blessed to spend quality time with our uncle, brother and nephew. It's all very overwhelming and touching, especially that we are from Auckland. The hospitality was very comforting and overwhelming being in a strange place, as this is our very first time in Christchurch. Also to the Pacific Island social workers who helped a great deal too. Kindly appreciated.

Ward 23, Christchurch Hospital

To the nurses and doctors and staff members of Ward 23, we thank you for your love, understanding and hospitality, for giving us the greatest gift of life and time. The time to laugh, cry and be happy with our brother and uncle. May God continue to look over you all that you all continue your service to all those patients and families. Thank you again!

Ā mātou kōrero – Our stories



CCDM

Care Capacity
Demand Management

Safe staffing, healthy workplaces

Care Capacity Demand Management fully implemented in Waitaha Canterbury

Following a Safe Staffing Health Workplace (SSHW) audit in early August, Te Whatu Ora Waitaha can celebrate achieving full implementation of the Care Capacity Demand Management (CCDM) programme, says Executive Director of Nursing Becky Hickmott.

“Feedback from the audit team was very positive, highlighting many of our strengths and helping identify the next steps in continuing to improve the use of CCDM here in Waitaha Canterbury.”

The team comprises representatives from Safe Staffing Health Workplace, New Zealand Nurses Organisation and other former districts (now part of Te Whatu Ora), commended the strong partnership between organisational leadership, our union partners and the wider workforce at all levels of the programme.

The audit identified that a clear strength of the Canterbury CCDM programme is the governance structure.

“With the right people and processes in place to support effective decision-making the CCDM council, various working groups and local directorate groups have been able to identify and work through issues as they have arisen and efficiently progress the implementation of CCDM,” Becky says.

A key element in the success of the programme is that there is high quality, readily-accessible data from TrendCare and other sources in the Core Data Set and Capacity dashboards. This quality of data has also supported the completion of FTE calculations across all our campuses.

With all the processes in place and information easily accessible, the focus going forward is to use Variance Response Management (VRM) to respond to clinical need, moving from historical ratios to acuity-based nursing and responding to changes in real time.

“Although there is still some work to be done embedding processes, Canterbury has made remarkable progress over the past two and a half years.

This achievement would not have been possible without the outstanding work of the CCDM team, whose support and expertise were deservedly, highly commended by the audit team, she says.



Staff enjoy commuting without their car

Every year on or around 22 September, cities across the globe celebrate World Car-Free Day, encouraging motorists to give up their cars for a day.

Over 50 kaimahi in our Te Mana Ora Community and Public Health team took part and travelled 'car-lite' into work.

We asked the car-lite commuters how they travelled to work and 59 percent had switched up their commute for the day to be more environmentally friendly, while 41 percent indicated that they already travelled to work by a car-lite/ car-free mode most or every day (mostly bike, walking or bus).

"In Canterbury, around 36 percent of our emissions come from transport. Choosing a different way to travel to work can really reduce our carbon footprint which will help us to mitigate climate change, the impacts of which we are seeing more and more," says Public Health Physician and Chair of the Transalpine Environmental Sustainability Governance Group Anna Stevenson.

Changing up your commute and walking to the bus stop or cycling the whole way to work also has a positive physical health impact as well as providing cleaner air, quieter neighbourhoods and a safer environment for walking and cycling.

"School drop offs, or night shifts for example means that it might not be practical for us all to be car free all the time, but even just one car-free day each week would make a huge dent in our carbon emissions. According to [Gen Less](#), even if just one in five of us switch the car for active transport (biking or walking), we could avoid 84,000 tonnes of carbon emissions each year – that's like taking 35,000 cars off the road for good.



From left, Clinical Engineering Manager Tony Hampton and Executive Director Facilities and Executive Management Team sponsor for environmental sustainability Rob Ojala with their bikes after cycling into work

"We want to thank the Christchurch City Council for coming in and helping our kaimahi do prior planning to make the transport shift such as researching bus routes, getting a bus card or getting bike ready. In the future we would love to see all of our colleagues across our organisation who can go car-lite for the day taking part," Anna says.

Those who experimented with the new way of commuting did so by a wide range of modes – bus, carpool, walk, bike, e-Scooter, and mixed – and 25 percent of those who switched up their commute to be more environmentally friendly achieved this by simply shortening the car leg of their trip and adding in walking or cycling to complete the trip.

Several staff indicated that they were trying a new mode for the first time, such as having researched bus routes and taking the bus to work for the first time, and respondents discovering the benefits of carpooling or trying mixed-modes.

Typical comments describing the benefits of car-lite commuting included:

- › “Cheap, easy, refreshing; gets me in a good mood before work” (walking)
- › “Saves on petrol costs, catching up with colleagues in the car” (carpool)
- › “Everything! Freedom, activity, sights, no parking stress” (bike)
- › “Fitness, satisfaction, care for the environment” (bike)
- › “Save a little fuel, exercise” (mixed-mode: car-walk)

The Waitaha and Te Tai o Poutini districts are committed to reducing their carbon emissions. We are working towards the carbon neutral government programme targets. The vast majority of our emissions came from only one source – coal burned in hospital boilers and we have an intensive work programme underway to replace these boilers.

For example the new energy centre for Christchurch Hospital will reduce our overall emissions in Canterbury by 50 percent alone.



Te Whatu Ora Waitaha Community and Public Health staff go car-lite

Pacific Language Weeks 2022 – Tuvalu and Fiji

Two more Pacific Languages are being celebrated for their unique identity.

Last week was *Vaiaso o te Gana Tuvalu* – Tuvalu Language Week and this week it's Fiji's turn with *Macawa ni Vosa Vakaviti* – Fijian Language Week.

The theme for Tuvalu Language Week was *Fakamautu ke mautakitaki te Gagana Tuvalu mo te atafai, fakaaloalo mo te amanaigina*, which means to 'nurture with sustainability the Tuvalu language with care, respect and dignity'.

Tuvalu, in the South Pacific, is an independent island nation within the British Commonwealth. Its nine islands comprise small, thinly populated atolls and reef islands with palm-fringed beaches and it is home to just under 12,000 people

Tuvalu Language Week has been celebrated in New Zealand since 2013, usually coinciding with Tuvalu Independence Day on 1 October every year. In Aotearoa New Zealand, there are around 3000 people who speak Tuvaluan.

As a Polynesian language, Tuvaluan is most closely related to Samoan but also has some similarities to *te reo Māori*. For example, numbers in Tuvalu start with *tasi, lua tolu, fā*.

Fijian Language Week's theme is '*Me vakabulabulataki, vakamareqeti, ka vakaqacotaki na vosa vakaviti*', which means, 'Nurture, Preserve and Sustain the Fijian language'. Like many of the Pacific Language Weeks there is a focus on sustainability and preservation.

Pasifika Health Promoter at Community and Public Health, Losana Korovulavula says Fijian Language Week reminds her of who she is, where she comes from and how grateful she is to be a Fijian living in a country like New Zealand that appreciates the value of culture and diversity.

“Language is human and it is definitely an emblem of who we are. Language, like life, is to be celebrated as it is our heritage. It’s important to celebrate the diverse Pasifika languages to show the richness of the different cultures in our small island nations. It is also an opportunity to inform that Pasifika is made up of different ethnic groups.”

Losana says her favourite Fijian word is ‘veidokai’ which translates to ‘respect’.

“When someone has respect, they will also earn respect and there is that mana that will automatically flow or take place. Coordination, collaboration, partnership and understanding will then be meaningful.

“The qualities of respect and faith are what I love about the Fijian culture and have been my ‘weapon’ in my journey. I am a huge, huge risk taker and I use my faith to try and make possibilities into realities.”

To celebrate the week Losana plans to share about her culture and continue to empower her community to speak the language more at home.

“Parents need to understand that when children speak and know their own language, it helps them improve their learning journey, especially cognitive skills in numeracy and problem solving. That is the biggest message that needs to be shared and understood in the Fijian Language Week,” she says.



Pasifika Health Promoter Losana Korovulavula

To learn more about both Tuvalu and Fijian Language Week visit the [Ministry of Pacific Peoples website](#).



Chinese Language Week

New Zealand Chinese Language Week (NZCLW) 2022 was marked last week with a focus on helping Kiwis learn the language.

For one of our staff, HR Advisor Kelly Jury, it was a special time, introducing her colleagues to her language and enjoying some Chinese food together.

"I believe it's important to celebrate this week because it means that more people can start to learn, or get some understanding of, a language that in the past has been looked upon as being very different. It's also an introduction to different cultures and practices," she says.

There are many languages in China, including Cantonese, but the focus of NZCLW tends to be on Mandarin which is spoken by the majority of Chinese people in Aotearoa.

"The Chinese language is unique, there is so much history there, from the drawings that became characters that we see today and that there are so many different dialects for so many of the different regions around China," Kelly says.

Her advice for someone wanting to learn a Chinese language is to "jump right in and give it a try and to fail until you are great".

One of her favourite phrases (in Mandarin) is: jiā yóu, (加油) which literally translates to add oil, but means to give it your all or to give encouragement.

NZCLW is a Kiwi-driven initiative launched in 2014 by Chair Jo Coughlan and Raymond Huo with the vision of engaging Kiwis in learning Chinese language and culture.

Now a popular event on the national calendar, many communities are involved, including school children, government officials, politicians (including the past three prime ministers), and business owners.

For more information go to the NZCLW website here or [visit Facebook here](#).



HR Advisor Kelly Jury and her husband, Head of Employment Relations Chris Jury outside Yu Garden in Shanghai



Protect yourself against Legionnaires' disease this spring

Spring is the perfect time to be out in the garden.

It's also unfortunately the time when gardeners are most at risk of catching Legionnaires' disease from bags or bulk loads of potting mix and compost.

With 32 cases of the disease already confirmed in the region this year, gardeners are being urged to take care with potting mix and compost.

Te Whatu Ora National Public Health Service Waitaha Canterbury Medical Officer of Health Matt Reid says Legionnaires' disease is a form of pneumonia.

"It's caused by the legionella bacteria that live in moist organic material and people can catch the disease by breathing in airborne droplets or particles containing the bacteria.

"Gardeners are at particularly high risk of catching Legionnaires' disease as the bacteria thrive in potting mix and compost," he says.

In Canterbury there is typically a spike in cases in spring that can be attributed to increased gardening activity and good weather. Now is the time for people to make sure they are taking the necessary steps to avoid catching the disease.

Simple actions gardeners should take to avoid getting Legionnaires' disease include

1. Work with potting mix or compost in a well-ventilated outdoor area
2. Wear a well-fitting face mask. An N95 or respirator is best
3. Wear gloves when handling potting mix or compost
4. Open potting mix or compost bags carefully using scissors and open them away from your face
5. Reduce dust by dampening down the potting mix or compost before using it
6. Wash your hands thoroughly after handling potting mix or compost and before touching your face or removing your mask.

"Legionnaires' disease is a very serious illness and following these simple steps can be lifesaving," says Matt.

KEEPING YOURSELF SAFE FROM LEGIONNAIRES' DISEASE

- Legionella bacteria can be commonly found in bulk loads and bags of compost, potting mix and soil and can cause Legionnaires' disease.
- Legionnaires' disease is a flu-like illness that can develop into severe pneumonia and could be fatal.

Here are 6 steps you can follow when working with bulk loads or bags of compost and potting mix

Work outside

Always work outdoors when using compost or potting mix. A fine day with light wind is best.

Mask up

Put on a well-fitting face mask with clean hands. An N95 or respirator is best.

Wear gloves

Wear gloves when handling compost and potting mix.

Cut (don't rip)

Open bags of compost and potting mix carefully using scissors and open them away from your face.

Damp it down

Wet the compost or potting mix before handling to reduce dust.

Wash your hands

Wash your hands thoroughly with soap and water after the work is done.



Community & Public Health
Te Whatu Ora

Te Whatu Ora
Health New Zealand

The illness may be mild but can sometimes be fatal. It is more common in older people, particularly if they smoke, have poor immunity or a chronic illness. However, even healthy young people have died from Legionella pneumonia.

Symptoms can include dry coughing, high fever, chills, shortness of breath, muscle aches, headaches and diarrhoea. If you have these symptoms, you should contact your general practice team right away for advice and let them know you if have been handling potting mix or compost.

For more information on Legionnaires' disease visit: <https://www.healthinfo.org.nz/index.htm?Legionnaires-disease-legionellosis.htm>

Pānui – Notices

Something For You

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

Please see below offers related to eyewear.



OPSM

OPSM

Get 15 percent off all prescription eyewear, please see [more information here](#). Offer ends 31/12/22. Promotional code must be presented at time of appointment and ordering.



Sunglass Hut

Get 15 percent off all full priced sunglasses, please see [more information here](#). Offer ends 31/12/22. Promotional code must be presented at time of appointment and ordering.



Oakley

Get 15 percent off all full priced eyewear, apparel, accessories and footwear, please see [more information here](#). Offer ends 31/12/22. Promotional code must be presented at time of appointment and ordering.

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

Bailey Nelson

- Christchurch Central and Riccarton

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



Focus Optometry

- 65 Tancred Street, Ashburton

Half price comprehensive eye exam (usually \$69) for staff and their immediate family – show your staff ID to redeem.



Specsavers

- Ashburton, Riccarton, Shirley, Papanui, Hornby, Rangiora

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



**TE AHO
O TE KAHU**
CANCER
CONTROL
AGENCY



Sector Update – September 2022

This update gives an overview of a number of key pieces of the agency's work programme including monitoring and managing the impact of COVID-19 on cancer diagnosis and treatment, cancer services planning in the new health system and updates on the Quality Performance Indicator programme, ACT-NOW, Structured Pathology and more.

[Read it here.](#)

If you would like to subscribe you can do so [here](#).

CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Canterbury DHB.

The newsletter aims to highlight new and revised free resources (posters, booklets and brochures) available from your local CHIC office, such as 'Meningococcal Disease: Know the symptoms', 'Fruits and Vegetables Te Reo Language' and much more.

You can read it on the [C&PH website here](#).

QUIZ ANSWERS – 90s music

1. c. The duo's producer admitted that they did not actually sing on any of the songs on their album
2. b. The Bodyguard
3. a. Wannabe
4. d. Seattle
5. a. Michelle Pfeiffer (she also starred in the movie 'Dangerous Minds' that featured the song)
6. c. Mariah Carey (she had 14 number one songs in the 90s)
7. b. Friends
8. d. Liam and Noel
9. c. Doris Day
10. a. Otara Millionaires Club

Choose Well

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

Self Care



You can treat colds & fevers at home.

Healthline



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

Pharmacy



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

Family Doctor



See your family doctor for all non-urgent health concerns.

Urgent Care



If it's urgent & needs attention today go to an Urgent Care Clinic.

Hospital



If it's a life threatening emergency call 111.



TE TĪTOKI MATAORA
MEDTECH RESEARCH TRANSLATOR

Te Tītoki Mataora (TTM) Summer Studentship Programme

Are you a tertiary student studying in New Zealand? Do you have an interest in health and medical technologies research and development, and making an impact on healthcare for communities?

If so, we want you to join one of our teams!

We have three types of paid summer studentships you can apply for:

TTM Māori Pathway Studentships

For students of any ethnicity wanting a kaupapa Māori studentship with TTM partner institutions.

TTM Pacific Studentships

For Pacific students wanting a studentship with TTM partner institutions.

ABI Māori & Pacific Studentships

For Māori and Pacific students wanting a studentship at the Auckland Bioengineering Institute (ABI).

To be eligible for this Programme, you must:

- Be a current student at a NZ tertiary institution;
- Be available to work full time on your summer project from 28/11/22 to 17/02/23 (excluding Christmas);
- Be interested in health and medical technologies, and in making an impact on healthcare for communities.



Interested?



Find out more at
<http://cmdt.org.nz/post/ss-2223>

Questions?

Contact Natalie Solomona
medtechresearchnetwork@auckland.ac.nz
(09) 923 9556



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Come and join us for an evening of talks from Canterbury researchers who are improving healthcare for us all. **Registration essential.**

Wednesday 26th October, 5.30pm – 7.30pm

Attend in person at Manawa Foyer,
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**For more information on our speakers
and their topics, visit our website
www.healthprecinct.org.nz**

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NZIHE

New Zealand Institute of Healthcare Engineering

Register Now

nziheconference.org.nz

**It has been
nearly three
years since we
have all been
together!**

This year's conference, being held 16 - 18 November, in Christchurch, provides engineers with the opportunity to network with peers from diverse backgrounds and companies across New Zealand. While listening to amazing speakers, socialising, and viewing the latest products and services within the Trade Exhibition evening.

The NZIHE Conference is the only Healthcare Facilities and Clinical Engineering Conference for Facilities staff and Biomedics by those in the industry.

Thank you to all those who have already registered. If you haven't registered already, book your registration today, to secure your place at the early bird rate.

**Early bird
closing on**

**FRIDAY 07
OCTOBER**

**closes
in one
month**

BOOK YOUR FLIGHTS AND ACCOMMODATION NOW