

## Love is in the air and so is Omicron!

It's Valentine's day, so today I'm sharing a few things I'm loving right now.

I ♥ the way everyone is working towards ensuring health services and our community are ready for Omicron.

I ♥ the way you are staying calm sharing the message that for most people Omicron will be a mild to moderate illness, and vaccination, especially having your booster and mask use are the two most important factors to help keep people safe from serious illness needing hospital care.

I ♥ the way you are thinking ahead as to how we can support those who will most need our help in the height of the pandemic. Please continue to kōrero with the older people in your whānau, your friends and neighbours and those you provide treatment and care for. Do they have people who can help if they get Omicron? If not, help them create a plan and talk about and share the plan with those who can help them. Here's the [template and checklist](#) to get the conversation started (also [see page 19](#)).

I encourage you all to be prepared with a plan, keep wearing your mask, and scan and pass whenever you go out.

I ♥ your teamwork - thanks heaps for working together so well and for stepping in to help out, roll up your sleeves and be willing to work in areas you don't usually work in. Thanks for all the energy and effort you're continuing to put in at this extremely busy and demanding time for us all.

I ♥ your mahi

### Big Boost in full-swing

The Big Boost Week is now in full swing, with 33,041 booster doses administered across Canterbury since last Wednesday.

Our focus for February is to get as many Cantabrians boosted as possible, as the booster dose significantly increases protection against Omicron

I really take my hat off to all the hard-working vaccinators out there. Demand has been high due to the shortened booster gap, but they are managing their busy workloads and the queues with calm and grace.

We have also been incredibly lucky to have received huge support from local community leaders, church leaders, community groups, and the Christchurch business community who have shared their time, experience, resources and their voice to lift the vaccination uptake. Our vaccination teams have continued to work with these groups on how we can best support our diverse community to get boosted.

If you know anyone who needs a booster, please remind them that bookings are essential to avoid long waits.

THE BIG  
BOOST  
February 2022

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## Bouquets – a highlight every week

Sometimes amidst all this planning for Omicron, it's hard to remember that we all have day jobs too. It's amazing to see the bouquets that pour in every week as a testament to our hard-working staff and teams, particularly in the ever-changing situation that we find ourselves in. Every week I

read and hear about our people constantly going the extra mile for patients and their whānau and it makes me very proud.

Check out this week's line up of bouquets on [page 5](#).

## Infection Prevention and Control – tips from our experts

A huge thank you to Drs Sarah Berger and Alan Pithie for taking the time last week to host an Infection, Prevention and Control COVID-19 webinar for healthcare providers and government agencies. I'd like to echo a few of their key messages here.

The most protective factor is COVID-19 vaccination, including boosters for everyone who is eligible.

The next is mask use. The most important feature of any mask is to fit it snugly over the face. In most situations, a medical mask is the right choice. It provides good protection and is more tolerable when worn for prolonged periods, meaning you are both safe and comfortable.

N-95 masks are being used by staff who may come into contact with people who have COVID-19 and when performing certain procedures which create aerosols. The most important thing about wearing an N-95 is having a snug fit and perfect seal around your face. Clinical staff who need to wear N-95s all day have been fit-tested to ensure a close-fit with a tight seal around their face with no

gaps visible when they talk.

Advice on appropriate mask use for all staff along with other frequently-asked questions has been prepared by TAS to guide all DHBs. The current FAQs are available [here](#).

Other measures such as good ventilation particularly when indoors, physical distancing – particularly with people you don't know, hand sanitising, cleaning 'high touch' surfaces and objects regularly all improve our layers of protection from COVID-19.

For clinical staff, make sure you select the appropriate PPE based on the activity you are doing to make sure you have full protection.

If you missed their IPC Webinar, you can see it [here](#) when you have time.

And for those of you who have to wear PPE every day, the IPC team have done this handy demo [video on donning and doffing](#).

## Masks for the public

A gentle reminder that all visitors to our facilities must wear a surgical/medical mask. Fabric face coverings are no longer acceptable.

We know that some people who have a disability or health condition may not be able to wear a mask safely or comfortably. If you cannot wear one, you can get an exemption card. Visitors should display or show their exemption card when asked to produce it in any of our facilities. Exemption cards can be requested from the Disabled Persons Assembly NZ by contacting them on 04 801 9100 or at [info@dpa.org.nz](mailto:info@dpa.org.nz)

\*Surgical masks are available at all entrances to our facilities.



## New Medical Progressive Care facility set up for COVID-19 patients

While we know most people will be able to recover safely at home with COVID-19 we now have even more capacity at Christchurch Hospital to care for people with the recent completion of a refurbished facility set up for people who need hospital care due to COVID-19.

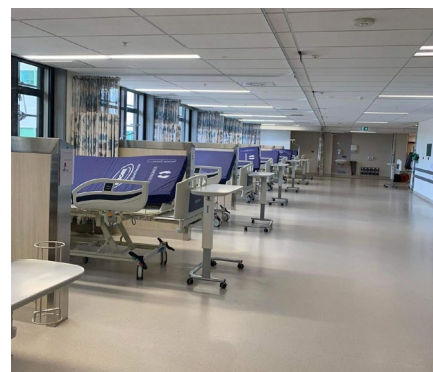
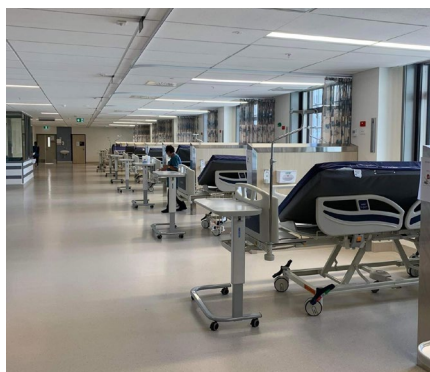
Teams have just finished converting the former Intensive Care Unit (ICU) South space into the new unit, set up to provide progressive care for COVID-19 patients who require additional help with their breathing but don't need intensive care

As everyone on this new unit will have COVID-19, it has open bays to help staff maintain line of sight over the patients.

This new space is a great example of a collective effort between our facilities and clinical teams who saw a need and worked together to find a way to fast-track the development of this area with the support of the Ministry of Health.

The new Medical Progressive Care provides 14 high acuity beds and this, with 33 beds in the recently refurbished Parkside Ground Medical ward and our ICU mean we are well placed to manage a surge of patients.

A massive thanks to everyone involved in making this happen in such a short space of time. It's been a phenomenal effort by so many people working together.



## The Tāngata Ora Pulse Check staff survey

We heard from more than 4000 of you in our latest Tāngata Ora Pulse Check staff survey. The focus was to check in with you as to how we are tracking against the Action Plans that we put in place to address areas you told us needed attention.

I want to thank those of you who took the time to tell us how we might better support you over the coming months with the Omicron pandemic, and we're looking at how we can use that information to better support you now. We're keen to turn your ideas into practical options.

The leadership team will be working through the results this week, but there are two high-level items I would like to highlight today.

Our executive team have really made an effort to be more accessible and visible, based on last year's feedback, and it's heartening to hear from you that we're doing better, but we know there's certainly more to do.

You're also telling us you need to feel safer to speak up when you experience poor behaviour. I hear you and want to assure you this will remain a focus of our energies.

We'll continue to keep you updated on our activity and also let you know over the next week or so where you can access more information about outcomes and activity related to Tāngata Ora.

## Take care – this COVID-19 pandemic is a marathon not a sprint

As we head into another busy week not knowing what impact Omicron will have on our community over the coming days, please remember to pause and take a breather when you can. It's perfectly okay to switch off media and social media if you're feeling a bit 'over it' – and please remember to find the time every day to do something that makes you happy. Even if it's a 15-minute coffee and catch up with a friend or colleague, make it happen!

We will get through this together.



## Let's work together to take on Omicron

Find out more at [Covid19.govt.nz](https://covid19.govt.nz)

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Unite  
against  
COVID-19**

## Emergency Coordination Centre set up from 8am tomorrow

As we are now starting to see an increase in COVID-19 case numbers we are standing up the Canterbury Emergency Coordination Centre from 8am tomorrow morning. A large number of Emergency Operation Centres will also be stood up throughout the system, which will help ensure a well-connected and coordinated response to the Omicron pandemic.

Kia pai tō koutou rā

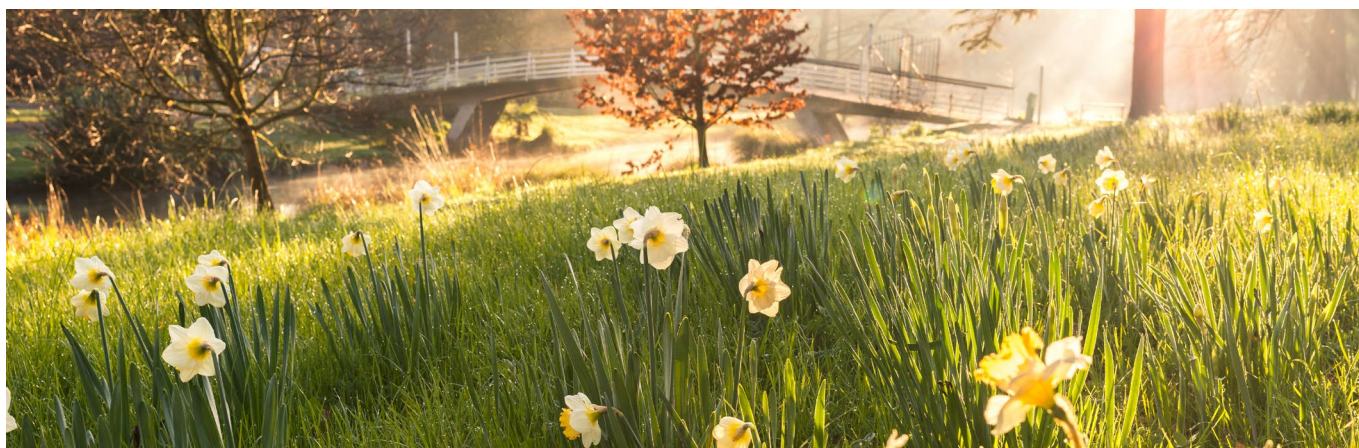
**Peter Bramley, CEO**  
**Canterbury District Health Board**

Please email us at [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).





## Bouquets

### Ward A8, Christchurch Hospital

Absolutely beautiful, caring service from all the nurses involved in the care of my mum. We can't thank you enough for your kindness.

### Nuclear Medicine, Christchurch Hospital

Very nice experience. Very friendly staff. Felt safe and looked after. I had my scan done by Lexi. He communicated instructions very clearly and provided great patient care. A real asset to the team.

### Cardiology, Christchurch Hospital

Thank you very much for the care I received. Your staff, doctors, nurses, and of course surgeon, were amazing. I am forever grateful. Thank you all.

### Ward A8, Christchurch Hospital

The staff are amazing. We were looked after very well and my sister had the best care. Thank you.

### Special Progressive Care Unit, and Ward A3, Christchurch Hospital

My husband was very well looked after, we were treated respectfully, and my husband was always very closely monitored. A special mention to Ameeta, Janice, Grace, and Charge Nurse Manager Sharon. All staff were professional, supportive and empathetic. Thank you very much for the wonderful care provided.

### Level 3, Outpatients, Christchurch Hospital

I was squeezed in because of a cancellation. My appointment was with Dr Jenny Butler. She is thorough and compassionate. The service from all Level 3 staff was outstanding – reception, nursing and medical. Thank you.

### Emergency Department (ED) and Ward B8, Christchurch Hospital

I have never spent time in a hospital before and I found myself feeling very vulnerable. In ED I found the staff incredible, especially Nurse Mandy and the senior nurses who checked on me. Dr Roxy was also very calming and helped me relax as she could see I was nervous. Also big thanks to everyone in Ward B8 who took care of me. Special thanks to Ezrah, Melissa, Dagmar, Kate, Emily and Lauren who had the formidable task of looking after me as I relied on them for everything at the beginning, and who facilitated my recovery with kind words and encouragement. Big thanks to the rest of those who helped out also.

### Cardiac surgery, Christchurch Hospital

My recent cardiothoracic surgery, procedure and post-op care was absolutely brilliant. Top class.

### Burwood Day Clinic, Older Person's Health and Rehabilitation (OPH&R), Burwood Hospital

Psychiatric Registrar Matt Chamberlain saw my dad for review. Matt's approach with Dad was outstanding. He was gentle, transparent, understanding, utterly respectful and tolerant of long stories, as well as entirely convincing they were interesting to him! I really appreciate the service and care from OPH&R.

### Ward DG, Burwood Hospital

I was blown away by the compassion and kindness of the nursing team in the care of my husband. It has been a challenging year for us and coming to the ward has been like a breath of fresh air.

### Physiotherapy, Burwood Hospital

I was impressed at how friendly and helpful everyone was. The reception team are friendly, welcoming and extremely obliging. Physiotherapist Paul Timothy was amazing, he impressed me as a truly dedicated health professional. Thanks to his efforts I achieved the goals we set and am now pain free. Paul also made a concerted effort to keep in contact with me to check on my progress and see if I needed any further help with my recovery. Please pass on my thanks to him for his efforts and dedication to patient care.

### Community Dental Service

Jemma was wonderful with my child who was very nervous prior to the appointment. She did the filling with no fuss and my daughter was a happy patient.

### Burwood Hospital

I came to visit and just want to say how lovely all the staff were! As a family member of an (older) patient, seeing and feeling that they are getting great care is a huge relief in a time that is hard. Having clocks visible from their beds, and the date, and a TV, although doesn't seem like much, really does have a huge impact, it helps them to understand where they are and what date it is. Thanks so much.

## Big Shout Out

**To: : Service Desk Support Technicians Zhong Yang Yuan and Peter Hayward**

Thanks for the help given to me following the death of my work laptop. Zhong had a replacement computer ready the next day and Peter was excellent in helping navigate the eccentricities of the new computer. Very impressed with the prompt service especially as Service Desk is so busy.

**From: Public Health Nurse, Rangiora Hospital, Catherine Dowle**

#carestartshere



**ACCELERATING OUR FUTURE**  
Hapaitia te ara tika pūmau ai te rangatiratanga mo ngā uri whakatipu

# Accelerating our Future: purchase order process update

As part of our efforts to better support our ongoing financial sustainability, we want to make sure everyone is using the correct procedures for ordering goods or services.

Over the coming weeks we will be notifying suppliers that provide goods or services to the Canterbury Health System that, from April this year, we will no longer be processing invoices without a corresponding purchase order number. If an invoice is submitted without one, suppliers will be informed they'll need to re-issue the invoice with the correct purchase order number.

If you are purchasing goods or services on behalf of the DHB, please make sure you are raising a purchase order before engaging with a supplier. This will ensure there are no hold-ups in processing supplier payments.

Improving processes, policies, systems and controls to ensure we get the best value for each health dollar is just one of the ways we can set ourselves up to operate sustainably for the long-term.

I'd like to thank you all for your continued efforts as we work towards this goal.

# Good hand hygiene still key in preventing the spread of infectious diseases

Whatever your role in health, Hand Hygiene is still really important in preventing the spread of infection. At this time, this message has never been more important for safety, both of our patients and staff.

During your delivery of patient care please consider providing opportunities to enable patients to clean their hands when they are not able to walk independently to the hand basin.

A Burwood Hospital ward recently ran a successful trial with the table top/bedside cabinet holder for 500ml bottles of hand sanitiser. The trial enabled patients to undertake hand hygiene in the bed space.

This improvement project is now being rolled out in a number of wards at Christchurch Hospital.

All wards can order these directly from Schulke, using the Oracle code below:

329789 -Stand Table Top Small for 500ml Microshield Angel Schulke

For patient information on hand hygiene see '[What you can Expect](#)' and the '[When to clean your hands](#)' leaflet.

Also see [Staff information – Hand Hygiene for Patients](#).



## What are our patients saying?

Did staff use hand sanitiser or wash their hands before they touched or examined you?

Patients answered "yes", 88 percent of the time.

If unable to walk to the basin when you needed to clean your hands, were you provided with a suitable alternative? Patients answered "yes", 68-77 percent of the time.

See [Inpatient experience questionnaire results](#)

## What do we see?

Results are very similar to what patients report. The data from the Hand Hygiene 5 moments observational audit can be found on the [Hand Hygiene Dashboard](#).

Today Canterbury DHB's overall result is 84 percent.

You can filter the data in these ways:

- › For each of the five moments: Before and after a procedure, before and after contact with a patient, after contact with the patient environment
- › Per locality: Canterbury DHB, division, ward, and trends per speciality, and clinics
- › Trends for healthcare workers, such as medical, nursing/ midwifery, allied health, healthcare assistants etc
- › Hand hygiene performed before and after glove use.



## Take sickness seriously

If you have symptoms  
or are a close contact,  
isolate and call Healthline  
on 0800 358 5453



# One million dollars donated to Canterbury health project

The New Zealand Community Trust has made one of its most significant grants, gifting \$1 million to Māia Health Foundation for a new child and youth mental health outpatient facility.

The announcement comes as the first glimpse of what the new facility will look like is unveiled. Māia Health Foundation is raising \$6 million for the facility, which will support children and young people up to the age of 18.

Māia Health Foundation Chairman Garth Gallaway says the \$1 million grant from the New Zealand Community Trust (NZCT) is a major step forward for the project.

"Having an organisation like NZCT demonstrate such leadership through a gift of this significance has added significant mana to our project. Most importantly, it will provide hope and inspiration to the mental health staff who battle outdated buildings every day to support and care for our community's most vulnerable. It's a phenomenal gift to the people of Canterbury and the broader region."

Thanks to NZCT, Māia is now more than halfway towards its \$6 million goal, with \$3.15 million either committed to the project or already in the bank.

"We're on our way to taking our child and youth mental health outpatient services from good to great!" says Garth.

New Zealand Community Trust distributes around \$44m each year with much of it going to youth, sports, health, arts and education.

NZCT Chairman Alan Isaac says when they saw the statistics about the staggering demand for mental health services in Canterbury and heard about the current conditions the region's young people are treated in, they knew a major grant was the right thing to do.

"Canterbury has been through so much in the last decade and the impact of that on the region's young people is clear. We view this grant to Māia Health Foundation as a long-term investment in the health of Canterbury's and more broadly the South Island's, most important asset - its children, young people and their families."

Māia is working alongside Canterbury DHB to develop the new youth outpatient facility, which will replace current facilities based at The Princess Margaret Hospital and Hillmorton campus.

The new facility will be located at the former Canterbury Linen Services building, on the outskirts of the Hillmorton campus.

Garth says the new facility will be warm and welcoming with age-appropriate spaces and curated outdoor spaces that promote healing and wellness.

"Thanks to this \$1 million grant from NZCT this new facility is within reach and our young people are even closer to having a fit-for-purpose facility to restore wellbeing to them, their families and our communities."



Images of what the new facility will look like, showing outside spaces and an internal reception area





# Puāwai Healthy Lifestyle team launch new programme: Puāwai-Kai

## What is Puāwai-kai?

Puāwai-Kai is a new, free group lifestyle education and cooking programme run by Pegasus Health.

The programme has been developed with feedback from primary care professionals and following nine pilot courses with a wide range of Cantabrians including Māori, Pasifika, men, seniors, and migrant communities. Courses start in the second school term.

During the programme, participants learn how small changes in the way they live can add up to a big change in health.

It runs for eight sessions, two hours per week and is delivered in small groups of up to 16 participants by trained facilitators. The first three weeks focus on lifestyle changes, with kai to support each session. This is followed by five weeks of cooking – putting the ideas into action. All eight sessions end with sharing kai together.

Some of the topics, and kai, involved in the programme include:

- › Enjoying a healthy relationship with food and having a routine
- › Filling up with healthy foods, and making water your friend
- › Sleeping well, moving, taking care of yourself and eating mindfully
- › How to read a recipe and knife skills
- › Why home cooking is good for health
- › Turning a simple recipe into many whānau meals
- › Kai to taste and cook includes: breakfast foods, curried kumara soup, salad bowls, mini vegetable quiches, nachos and chickpea and vegetable curry with rice.



The Puāwai, Healthy Lifestyles Service team, from left: Lucy Carey, student Eliose Stevens, Eve Ji, Chris John, Donna Ellen, Jane Callaghan and Wendy Scanlon

The Puāwai-Kai team have also developed resources for health professionals to learn from and share with patients.

## The Puāwai-Kai team

The Puāwai-Kai team have worked together for more than five years, so the programme and name are new, but the expertise and commitment are long-standing.

Team member Wendy Scanlon says the team includes a dietitian, nutritionist, and those with much experience in engaging with a wide range of community groups, including Māori and Pasifika.

"We are a small but diverse group. We are very proud of the new programme and believe it takes the best of the programmes we have run before (Appetite for Life and Senior Chef).

We are really excited because we have taken the time to think about equity and access and believe it will make a big difference to lots of people. We've had very positive feedback from the people on our pilot courses, but also asked lots of questions and fed the answers into the Puāwai-Kai programme that will start in May 2022."

## How to join or refer to Puāwai-Kai?

For GPs and practice nurses: phone the Puāwai Healthy Lifestyle team on 0800 333 405.

# A farewell and a welcome

Farewell to Chief People Officer (CPO) Mary Johnston, and welcome Interim CPO Jo Domigan.

Mary Johnston joined us on a 12-month fixed term contract last year in the CPO role for Canterbury and West Coast DHBs. She arrived with a specific team-building brief in which she has excelled with her leadership of the People and Capability (P and C) function.

Sadly, Mary has made the call to return to a more normal life with her family in New Plymouth and will be leaving us next month at the close of her contract.



Chief People Officer Mary Johnston



Soon to be Interim Chief People Officer Jo Domigan

Jo Domigan has been appointed Interim CPO.

Mary has supported us in hiring a number of executive roles. Some of her key achievements have been the implementation of the Tāngata Ora Our People Survey, the establishment of strong cross-functional HR partnering throughout both organisations and, above all, her modelling of values-based leadership.

Mary has developed a strong P and C team who will continue to provide positive support as we transition to Health New Zealand later this year.

"I am personally indebted to Mary for her amazing support to me as CEO and her contribution to the organisation. I wish Mary well and thank her for the legacy she leaves," says Canterbury DHB Chief Executive Peter Bramley.

"I am delighted that Jo Domigan, currently Head of Equity, Recruitment and People Partnering will step up into the role of Interim CPO.

Jo is well known to many of you as a talented and capable leader and at her core Jo is a generous, values-based individual who cares deeply about people."

Jo joined Canterbury DHB in November 2020. Her career has spanned Organisational Development, Learning, Recruitment, Generalist HR and consulting positions in both the private and public sectors. Her passion for people is apparent in her commitment to building an equitable and inclusive workplace, and in honouring Te Tiriti in all she does.

Jo looks forward to continuing to serve our workforce alongside an incredibly capable and dedicated Executive Management Team.

"Please join me in wishing Mary well as she returns home and I know you will join me in extending a warm welcome to Jo as she takes on this important Executive role," Peter says.

## Tips and tricks for mask wearing

Always ensure the blue side is facing out – and that the wired section is up over the bridge of your nose.

If your medical/surgical 'ear loop' mask isn't fitting snugly around your face, try the knot & tuck technique.

Check the video below

[How to Knot and Tuck Your Mask to Improve Fit](#) (Centers for Disease Control and Prevention video)





# Five ways love is good for the heart

It's Valentine's Day, a day manufactured by marketing spin doctors to sell cards and flowers.

Despite the focus on romantic love, Valentine's Day is a great time to remember that love comes in many forms and has numerous health benefits.

Feelings of affection and love create emotional connections that have positive physical consequences. So whether you have a partner, spouse, children, whanau, friends or pets - they are all food for your wellbeing.

## Being with a loved one lowers your blood pressure

Studies have revealed that people who spend time with romantic partners or people they care about and know well, experience a greater dip in blood pressure than those who spend time with strangers. The benefit of spending time with your partner is similar to hanging out with a good friend or your pet.

## Your heart gets a workout when you have romantic flutters

The 'pitter-patter' experienced when you engage with someone you love or are attracted to releases beneficial hormones such as dopamine, adrenaline, and norepinephrine, which make your heart beat faster and stronger. These short-term jumps are no replacement for exercise, but they can help train your heart to pump blood more efficiently.

## Hugs make nearly everything better

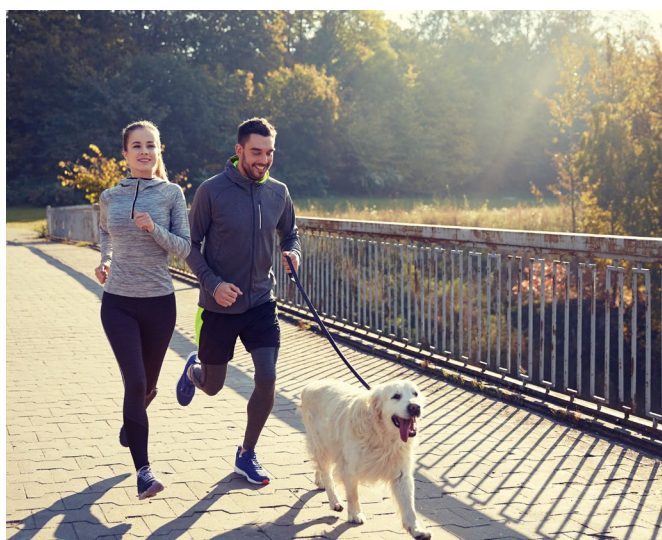
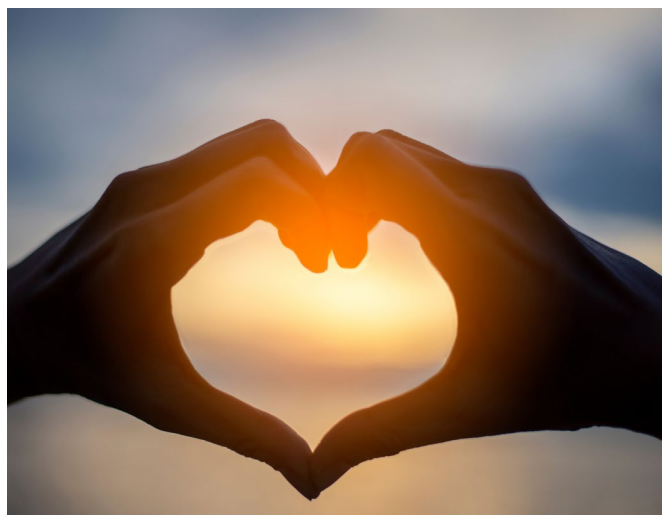
Your Mum was right. A warm embrace with someone you care about, a spouse, child, friend, and your body releases oxytocin, the 'feel-good' hormone. Oxytocin can help reduce stress and lower blood pressure.

## Laughter really is the best medicine

A good belly laugh is an instant mood lifter and often brings joy to others. Recent studies show that watching a funny movie or spending time with people you frequently laugh with results in expanded blood vessels and better blood flow. The physical response to laughing is not dissimilar to what the body does during aerobic exercise. It just feels good to laugh.

## A positive attitude is good for the body, mind and spirit

It's not always easy to maintain a cup half-full attitude even when the feel-good positivity hormones reduce stress, promote blood flow and lower blood pressure. Even if you're not feeling particularly positive, being around others who are, can be contagious. Reaching out to these positive people in your life can not only make a challenging situation better, but also improve your physical health.



Ultimately a healthy heart that is able to love and be loved in return, needs to be put to work.

Cardiologist David Smyth recommends that people get physical with the ones they love. Exercising together, which gets the heart rate up and the blood pumping, is especially good for the heart... and the relationship.

Happy Valentine's Day!



## Pounamu gift from grateful whānau

A small gathering was held at Burwood Hospital recently to receive with thanks and bless some beautiful pounamu gifted to the Older Persons Health and Rehabilitation (OPH&R) service, in recognition of the aroha and compassion shown by staff to a patient who passed away.

The whānau of Camille Vincent presented OPH&R with pounamu which have been framed and placed in two Burwood Hospital service lifts. This is in recognition of these lifts transporting patients to and from clinical areas as part of their health journey, and after they have passed away.

The pounamu were gifted to ensure the cultural and spiritual safety of the service lifts and the gathering was an opportunity to receive this taonga from the whānau with thanks.

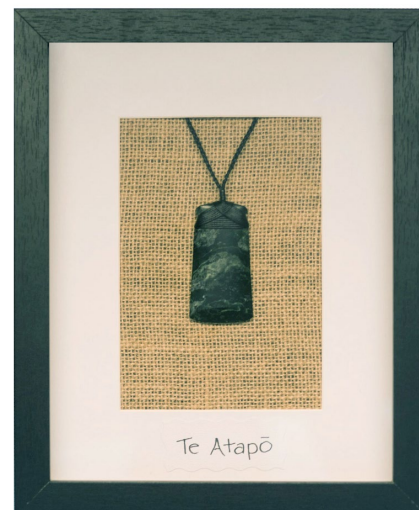
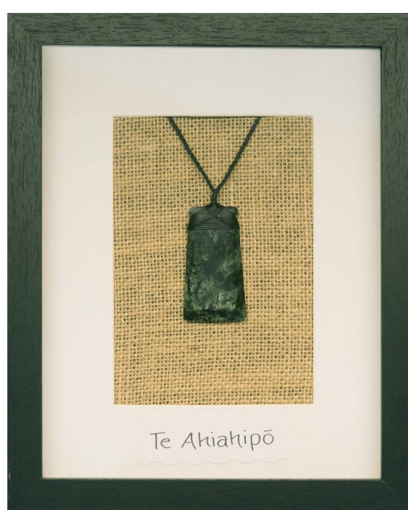
Pou Whiriniki (Cultural Advisor) for OPH&R Ruru Hona liaised with the whānau in receiving the taonga and led a karakia pounamu blessing for the two pounamu and the service lifts. The pounamu were named Te Atapō (Dawn) and Te Ahiahipō (Dusk) to ensure spiritual protection at all times of these spaces for patients and staff throughout the day and night.

The whānau said they were grateful for the compassion and aroha shown to their loved one during that time and for the care and support provided by all our staff to patients in our care.

A third pounamu was also given to all OPH&R staff which has been framed along with a photo of Camille and placed in the hallway just outside Ward FG. It was blessed with a karakia.



Pou Whiriniki (Cultural Advisor) for OPH&R Ruru Hona at the blessing for the pounamu



The pounamu which have been placed in two Burwood Hospital service lifts

# Have you scanned in today?

Everyone, including all DHB staff, should scan in at work every day using the **COVID-19 Tracer App**.

Unite  
against  
**COVID-19**



# Medical equipment donated to hospitals in Samoa

Much needed medical items donated by Canterbury DHB will shortly be on their way to Samoa.

For the last few years Registered Nurse, Child and Family Specialist Mental Health Service Jason and his wife Sandy have been sending quality used health, education and household goods to the Pacific Islands, including a lot from Canterbury DHB.

This donation includes two electronic adjustable examination tables and assorted medical supplies such as urine bottles, bed pans, asthma spacers, peak flow metres, face masks and adult diapers.

The equipment will go to Apia Hospital, Poutasi Hospital and Aoga Fiamalamalama (school for disabled children).

"We have had access to some equipment from Canterbury DHB which has been deemed surplus. On Wednesday we're sending a 40-foot container to Samoa filled with gear including items from Canterbury DHB as well as school desks and chairs, specialised mobility equipment such as electric and manual wheelchairs and mobility hoists donated by other organisations."

Jason is one of the directors and founders of not-for-profit organisation, Pacific Island Hope Mission.



Jason and Sandy Watson collecting Canterbury DHB donated items



Jason and Sandy Watson loading the container

all  
right?

IT'S  
ALL RIGHT  
TO TALK  
IT OUT.





# One minute with... Hayley Cooper, COVID-19 Programme Area Co-Ordinator at Te Mana Ora (Community and Public Health)

## What does your job involve?

Which day is it?! The role is continuously evolving and at a rapid pace as we, like the rest of Canterbury DHB and country, plan (as best we can) and respond to minimise the impact of this virus and its mutations. When I first arrived at Te Mana Ora, in late October 2021, my focus was to support the COVID-19 leadership team by reviewing Te Mana Ora's strategic and operational COVID-19 response plans and learnings from the response to date to ensure the goals and workstream activities were still relevant to the current situation. Fast forward four months, and well, what a challenge! With Omicron continually changing the game, especially for the mahi of Public Health, I'd describe my current focus as one of oversight, liaison and support – keeping people and activities connected so that the left and the right hands are working as much in sync as is possible in a period of constant change.

## Why did you choose to work in this field?

To be honest, it wasn't working in the COVID-19 space that attracted me initially as much as the opportunity to work at Community and Public Health with the leadership of Tanya McCall. Now that I'm here and waist-high in the COVID-19 work world, I love it much more than I expected – never a dull moment that's for sure.

## What do you like about it?

I have been working here for less than four months and I can't rave enough about the whānau that is Te Mana Ora. Every individual who works here lives and breathes this whakataukī:



Hayley Cooper on top of the Tasman Glacier pointing at her Maunga - Mount Adams - in the distance, which overlooks her family farm in her home town of Hari Hari, South Westland



He aha te mea nui o te ao What is the most important thing in the world?

He tangata, he tangata, he tangata It is the people, it is the people, it is the people

The importance that Tanya and her leadership team put on social capital is something I've only ever seen in one other workplace in my working life to date. A commitment to collegiality, kindness and staff wellbeing is prioritised just as much as pragmatic hard work and it makes it a great, fulfilling place to work even during challenging circumstances where BAU (business as usual) hasn't been a thing for so many people for so long.

### What are the challenging bits?

The sheer workload to keep on top of the constant changes and be able to operationalise guidance quickly and effectively.

### Who inspires you and why?

My Mum. She's one of the most courageous, fiercely determined, physically capable people that I know. She lost her soulmate, my Dad, 20 years ago when she was still mid 50s, which was devastating. Despite this she has continued to grab life with her two strong arms. She's a staunch West Coast whitebaiter and farmer and continues to enjoy both in her mid-70s. She's an amazing grandma to our two children and has always been there for me, emotionally and physically.

At work: Tanya McCall, Lucy Daeth, Ramon Pink and Cheryl Brunton are standouts for me. Great leaders and highly perceptive people all of them. I'm inspired by how they constantly demonstrate the ART of leadership in their varied ways – they appreciate people, rather than simply acknowledge them; they place high value on relationships and you just know they all have your back.

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

Everything. It's what my new workplace is all about.

### Something you won't find on my LinkedIn profile is...

I have a milestone birthday coming up early March. Initially I was in denial about it but now I'm going with the 'getting older is a privilege'. My husband (who'd never put a foot in a crampon before August last year) and I are hoping to climb Mt Aspiring on my big birthday. What is extra cool about this is that one of my great great uncles – Alec Graham – was the first ever to summit it with two others way back in 1894.

### If you could be anywhere in the world right now it would be...

Walking in the hills or on the beach. Being in the outdoors/ close to nature is my happy place.

### What do you do on a typical Sunday?

Start slowly, as much as that is possible with a three and five year old, and then enjoy one of the above.

### What's your favourite food?

Chocolate. Cheese. Red wine. And together, even better.

### And your favourite music?

Modernised children's music – Anika Moa's 'Songs for Bubbas' has become the best compromise for long car trips, sung by all with gusto. Not much solo time with music these days.

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

## Currently at Traffic Light Setting RED

*At Red, we need to take action to protect our vulnerable communities and our health system from COVID-19.*



**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

# Ongoing industrial action by medical physicists and medical physical registrars

Medical physicists and medical physics registrars who are members of the APEX union are planning to take industrial action through until the end of February, which will limit the time they do certain tasks. We respect our staff's right to take industrial action.

The majority of medical physicists and all trainees work in radiation oncology. A small number of physicists work with radiology, nuclear medicine, cardiology, dental and laboratories.

They test equipment such as imaging devices (CT scanners, x-ray machines etc) and provide support for the use of LINACs (medical linear accelerator - most commonly used for radiation treatments for patients with cancer) to ensure they are safe. They also test run patient treatment plans prior to the first treatment.

Contingency plans are in place to ensure urgent or emergency treatments can still go ahead. Where members of the public are affected by this industrial action, they are being informed on an individual basis and alternative arrangements made or appointments rescheduled.

**IT'S THE SIMPLE  
THINGS WE REMEMBER  
AHAKOA HE ITI  
HE POUNAMU**



## Something For You

Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



## Torpedo7

### Torpedo7 Friends and Family Promotion

From 16 February to 1 March you and your friends and family can get up to 50 percent off a huge range of gear from Torpedo7 online or instore (take a copy of the flyer and your Canterbury DHB ID card).

See more information and the online code [here](#).



## Pegasus 2025 Newsletter

Pegasus 2025 showcases the work being done in primary health care supported by Pegasus Health and our partners.

The latest issue is out now, including stories on

- › COVID-19 jab "a piece of cake" for young brothers
- › Childhood immunisations still a priority
- › NetP nurse helping local wāhine overcome whakamā
- › Workforce Development Scholarship Recipients 2021 - Setu Te Hae

Read more [here](#).

## Christian Medical Fellowship of Christchurch welcome dinner

The Christian Medical Fellowship of Christchurch invites medical students and doctors to attend a welcome dinner on Saturday 26 February 2022 from 6.30pm until 9pm. This will be an opportunity to welcome new health professionals to the city, and to reconnect with old friends alike.

Please bring some kai (food) to share.

For more information and to RSVP please email host, Dr Amanda Landers, at [amandalanders1974@gmail.com](mailto:amandalanders1974@gmail.com)



14 February 2022



Professor Nick Draper (below) is investigating the impacts of head collisions in junior rugby.

# Raising money so our children can play rugby safely.

Help us by bidding in our online auction or by making a pledge.

[www.cmrf.org.nz](http://www.cmrf.org.nz)



*Have the kōrero - make a plan!*

# COVID-19: Our Isolation Plan

## Being ready helps to keep us all safe

If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free).

Omicron spreads fast - everyone in the house may catch the virus.

So be ready, make a plan and have a kōrero.

### → WHAT YOU NEED TO PLAN FOR

- ☐ Getting food and supplies – organise with friends, whānau or neighbours to do contactless drop offs.
- ☐ Mahi work and/or kura school(s) – prepare to work and/or study from home.
- ☐ What happens with children, other dependants, or shared custody arrangements?
- ☐ If you require care services – decide if you need to isolate together.
- ☐ How will you try and minimise the spread to household members who are not unwell?  
Find activities to help pass the time.

### → KNOW AND SHARE YOUR PLANS

- ☐ Kōrero together – ensure everyone in the household, including kids, knows what will happen when you need to isolate.
- ☐ Share plans with those supporting and helping you (or who you are supporting)

### → IN CASE OF EMERGENCY

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on 0800 358 5453.
- If you are having trouble breathing, call 111 immediately.
- Have personal information ready, including:  
Full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/Health providers and other emergency contact details
- Prepare instructions for pets, plants or paying bills, just in case you need to recover away from home.

### → STAY CONNECTED

We are all in this together, and we will get through together.

- Stay connected – arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their plans to get ready.
- Find out what your community is doing – is there a group making meals to freeze, sharing planning tips, or just staying in the know?

## Matisse RSV Vaccine in Pregnancy Study



**You'll give them love in lots of ways.  
Could protection from RSV be one of them?**

RSV is known to cause common illnesses of the airways.

It is the most common cause of bronchiolitis (inflammation of the small airways)  
and pneumonia (infection of the lungs) in children under 12 months.

### **Eligible women will be:**

- Baby due before **16th September 2022**
- Aged between 18 - 49 years
- Healthy and expecting a single healthy baby
- Vaccination occurs between 24 and 36 weeks.

Women participating in the study will receive reimbursement for time and travel.

LMC's will be reimbursed for taking the study bloods at birth.

Taking referrals now.

Contact Research Midwife: Di Leishman

Email: [di.leishman@otago.ac.nz](mailto:di.leishman@otago.ac.nz) Phone 3644631

More information available on URL: [rsvvaccinestudy.com](http://rsvvaccinestudy.com)





# THE BIG BOOST

*February 2022*

***The Big Boost is on now.***

Boosters are the best way to fight Omicron and protect yourself and your whānau. It's critical that all of us who can, get boosted in February.

If you're 18+ and had your 2nd vaccination at least 3 months ago, **get your booster ASAP**

Book now at **BookMyVaccine.nz**  
or check out the District Health Board's website  
**For whānau bookings call 0800 28 29 26**

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

HP7966 | 8 Feb 2022 | English | THE BIG BOOST Poster

Unite  
against  
**COVID-19**