

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: Consumer produced artwork on display at The Princess Margaret Hospital

Kupu Arataki – Introduction

Farewell from Peter

It feels a bit like the last day of school today. I am excited to be heading home to my family now my tenure, first as Chief Executive, then as Interim Regional Director for Te Waipounamu and Interim District Director for Canterbury and West Coast Health Systems has come to an end, but it is also tinged with some sadness as I have thoroughly enjoyed my time here in Christchurch.

Since joining the (then) Canterbury District Health Board as CEO in February 2021, we've all experienced extended periods of disruption and change. COVID-19 has certainly altered the health landscape and our lives. Despite the many challenges, and a health service that has at times been overwhelmed, I have been so impressed by the passion and dedication demonstrated by you all. You have continued to adapt, innovate and strive tirelessly for our communities.

Outside observers use one word more than any other to describe Cantabrians – resilient. The people of this region are greatly admired in Aotearoa and abroad, not just for their strength, but for the way they reach out and help each other up after being knocked down. That Canterbury character is reflected in the phenomenal mahi of the people in our health system who regularly go above and beyond. Set now to return to my home in Ruby Bay, I take two indelible impressions with me. The first, that Canterbury is spectacular, with wonderful people and an amazing community. The second, is that the people working in the Canterbury Health System are entirely committed to the care and wellbeing of their communities. You should all be very proud of the work you do.

I wish you all well as you continue to adjust to your place in Te Whatu Ora, Health New Zealand. Keep the focus on patient care and building strong teams wherever you are working.



Outgoing Interim District Director for Canterbury and West Coast Health Systems, Peter Bramley (centre), driven by by Senior Operations Manager George Schwass and accompanied by Christchurch Campus General Manager Pauline Clark (photo taken from 27 September 2022 Waitaha Pānui)

While there is much change at present and many challenges to our health system, it will be the people involved in healthcare that will ensure we continue to provide quality and compassionate care.

Go well and take care of each other – it's been a real privilege.

Have a great week.
Kia pai tō koutou rā

A handwritten signature in black ink, which appears to read 'P M Bramley'. The signature is stylized with a large loop at the end.

Peter Bramley
Outgoing District Director Hospital and Specialist
Services Waitaha | Canterbury

New Appointment

Chief of Staff, Te Whatu Ora – Peter Alsop

Peter takes up this position today, 30 January, and is responsible for the overall coordination of the Chief Executive's responsibilities across Te Whatu Ora. As a new Crown owned entity, he will ensure that Te Whatu Ora is servicing governance, and the Government decision making at all levels. He will be taking a whole of Te Whatu Ora view, working with Te Aka Whai Ora and ensuring that we are complying with our legislative and regulatory requirements. The breadth of functions include CE Advisory, Board and Executive Leadership Team Secretariat, Ministerial and Government servicing, strategic engagement with the sector, Chief Legal Counsel and supporting specialist advisory roles in Disability and Privacy.

Peter joins us from Te Pātaka Whaioranga Pharmac – a Crown owned entity also, an important part of the system where he was most recently, Director Engagement and Implementation. He is passionate about the health reforms and the unique opportunity offered – for all involved – to reshape the system to better meet New Zealanders' needs. With four tamariki Māori, and whānau whakapapa to Tikitiki in Tairāwhiti, Peter is committed to achieving health equity for Māori and other priority populations. He will bring a strong focus on partnership with Te Aka Whai Ora, Manatū Hauora and our other health sector stakeholders.

You can read more about [Peter here](#).



Newly appointed Chief of Staff, Te Whatu Ora, Peter Alsop

Providing mental health support to tamariki

Processing emotion and big feelings can be difficult for tamariki (children). In recent years in particular with the Christchurch terror attack and the many disruptions to activities, families, education and sport brought about by COVID-19, it is no surprise that many of our young people need some help to cope.

Mana Ake – Stronger for Tomorrow, is an initiative that provides mental health and wellbeing support for children aged five to 12 years old, as well as the whānau who care for them. These support sessions also allow kids and whānau to meet, mingle and share.

You can read more about the work of Mana Ake on [page 17](#).

Thank you and farewell to Kate Lopez

General manager, Older Persons Health and Rehabilitation (OPH&R) at Burwood Hospital, Kate Lopez, has left Te Whatu Ora to return to Health Roundtable, where she worked prior to joining what was the Canterbury District Health Board in 2020. She has been appointed to the role of National Manager, New Zealand Client Relationships and Business Development.

Back in 2020, Kate came on board as the Director of Nursing, Older Persons Health and Rehabilitation before being seconded into the role of General Manager OPH&R in mid-2021.

During her time at Burwood, Kate has been an effective and much-loved leader who has made a massive contribution to the community. She will be sorely missed but will still be working with Te Whatu Ora in her new role.

The new General Manager OPH&R will be appointed shortly.
Mā te wā Kate.



Outgoing General Manager OPH&R Kate Lopez

It's getting hot in here

We have had a warm and dry summer so far with a few consecutive days of high temperatures. It is timely for us all to remember the care we need to take to avoid illness and injury including dehydration, heat stress/exhaustion and sunburn. This applies at work as well as at home.

- › If you lose more water and salts than you take in, you become dehydrated and even in its mildest form, this can affect your cognitive abilities, physical performance and mood. Extreme and prolonged dehydration can have dire health consequences
- › Staying hydrated means drinking plenty of water (not sugary soft drinks)
- › When we're busy at work, we often forget to drink as much as we should. Carry a water bottle or keep one on your desk. You could also set a reminder on your watch or phone to ensure you drink throughout the day
- › People who work in hot environments like the kitchens, poorly ventilated spaces and outdoors, or who wear PPE for extended periods of time, can be at risk of heat stress and heat exhaustion
- › Heat stress and heat exhaustion result when the body is unable to maintain a stable core temperature and can lead to a life-threatening

situation of the body being unable to regulate its temperature at all

- › Take a break from these spaces when you can so you can get fresh air, remove your PPE, have a drink and cool down
- › Where feasible, wear loose fitting clothing and natural fibres
- › Always, always, always, wear sunscreen. Cover up and stay in the shade as much as possible
- › After work, if you're drinking alcohol, alternate each drink with a glass of water
- › Check in on elderly friends, neighbours and whānau to make sure they're coping and make sure your kids are drinking plenty of water (or milk for the wee ones)
- › Ensure your pets have access to plenty of fresh water and shade – maybe leave some water in the yard for the birds too
- › Limit your outdoor activities and exercise to the early morning and evening, avoiding the hottest time of the day
- › Make smart choices and remember, when you start to feel thirsty, your body is already in a state of dehydration.

**Stay
sunsmart.
Slip, slop, slap
and wrap.**



Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

**Stay hydrated
this summer.
Remember water
for kids and pets.**



Te Whatu Ora
Health New Zealand

International recruitment campaign continues

The international recruitment campaign launched last year to attract health professionals into New Zealand, will continue in 2023.

The campaign is aimed at health professionals in the UK, Ireland, USA, Canada, and Singapore. More information about the campaign is on the website at somerheredifferent.co.nz.

Please help us by spreading the word with our [email template](#).

If you're a health worker from overseas and you're looking to extend your stay in New Zealand, contact the International Recruitment Team using the [Talk to Us form](#).



Te Whatu Ora Pacific Health Scholarships – deadline for applications extended

Applications for the 2023 Pacific Health Scholarships now close on 7 February 2023 at 11.59 pm.

\$1.4 million has been allocated for this year's scholarships to support Pacific students taking health and disability-related courses. Medical and Dentistry students are eligible for up to \$10,000 while Nursing, Midwifery and Allied Health students can qualify for up to \$5000 towards their tuition fees.

Pacific Health scholarships are an important step in the effort to increase Pacific representation within the health workforce, and in turn play a crucial

role in improving health outcomes for our Pacific communities.

Since 2002, when the Pacific Health Scholarships programme started, almost 2000 scholarships have been awarded to eligible students. If these scholarships could benefit your own studies or encourage somebody you know who is eligible [please apply here or share this link](#).

For more information email pacificscholarships@health.govt.nz and see the notice on [page 23](#).

Share your memories of The Princess Margaret Hospital

As we prepare to move Specialist Mental Health Services from The Princess Margaret Hospital (TPMH) to Hillmorton in 2023, we're calling on all past and present staff to share their memories and photos.

What do you love about TPMH? What will you miss? What funny, special or poignant memories do you wish to share? Do you have photos or newspaper clippings that help tell the story of TPMH? Your submission will contribute to a memory book celebrating the history of this iconic hospital.



- › If you are a current Te Whatu Ora Waitaha employee with a CDHB email address and you wish to contribute, [click here](#).
- › If you are a past employee or anyone not using a CDHB email address, you can submit by [clicking here](#).

If you have any questions or issues using this form, please email: communications@cdhb.health.nz.

Quiz – Sir Elton John

On Tuesday 24 January, Sir Elton John played in Christchurch as part of his Goodbye Yellow Brick Road tour. With a career spanning more than 50 years, he is a performer who warrants his own quiz!

How much do you know about Sir Elton John?

1. What is Elton John's real name?

- a. John Elton
- b. David Jones
- c. Reginald Dwight
- d. Elvis John

2. What is Elton's nickname?

- a. The Piano Man
- b. Rocket Man
- c. Tiny Dancer
- d. Fred

3. Whose death was the catalyst for the formation of the Elton John AIDS Foundation in 1992?

- a. Freddy Mercury
- b. Rock Hudson
- c. Arthur Ashe
- d. Liberace

4. Which of the following is not an Elton John Broadway musical?

- a. The Lion King
- b. Billy Elliott
- c. RENT
- d. Aida

5. Elton John's song Philadelphia Freedom is a tribute to which sportsperson?

- a. Tennis player Billie Jean King
- b. Tennis player Arthur Ashe
- c. Boxer Mohamed Ali
- d. Boxer Joe Frazier

6. Elton John holds a record for having top 10 hits in six consecutive decades. Can you match the hit song with its decade of release?

- | | |
|-------------------------------------|----------|
| a. I want love | 1. 1990s |
| b. Don't go breaking my heart | 2. 2010s |
| c. Step into Christmas (re-release) | 3. 1980s |
| d. Sacrifice | 4. 2020s |
| e. I'm still standing | 5. 2000s |
| f. Cold heart | 6. 1970s |

7. In 1995, Elton's partner (now husband) David Furnish produced a documentary on the singer. What was it called?

- a. Tickling the ivories
- b. The bitch is back
- c. Behind the glasses
- d. Tantrums and tiaras

8. Joe Cocker and George Michael both covered which popular Elton John song?

- a. Pinball wizard
- b. Don't let the sun go down on me
- c. Tiny dancer
- d. Candle in the wind

9. True or false. Lady Gaga is godmother to Elton's two sons.

- a. True
- b. False

10. In the 1973 song, where was Daniel heading?

- a. To church
- b. For Spain
- c. For Los Angeles
- d. Home

[Check your answers on page 20](#)

Ā mātou tāngata – Our people

Recognition for team of innovative thinkers

The Health Welfare Team at the Canterbury Hauora Coordination Hub has been recognised for their efforts with an award for 'Innovative Practice'.

Presented at the Allied Health Professionals Day, the award recognises the team's strong commitment to providing excellent service to those in need, and their ability to adapt their service to the evolving nature of COVID-19 and its variants.

The Health Welfare team works to bridge the gaps for those who are not currently enrolled with a general practice. They reach out and help people affected by COVID-19 get the help and resources they need. This has resulted in thousands of connections made with individuals and whānau, and care delivered to those who may have otherwise been overlooked.

Director of Allied Health Rose Henderson says the leadership of Social Worker Jolene Hunter and her ability to think proactively and identify gaps, have been key factors in the team's success.

"As COVID-19 cases increased, healthcare services have been under immense pressure and that's where our team has come in, to ensure that no one is slipping through the gaps."



Canterbury Hauora Coordination Hub Health Welfare Team, from left, Jolene Hunter, Amanda Tonkin, Trey Dixon, Philippa King, Manisha Prabhakar, and Heitawhiri Taiporutu

"It is absolutely a team effort from the whole Health Welfare team, however, Jolene's 'can-do' attitude, professionalism and her ability to engage and collaborate with a vast array of individuals, teams and services has been exceptional. Without Jolene's skills, passion, intelligence and commitment, we would not be in the great position we are now in.

"It's a highly collaborative service, with the Health Welfare team having easy access to the nursing and administration teams at the Hub, along with a myriad of iwi, Pasifika, and health and social support services to connect people impacted by COVID-19," Rose says.

New Zealand Hospital Pharmacists' Association conference 2022

The New Zealand Hospital Pharmacists' Association annual conference was held recently on 19 and 20 November 2022 at the University of Auckland CBD campus. There was huge excitement for the first in-person conference since the start of the pandemic.

Christchurch Hospital Pharmacy had a strong presence with Christchurch Hospital Acting Pharmacy Services Manager Clare Greasley a Chair for the event. The conference featured oral presentations on Post-discharge Opioid Use and Persistent Use After General Surgery by Pharmacist Intern Oriana Munevar Aquite. Another presentation was Utility of the NZHPA National Career Framework as a Tool for Salary Merit Progression in Hospital Pharmacy, by Bevan Harden et al.

Our 2022 pharmacist interns did us proud with Sophie Withers winning Best Poster for an intern or student as well as Best Poster Overall, and Oriana Munevar Aquite winning Best Paper by an intern or student.

The pharmacy team presented four posters at the conference and Pharmacist Kyra Sycamore was one of the convenors for the Mental Health Special Interest Group Meetings.

Congratulations to Sophie, Oriana and all the other participants on their successes at the conference.



New Zealand Hospital Pharmacists' Association
Te Kāhui Whakarite Rongoā Hōhipera o Aotearoa



Free medicines to treat COVID-19

Ask us if antiviral medicines are right for you.
Visit COVID19.health.nz to find out more.

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

My slice of Kiwi heaven

Kurow

I have been re-exploring the South Island since I came back to live here at the end of 2019. On my recent summer holiday, I stayed in Kurow and went to revisit many of the places from my childhood in the Waitaki Region. Each summer our slice of heaven was either being at the Danseys Pass Motor Camp with our grandparents or camping at Lake Aviemore with our parents. I have very fond memories of this area.

Kini Piper – Health Promoter, Wellbeing Team



Kurow Hill walkway looking out over the braided river in the Waitaki Valley

Naseby, Central Otago

Picture yourself in a hot tub, surrounded by snow-capped mountains. Now imagine enjoying a delicious cheese platter and a glass of wine in front of the cracking fireplace, followed by a night's sleep in the most comfortable bed as the sun sets far away in the distance. Canopy Camping's Shortlands Shed – Nobbler Creek in Naseby, Central Otago is my slice of Kiwi heaven.

Kirsty Lacey – Medical Illustration, Graphic Designer



Shortlands Shed – Nobbler Creek in Naseby, Central Otago

Share with us your 'happy place' in Aotearoa New Zealand. Somewhere you love where you can relax, have fun, get physical or be with people who mean a lot to you. A place you may think is beautiful or that brings back happy memories. It could be a town, a river, a beach. It might be a fishing spot, a park, a walking track, a restaurant or even a whole city. Where is your slice of Kiwi heaven?

Click [here](#) to share your submission (you must do this from your work email address). If you have any issues, please email communications@cdhb.health.nz

One minute with... .. Michael Flatman, Chief Executive, Māia Health Foundation

What does your job involve?

The Māia Health Foundation is the charity partner for Te Whatu Ora Waitaha, so we accept and manage donations to the health system on their behalf. We also raise funds for much needed, game-changing projects, such as the rooftop helipad at Christchurch Hospital. We are currently raising funds for a new Child and Youth Mental Health Outpatients facility. We have a small team, but one that is very passionate about trying to help take our health system from good to great.

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

Fundraising can be a tough gig, so an extra layer of skin helps, however it is also very rewarding and gives an amazing sense of achievement. So, keep positive and take the highs with the lows. Don't let knockbacks get you down.

Who inspires you and why?

I wouldn't say that one person inspires me. Over the course of your working life you pick up bits of wisdom from all sorts of people that help shape who you become, but if I was to choose one person, it would be my late father. Dad was a man of relatively few words, worked hard, was always humble, never complained and never spoke badly of people.

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?

With fundraising, people and businesses are entrusting their money to you to use on projects that are worthwhile and mean something to them. Honouring that trust is crucial so we must act with honesty, integrity and respect. Always.



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

We've been lucky enough to have just come back from a great family holiday to the U.S and Mexico, but as Dorothy in the Wizard of Oz said, there's no place like home (although skiing at Park City, Utah is a pretty close second).

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

I suspect when Hollywood producers sit down to plan who the next biopic will be about, my name will be right down the bottom of the list, but let's go with Tom Hanks. He seems to be able to play anyone, so he will probably nail playing an ordinary middle-aged guy from Christchurch.

What are your hobbies/interests outside of work?

Three teenage children mean there is very little time for personal hobbies, but I wouldn't have it any other way. It's one of life's joys to watch your children play cricket, basketball, hockey, perform in a ballet show, row a boat, or play the piano. When time allows, my wife and I go for walks, and reading and going for a run is always great. We also have a new puppy (Stanley) so I suppose at the moment we can classify cleaning up after him as a hobby!

If you would like to take part in this column or would like to nominate someone please contact [Naomi Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

Whakamihi – Bouquets



Judy, Surgical Assessment and Review Area (SARA), Christchurch Hospital

I spent the evening in SARA with really bad gallstone pain and the nurse who looked after me was amazing. Judy was super professional, and her bedside manner was kind and informative. She really put me at ease while I was alone in hospital overnight. Any patients who get Judy as their nurse are very lucky.

Maternity, Christchurch Women's Hospital

My niece had a baby via caesarean at Christchurch Women's Hospital. She has asked me to pass on her very positive feedback. All through her time in Christchurch Women's she has been impressed with the care that she and her family have received from both the midwives and registered nurses. She has felt very supported with establishing breastfeeding, she feels listened to, and is responded to promptly if she requires assistance. It has made a huge difference to her wellbeing and she is super impressed with the care received. I wanted to share this with you, given all the staffing challenges.

ED, Christchurch Hospital

I want to send a huge thanks to the wonderful ED staff at Christchurch Hospital. They saw me within two hours and even though the wound wasn't as bad as expected, they were still incredibly patient and caring. Love the mahi they're doing. Special thanks to Nurse Judith.

ICU, Christchurch Hospital

We have had nothing but kindness from all staff here. ICU have the best team of people, no complaints whatsoever. Amazing work team, thank you so much for your help and kindness. We are so

very grateful.

Ben Hindson, Oncology, Christchurch Hospital

I would like to express my appreciation and gratitude to Dr Hindson for his expertise and conviviality in treating my prostate cancer over the past few months. His ability to communicate, listen and explain are great assets and together with his very apparent knowledge and experience of prescribing the relevant oncology treatment is truly outstanding. I am very grateful to him and to all the medical staff for their kindness and efficiency.

Christchurch Hospital

To all the doctors and nurses looking after our mother, we want to send a massive thank you from Sydney, Australia. Mum had a major operation last week and is recovering well and we are so very grateful. Keep up the good work. You are all true legends.

ED, Christchurch Hospital

Greeted, received and treated with the utmost kindness and professionalism in ED. I just moved to Christchurch and needed to see fracture clinic. The lady at the ED reception went out of her way to get me to the correct service. I was promptly and efficiently seen at Acute Care. Kind administrators and nurses and doctor all the way through the process. Very impressed with the quality of care. They are all heroes. Please accept and convey my gratitude to all staff at Christchurch Hospital.

Ward A3, Christchurch Hospital

I just wanted to thank you for the care given to me in December. It was a horrible experience, made better by lovely hospital aides who answered my

bells and helped where they could. I would like to give a special thank you to Sonya, Anou and Jonas who gave me exceedingly high professional nursing care and made me feel safe and reassured during my illness.

SARA, Ward A3, Christchurch Hospital

A big thank you to the Ward A3 SARA unit, in particular Sheila, Jonas, and Connor for taking such great care of my nana. They all went above and beyond to keep me informed of what was happening and made sure her needs were met. Please pass on my thanks to the wonderful team.

Intensive Care Unit (ICU), Christchurch Hospital

Really appreciate all doctors and nurses working to help our dad.

Ward A3, Christchurch Hospital

Kia ora. My three day stay, and surgery, went extremely well. The staff are amazing, friendly and professional. My doctors and the surgery team gave me all the information about my surgery and aftercare and support. We are extremely lucky to have a great public health system like this. Many, many thanks for the tautoko manaakitanga. It was much appreciated and helped make my visit comfortable.

Christchurch Hospital

Your team of nurses, hospital aides and doctors are amazing! They are always keeping me up to date with Dad's progress and can't do enough to make sure he is comfortable. I have spent a lot of time in various hospitals both here and Australia and this ward and team are first class! Thank you for making this time so much easier for my family and me.

Medical Oncology, Christchurch Hospital

The nurses go above and beyond to make you feel comfortable. Made what could have been one of the worst experiences in my life more fun. Couldn't wait to catch up with the nurses.

Parkside Medical Ward, Christchurch Hospital

Thank you for the compassion, teaching and the skills you have gathered together that helped our mother pass with dignity, respect, and pain-free.

Child Health Services, Christchurch Hospital

I would like to thank you very much for the excellent hospitality in your hospital and for the care received by the doctor, nurses and personnel.

Radiology, Burwood Hospital

From the lady at Radiology reception, to those involved in the study of my treatment, all were exemplary. Not only was I treated with respect, but they showed me exactly what was happening. Even though not brilliant news, it has given me some ways of managing a very challenging disability. Kirstie Koller was so helpful and identified other things that may help.

Penny Hill, Nephrology Outpatients, Christchurch Hospital

To Dr Hill and the Nephrology team, thank you for your ongoing support of my health and helping me to understand my autoimmune condition better. I always learn something new after my outpatient appointment from all members of the Nephrology team. I appreciate how you take the time to listen and support me to make the best decisions for my own health.

Big Shout Out

To: Te Whatu Ora Waitaha Canterbury staff

The New Zealand Spinal Trust (NZST - based at Burwood Hospital) would like to deliver a massive Big Shout Out to all the Te Whatu Ora Waitaha Canterbury staff (and their whānau and friends) who helped with the Christmas gift wrapping at The Palms Shopping Centre. We needed 118 people to fill 46 shifts over 15 days and the awesome folk from Te Whatu Ora filled 40 percent of them! 2022's gift wrapping raised over \$6,000 for NZST's work, and it absolutely would not have been possible without everyone's support. A special thank you to those who did multiple shifts and filled shifts at late notice when others had to pull out due to illness, kids, work ... life. And also, to Personal Assistant Leah Millthorpe who sent our plea for helpers out into the world and encouraged such a great response. You're all totally awesome!

From: New Zealand Spinal Trust

#carestartshere

Mince Magic

This recipe will comfortably feed four or five people.

- › 500g beef or lamb mince
- › one brown onion
- › 2 cloves of garlic finely chopped or crushed
- › 1 sachet Maggi mushroom soup mix
- › 1 can diced tomatoes
- › Soy sauce
- › 1-2 cups water or stock (beef, chicken or vegetable)
- › Black pepper
- › 2 cups pasta (macaroni, penne or spirals are best)
- › 200g grated cheese
- › Try to include at least two or more of the following vegetables, depending on your taste
 - › Mushrooms (chopped)
 - › Carrot (diced)
 - › Spinach
 - › Green beans
 - › Broccoli florets
 - › Frozen peas

1. Brown the mince, chopped onion and garlic in a large fry pan (with high sides). You don't need to add oil, there is enough fat in the meat.
2. At the same time, cook the pasta in a separate pot of lightly salted boiling water. When it is just tender, take it off the heat, drain and set aside.
3. Once the meat is browned and the onion cooked, sprinkle over the sachet of mushroom soup mix and stir through the canned tomatoes. Add about two teaspoons of soy sauce and a generous amount of black pepper. Pour in a cup of water or stock then add your vegetables.
4. Lower the heat to a very gentle simmer and cook for about 15 minutes until the vegetables are just done. Stir occasionally and add more stock or water if required. Taste and season as desired.
5. When done, remove from the heat and stir through the cooked pasta. Pour the whole lot into a large baking dish and top with the grated cheese.
6. Pop into the oven and bake at 190° until the cheese is melted and bubbling.
7. Serve on its own or with a side salad.



This recipe is so named because it magically empties your fridge of any excess vegetables and it is a meal that even some of the fussiest eaters will enjoy. A great family recipe.

This dish is easy to make and economical. It freezes well, and you could keep any leftovers in the fridge for a couple of days.

Note: this recipe doesn't include salt because the soy sauce and soup mix both contain sodium. Taste it before you add any extra seasoning.

Ā mātou kōrero – Our stories

Surveillance Audit visit

Te Whatu Ora – Waitaha Canterbury Ministry of Health Certification Audit will take place from Tuesday 14 February to Friday 17 February 2023.

We will be audited against the updated, 2021 NZS 8134:2021 Ngā paerewa Health and Disability services standard. Our health services are audited every 18 months.

The main aim of the Health and Disability Services (Safety Act 2001), is to keep consumers in health and disability services safe, while encouraging all parts of Waitaha Canterbury to continuously improve their services.

The standards are broken down into six sections:

1. Ō tatou motika – Our Rights
2. Hunga mahi me te hanganga – Workforce and Structure
3. Ngā huarahi ki te oranga – Pathways to wellbeing
4. Te aro ki te tāngata me te taiao haumaru – Person-centred and safe environment
5. Te kaupare pokenga me te kaitiakitanga patu huakita – Infection prevention (IP) and antimicrobial stewardship (AMS)
6. Here taratahi – Restraint and seclusion

Prior to, and during the audit we need to provide evidence on activities, processes and outcomes against each standard, including how we monitor and evaluate improvement. Please refer to the [intranet page](#) and submitted [self-assessment here](#).

The designated audit agency will conduct eight patient tracers and four system tracers across Canterbury Waitaha. The patient tracers will be conducted in Medical, Surgical, Maternity, Child Health, Mental Health (two), Aged Residential Care, and Gerontology services. The system tracers are

deteriorating patient, medication management, infection prevention and control, and antimicrobial stewardship and falls.

Services planned to be visited have been notified, though other areas can be visited as well.

Reviews include adequacy and effectiveness of all associated requirements of the standard and include observation, sampling of records, review of data, staff and consumers' interviews and review of relevant documentation.

The audit team will interview key people responsible for core functions throughout the course of the site visits.

These people may include, but are not restricted to: management, clinical and non-clinical staff and consumers and their family/whānau (where appropriate), so please be prepared to demonstrate how your team routinely meets the standards.

The audit team will be allowing time to meet with current consumers of services as part of the audit process. Consent will be obtained from consumers prior to an interview being undertaken.

The summation meeting for staff is planned for Friday 17 February between 3 and 3.30pm.

All staff are welcome. Locations of rooms to view via virtual link will be communicated in the internal mail the week of 13 February.

Please get in touch with your Quality Team if you have any questions or contact us at Quality@cdhb.health.nz

Birth After Thoughts Clinic

The Birth After Thoughts Clinic (BATC) is a listening and debriefing service available for anyone who has given birth to their baby in a Te Whatu Ora Waitaha Canterbury facility since July 2022.

If a woman has questions about their birth experience, this clinic will provide that opportunity to talk to a midwife in a safe, confidential and supported environment.

Women can bring their whānau or support person with them.

They are advised to wait four to six weeks after having their baby before they make the appointment, to give them time to recover from the birth. During this period, they can speak with their Lead Maternity Carer to help them fill in the gaps and answer questions they may have about their birth or postnatal experience.

Appointments are currently available weekly, on a Friday and participants are currently offered phone, Zoom or in-person appointments. The in-person meetings are held at Christchurch Women's Hospital. Information on this service is also provided on the [Te Whatu Ora Waitaha website](#).

This service is self-referral and women can make contact by phone – 03 364 4787 or by e-mail: birthafterthoughts@cdhb.health.nz. They will need to provide the following information:

- › Name
- › Date of birth
- › Contact number or e-mail address.



Midwife Julie Edlin



Midwife Heidi Goebbels

The two midwives running this service are Heidi Goebbels and Julie Edlin and they aim to respond to enquiries and arrange appointments within five working days.

During the appointment the midwife can take them through their birth notes. They may wish to ask specific questions, or talk about memories, feelings and thoughts that they have about the birth or any part of their experience.

This appointment will be a one-off session and if the women require further support or assistance then they will be referred to the appropriate support in the community.

If you have further questions about this service, please get in touch with Midwife Manager Women's Outpatients at Christchurch Women's Hospital Louise McKinney, on 021 780 561, or via email louise.mckinney@cdhb.health.nz.

There are all sorts of ways to boost your wellbeing this summer.



Te Whatu Ora
Health New Zealand

Mental Health Foundation
Mauri Tei, Mauri Ora



Supporting tamariki through big emotions



For our tamariki (children), experiencing emotion, processing how it makes them feel, and figuring out how to manage those feelings is a big learning curve.

That's why Mana Ake – Stronger for Tomorrow has been providing support not just for children, but for the whānau who care for them, with informative sessions that are proving a big hit. Mana Ake is an initiative that provides mental health and wellbeing support for children aged five to 12 years old. Find out [more about them here](#).

Rebecca Muir, who attended a session for insight around managing big emotions with her six-year-old son, says it was well run and provided her with useful information and practical tips she can use to support her son.

"This includes child-appropriate time-outs when he is processing emotions, for example kicking a ball in the garden rather than time-out in his room. He has a lot of energy, and this helps him burn it off and we can have a chat about what he's feeling and thinking.

"I also loved the concept of implementing a worry jar. The idea of the jar is to write down your worries on a piece of paper and place them in the jar, then as a family either once or twice a week you can read the worries and talk about them, and how you might overcome them."

Mana Ake Kaiarahi (Team Leader) for Northwest Christchurch and Hornby Jonathan Crosby says managing emotions is a hot topic, so this session covered things such as the science of what happens in the brain when tamariki are working through big emotions, emotional coaching to increase relationship, and emotional intelligence and practical strategies to use at home.

The session, which more than 100 parents attended, also provided an opportunity for caregivers to connect with peers, work through activities and share tips, tricks, and resources.

Mana Ake Kaiarahi for the New Brighton Shirley and Pito Mata cluster (St Albans/ Merivale), Becky Voisey says there has been a good response to the sessions, with parents and caregivers interested in learning more.

"We provide the fundamentals, and it gives parents that 'aha' moment. This could include supporting children to move through anger or anxiety, by breaking things down into instances rather than viewing the bigger picture, or creating a diary of interactions to assess how both children and parents are responding.

"We try to focus on what parents can sustainably do at home without having to change the world."

Feedback from parents who attended included appreciation at being able to "start dialogue amongst the attendees to reflect immediately on what we were learning" and being "really easy to listen to, with presenters who know their stuff."

The sessions have grown from Mana Ake kaimahi (workers) forming strong relations with schools and understanding the key issues seen in referrals, classroom, or group sessions. Parent sessions are planned in response to need and scheduled at times people can fit into everyday life, such as evenings or weekends.

In the last year, the most common issues raised with the Mana Ake team in Canterbury included emotional regulation, anxiety, self-esteem, and social skills.

"In the last couple of years, there's also been a focus on coping with change and dealing with grief. This includes helping tamariki and whānau work through changes impacted by the rising cost of living and the COVID-19 pandemic, including parents working more, changes at home such as parents separating, or missing parental figures," Becky says.

"Whānau have a crucial role to play in understanding and modelling behaviour for our tamariki. Part of managing emotions and our response to them is understanding big emotions are normal."

The team is currently working on a new programme of events for 2023, to sit alongside other in-depth programmes for parents including the popular [Tuning into Kids course](#).

New comfort chair for Hyperbaric patients

Our wonderful Christchurch Hospital volunteers have kindly purchased this special comfort chair for patients needing treatment in the Hyperbaric Unit.

At a cost of over \$7000, the gas-assisted chair has pressure management gel seating, is fully tiltable, and reclines. The chair will benefit patients with lower leg wounds, radiation damage to the bladder and/or bowel and provide support for frail outpatients.

It is sure to be put to good use helping patients have a more comfortable experience during treatment in the Hyperbaric Unit's chamber – which can take two hours.

The Christchurch Hyperbaric Medicine Unit treats a range of conditions ranging from decompression sickness and air embolism, through to radiation injury and problem wounds.



The new chair in the Hyperbaric Unit

There are all sorts of ways to boost your wellbeing this summer.



Te Whatu Ora
Health New Zealand

Mental Health Foundation
meuri tu, meuri erte
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Constructions starts on Kurawaka: Waipapa maternity unit

Construction is now underway on Canterbury's new central city community maternity unit, Kurawaka: Waipapa.

HRS Construction Ltd has been appointed lead contractor and the extensive fit-out to transform an existing building into a welcoming, modern, fit-for-purpose maternity facility is underway.

Kurawaka: Waipapa will have four birthing rooms, 20 post-natal rooms, a whānau room, lounge, education room and six assessment rooms.

The unit will be staffed by midwives employed by Te Whatu Ora alongside Lead Maternity Carers who work in the community to support pregnant people throughout their pregnancy, birth and postnatal care.

Executive Director of Midwifery and Maternity Services Norma Campbell says the maternity community in Christchurch is very excited to see work on the unit progressing.

"We are looking forward to this facility opening later this year as it will provide a safe place in the central city for healthy pregnant people with no complications to give birth and allow for a midwifery model of care which meets the needs of the community.

"We estimate that up to 2000 births will take place a year at the new unit, leaving the staff at Christchurch Women's Hospital to focus on those who need more support or are high risk."

"With the lead contractor appointed, structural work on the internal layout is underway including removing floor slabs to install internal drainage for ensuite and toilets", says Executive Director Infrastructure, Rob Ojala.



The engagement of Māori midwives, along with Manawhenua Ki Waitaha representatives ensures that we have a culturally appropriate facility and service delivered in a Te Ao Māori (the Māori world view) framework.

"The design of the unit will reflect tikanga values, to preserve the tapu of childbirth and to keep everyone safe."

The estimated completion date for the facility is October 2023. It's located at the corner of St Asaph and Antigua streets a few minutes away from Christchurch Women's Hospital.

More information about our birthing options in Canterbury can be found here www.cdhb.health.nz/health-services/maternity-christchurch-canterbury/

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.



Ōpuke Thermal Pools and Spa – 47 Mount Hut Station Road, Methven

Get 20 percent off of all experiences (tranquility pools, discovery pools and Opuke Spa) when booking 48 hours in advance and 10 percent off when booking less than 48 hours before arrival. See more information and [discount codes here](#).



Adrenalin Forest – 105 Heyders Road, Spencerville

Get 10 percent off admission fees for Te Whatu Ora – Waitaha employees and their children. Show your staff ID to redeem.



Christchurch Adventure Park – 225 Worsleys Road, Cracroft

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



Black Cat Cruises – Akaroa Main Wharf, Akaroa

Get 50 percent off the Akaroa Harbour Nature Cruise, note you must pre-book. Use the discount code when booking online (limit two people) and ensure you take your staff ID with you on the day. Visit [Something For you](#) page to get the discount code.

QUIZ ANSWERS – Sir Elton John

1. c. Reginald Dwight
2. b. Rocket Man
3. a. Freddy Mercury
4. c. RENT
5. a. Tennis player Billie Jean King
6. a. I want love 5. 2000s
b. Don't go breaking my heart 6. 1970s
c. Step into Christmas (re-release) 2. 2010s
d. Sacrifice 1. 1990s
e. I'm still standing 3. 1980s
f. Cold heart 4. 2020s
7. d. Tantrums and tiaras
8. b. Don't let the sun go down on me
9. a. True
10. b. For Spain
Daniel is travelling tonight on a plane
I can see the red tail lights heading for Spain

Treaty of Waitangi workshop

Monday 6 February is Waitangi Day so the Mana Taurite team is running a workshop - 'Te Tiriti o Waitangi me Ngā Mātāpono o te Tiriti mō Hauora | The History of The Treaty of Waitangi and its Principles for Health' designed to help you understand why we have Te Tiriti o Waitangi.

The workshop will be held on February 7, from 9am – 12pm.

Please click on the following link to sign up via HealthLearn. If you can't make it to this session, the same link will show you the many other sessions coming up. Course: [Ngā Taonga Tuku Iho o Te Tiriti o Waitangi | The History of The Treaty of Waitangi](https://healthlearn.ac.nz/Courses/Te-Tiriti-o-Waitangi-The-History-of-The-Treaty-of-Waitangi) (healthlearn.ac.nz)

This three-hour workshop will cover:

- › Ngā Taonga Tuku Iho o Te Tiriti o Waitangi | The History of The Treaty of Waitangi
- › I mua i te Tiriti | Before the Treaty (Māori Society and Health in pre-colonial times)
- › He aha te tiriti | Why have a Treaty (What caused the Treaty to be written)
- › Ngā tikanga o te tiriti | The meaning of the Treaty (The detail of the Treaty, including contrasts in language and meaning)
- › I muri i te Tiriti | After the Treaty (Breaches, Government action, Laws, and Land)




- › Whakatairitenga ki te Tiriti | Reconciliation to the Treaty (The Tribunal, Settlements, and the post-Grievance era)
- › Ngā Mātāpono o te Tiriti o Waitangi Hauora | Principles of the Treaty of Waitangi in Health
- › The fourth 'oral' article to Te Tiriti and why this is important
- › Contra Preferentum and how this applies
- › A look at the construction of '3 Ps' as Treaty Principles
- › Re-examine the construction of Treaty Principles in the context of Te Whatu Ora.

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). The newsletter highlights new and revised free resources available from your local CHIC office.

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



Smokefree / Vapefree Study Day

Register through HealthLearn

The overall aim of the day is to expand your knowledge and skills to effectively implement the ABC strategy of smoking cessation. Specialist speakers will cover aspects of Smokefree / Vapefree including:

- Smokefree / Vapefree legislation and policy
- Effective smokefree conversations
- Smokefree Support services Te Hā – Waitaha
- Understanding the health risks associated with smoking & vaping
- Improve patient outcomes by learning how to effectively address smoking & vaping

Pre-requisites: Smoking Cessation ABCs link on Healthlearn

Limited to: Nurses & Allied Health kaimahi/staff only

When: Tuesday 21 March 2023

Time: 8:30-4:00 pm

Where: Manawa HP301 (Manawa building)

Light refreshments provided

For more information contact
smokefree@cdhb.health.nz



Pacific Health Scholarships 2023

If you are of Pacific Islands descent and studying towards a health or disability related qualification you may be eligible to apply for a scholarship.

Apply
online now.
Applications
now close
7 February
2023.

These scholarships contribute to tuition fees for full-time and part-time students studying

Medicine & Dentistry

UP TO \$10,000

Nursing & Midwifery

UP TO \$5,000

**Allied Health
& other eligible
qualifications**

UP TO \$5,000

To apply and for more info visit www.tewhatauora.govt.nz/PHS2023

For enquiries and if you require further support with your application please email pacificscholarships@health.govt.nz.



Te Kāwanatanga o Aotearoa
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