



Thanks for everything. I hope you're managing the challenges of lockdown work-life balance

Another important day for us today as we await the PM's announcement this afternoon regarding a potential change in Alert Levels.

We'll keep you all updated with what any changes will mean for us and our community. Regardless of Alert Levels, because Delta is so transmissible, it's important that we all keep up with the public health advice re wearing masks, physical distancing from people you don't know and getting tested if you have any symptoms of COVID-19. Scanning or signing in wherever you go is also essential.

However, the most important thing we call all do is get both of our COVID-19 vaccinations. If you haven't already, I implore you to get booked in at [BookMyVaccine.nz](https://bookmyvaccine.nz) or by calling 0800 28 29 26. Being fully vaccinated is the single most important thing you can do to keep yourself safe and avoid being hospitalised from COVID-19.

A big shout out to everyone, from throughout our health system, who has worked as part of our emergency response teams, either in the Emergency Coordination Centre (ECC), or in one of our ten Emergency Operations Centres (EOC). Once again, you've all done an outstanding job.

It's great to hear about the lengths teams are going to, to enable as much planned care as possible be carried out under the current constraints. Thanks again, especially to those with the logistically challenging job of rebooking patients whose appointments, procedures and surgery have been rescheduled.

A couple of shout-outs to recognise the work of some teams including our Technical Advisory Group (TAG) who are presented with all manner of tricky questions every morning, and without fail, come up with sensible advice that's suited to our current situation. The group comprises clinicians and others who represent our integrated health system – so thanks to Dr Alan Pithie, our COVID-19 clinical lead who chairs that group and to every member who contributes to the considered advice.

Thanks to all Canterbury staff who are supporting various teams in Auckland both remotely and in person. Your efforts are hugely appreciated.

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Vaccinations

We're now delivering 50,000 - 60,000 doses a week so good progress is being made. We're redoubling our efforts to increase our Māori and Pasifika vaccinations rates.

It's pleasing to see more than 90 percent of Cantabrians aged 65 and over are either vaccinated or have a booking to get vaccinated. More than 304,000 'forward bookings' are in the Book My Vaccine system for Cantabrians over the coming weeks and months.

You can see our latest stats 'at a glance' in the table (right). Thank you to all involved, as I know there's a lot of effort going in behind the scenes to reach this phenomenal number of people each week.

A shout out to primary care this week, including general practices, pharmacies along with Māori and Pasifika providers and collectives who are providing vaccinations. During August, you collectively delivered 72 percent of all COVID-19 vaccines delivered in Canterbury – that's a significant 12 percent above plan. Your trusted faces in trusted places approach is really having a positive impact, thank you for your mahi.

Staff self-assessment reminder

More than 8000 staff have completed the self-assessment and it's provided reassuring information because most of you have been vaccinated. Thank you – if you haven't completed your assessment, please take a few minutes to complete it today – it helps us ensure your ongoing safety at work. Look out for the pop up on max. or talk to your manager if you're not sure what to do.

Terror Attack in Auckland

As the news unfolded on Friday afternoon of the terror attack in an Auckland supermarket, I'm sure that this would have brought back feelings and emotions for many of you. Our friends and colleagues in Auckland have certainly had a tough time lately, so I encourage you to reach out and support friends, whānau and colleagues who are under a lot of pressure. We know all too well that kind words of support, recognition and encouragement can go a long way.

Once again, a massive thanks to those going up to assist in Auckland, and to your colleagues keeping the home fires burning, enabling you to go.

Canterbury's vaccination rollout, by the numbers:

A total of 385,518 vaccinations have been given:

Dose 1 - 259,983 51% of the eligible population (aged 12 and over)		Dose 2 - 125,535 24% of the eligible population (aged 12 and over)
We now have 88 clinics throughout Canterbury	Most vaccines given in one day: More than 10,800 on Thursday 2 September	Vaccines given in the past week: 63,889
More than 90% of Cantabrians aged 65 or over are either fully vaccinated, have had their first dose or are booked to have their vaccinations		

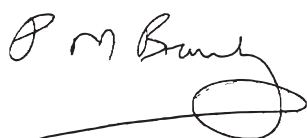


**GETTING
THROUGH
TOGETHER**
 WHĀIA E TĀTOU TE PĀRE TĀWHITI



Finally, please remember there's a range of wellbeing support available for all staff and contractors. You'll find all the contact details [here](#)...and check out Self-Care September below.

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board

This week with Peter

6 September 2021



Click [here](#) to watch the This week with Peter video


Please email us at 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. 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](#).

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself
 27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing
ACTION FOR HAPPINESS		Happier · Kinder · Together				







Bouquets

Ward 5A, Christchurch Hospital

To my surgeon, Todd Hore, to the anaesthetist, to everyone in the surgical team, and to all the nurses and support staff of Ward A5; I offer the biggest and most sincere thank you I've ever attempted, for the care and incredible support and assistance that was lavished on me during the event of my cholecystectomy and my subsequent care in the ward. Thank you to doctors Eric, Helena and Annie, and to nurses Hannah, Kim, Hayley, Shireeza and Chris - and especially to Nurse, Gina. All your efforts were so special. My thanks also to all the hard-working meal-order takers. The meals were great and I really looked forward to your cups of tea. My thanks to the cleaning lady who made my room and bathroom so fresh after her visits - and finally to Annika, whose work in arranging, and then having to re-arrange, my travel schedule back home were truly sterling. I'm now enjoying my recovery - which wouldn't have been possible without your efforts. Thus, my deepest and most sincere thanks to the doctors and staff of the best ward in the country. I'll never forget you.

Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital

My family and I would like to thank the NICU nurses who took care of our little 'pocket rocket' during her stay at the unit. To Nigel, Paul, Debs, Amanda, Carmel, Kirsty, Jen, Rachel and all the other nurses, again thank you so much from the bottom of our hearts.

Hornby Maui COVID-19 Vaccination Clinic

I visited the Hornby Maui COVID-19 vaccination clinic on Sunday 22 August and I just wanted to say how incredibly impressed I was with all the staff and my experience. Every single staff member was so friendly, warm and welcoming and really made me feel at ease especially under the Level 4 conditions. They were all very professional and had great systems in place to adhere to the Level 4 restrictions. I thought the staff were exceptional role models for our Māori and Pasifika communities, very impressed. Keep up the hard mahi!

Ward 12, Christchurch Hospital

I was admitted to Christchurch Hospital with a minor heart attack. On arrival into the hospital I was attended to very promptly in the Emergency Department and taken to Ward 12 for further investigation of my case by the medical team. My purpose in writing this is to commend Canterbury DHB for the excellent service afforded to me. I would especially like to thank Dr Crozier for the complete professionalism of his attention to my case and his kind, gentlemanly manner towards me. My sincere thanks also to your superb nursing team and I commend you for having such wonderful staff. I would especially like to make mention of one of the nursing team, James Frost; he is such a superb person with his interaction with patients. In my case James really excelled with his knowledge and assistance of my condition, then, just prior to my discharge from hospital he explained all aspects of the treatment I had received there and for my after-care, medications etc. I offer my sincere thanks, and those of my wife also.

Ward A7, Christchurch Hospital

During our stay we had the most incredible nurses, Liv and Courtney. There was another lady but sadly I didn't catch her name, she worked the morning shift. Each of them went above and beyond to make sure that we were well looked after explained everything that was needed. Nothing was ever a hassle, making bottles at all hours of the night and checking in. During a time of uncertainty with COVID-19 they made our night super-relaxed. Our nurses need to be recognised for the outstanding care that they provide across all departments. It was nice having a team around that clearly love their job. No question was ever a dumb question and they never made us feel like we were a burden. So please, on behalf of our whānau, thank them loads.

Emergency Department (ED), Christchurch Hospital

I would like to thank the nurses and doctors who helped me when I came in with a reoccurring extremely painful corneal abrasion. I was beside myself with pain, my eye was swollen and I couldn't open it. The care the medical team showed me was incredible. I appreciate very much the advice the doctor who examined my eye to start with sought, which resulted in the Ophthalmologist coming in from home to treat the abrasion. I feel extremely lucky to be able to get this level of help when desperately needed, especially during Alert Level 4. The result of all the professional and expert treatment was my eye healing and no more pain. Sadly, it's not the first time I've been saved in ED, so I wanted to write and express my gratitude and sincere thanks for everything you do and have done for me.

Orchard Road COVID-19 Vaccination Clinic

I would like to congratulate the team on the smooth and easy running of the vaccination centre. I took my elderly father-in-law there last night and it made me very proud to be a Canterbury DHB staff member. The centre runs efficiently with a seamless trip from front to back door, and there are friendly, helpful staff every step of the way. As Dad is quite deaf and has dementia, I wanted to accompany him, but given that we are in Level 4, I wasn't sure if I could. Thankfully there were no problems with doing so at all. It is truly a fabulous, well run service to be proud of.

Ward 11, Christchurch Hospital

Nurses regularly checked up on me and swiftly acted whenever I was in discomfort, so thank you to them. In particular, Registered Nurse Ravi and the trainee nurse on work placement were very professional and helpful with their advice and assessments.

Callum, Ward 11, Christchurch Hospital

Nurse Callum on Ward 11 provided exceptional service. He went above and beyond in his care for me and his other patients. He responded to my needs/requests fast and reliably. He was caring and friendly and showed tremendous respect to us as patients.

Mary, Day of Surgery Admission, Christchurch Hospital

Nurse Mary provided exceptional support in completing my admission and getting me ready for Theatre. I was first on the surgery list on that day. She took time to answer our questions (my husband and I) and went above and beyond in providing for my emotional and physical needs. I would really appreciate if she can be recognised for her exceptional service and my gratitude be forwarded to her.

Emergency Department (ED), Christchurch Hospital

Thanks for the great service and friendly conversations while being assessed to help me relax as at 45 years old it was my first visit to the hospital. Keep up the great work you do, you are appreciated in many ways.

Big Shout Out

To: Administrators

You're simply the best! The last two weeks have been incredibly hard for those of us who are essential workers, who must come to work throughout the lock down and put everything aside to deliver a safe, quality service for the people of Canterbury. This includes our administration folk, so often the unsung heroes, who have once again stepped up to the plate and worked with service managers and clinicians to ensure our patients get the care they need. This includes wholeheartedly supporting other teams across Canterbury DHB sites with their transcription backlogs to ensure referrers (general practice) have all the relevant information needed for continuity of care and to rescheduling thousands of appointments.

In the words of CEO Peter Bramley:

"Sensational ... unsung heroes indeed. People always underestimate the work required to shift to virtual, to rebook appointments and well as support patients through the change.

Big ups to the teams!

From Administration Manager, Combined Christchurch Campus, Kay Strang

#carestartshere

A tribute to Mita (Ted) Te Hae

He kapua pōuri e iri ana. Pūkatokato ana a roto i te matenga o te koroua. Kua heke ngā roimata. Rere wairua atu ki te puapua kakati o Hine-nui-te-pō, ki te whare o Pōhutukawa. Auē te mamae!

Te Hapori Māori o Ōtautahi, the Christchurch Māori community, was deeply saddened to hear of the passing of our rangatira, Mita Te Hae, during Level 4 lockdown, August 2021. A descendant of the Tainui waka, from kāwhia in the Waikato.

Known to many as Koro Mita, he was a stalwart member of our Māori community over many decades and his loss is strongly felt. A native speaker of te reo Māori, Koro Mita was regarded fondly as an orator on the marae and staunch advocate for te reo Māori.

Mita was a former soldier, a veteran of the Malaya conflict, a Justice of the Peace and a recipient of the Queen's Service Order (QSO) for public services.

Koro Mita was a lifelong champion for Māori health, working for many years as a cultural advisor at Community and Public Health where he was a major contributor to the Auahi Kore campaign in Ōtautahi, in particular encouraging marae to become smokefree. He then became a kaumatua for our Hauora Māori team at Christchurch Hospital, supporting countless whānau in our hospital system.

Koro Mita also took an interest in mental health, advocating strongly for tino rangatiratanga; fostering the independence and resilience that allows whānau Māori to take control of their lives.

He was well-known and loved by many and his loss is mourned greatly.



Respected kaumatua and te reo Māori champion, Mita (Ted) Te Hae

COVID-19 Health Workers – The MIQF Nurse Manager

Little more than 18 months ago, Managed Isolation and Quarantine Facilities (MIQF) were a completely foreign concept for most of us. When COVID-19 arrived at our borders it became apparent that self-isolation at home was not adequate for preventing the spread of the infection. Hotels, emptied of business people, tourists and international visitors became MIQ facilities and we all became keen observers (and critics) of the efforts to keep Aotearoa free of the virus.

We seem to hear a lot about the experience of returnees in managed isolation, but what about the dedicated people who operate these facilities and keep us all a little safer every day?

Kerry Winchester is the Nurse Manager for MIQF here in Christchurch.

What was your role before COVID-19?

I was the Clinical Nurse Specialist for General Medicine at Christchurch Hospital.

What are your responsibilities in your current MIQF role?

I work closely with the Health Leadership team, but I'm responsible for the day-to-day management of the nursing workforce, providing clinical expertise and oversight within MIQF. Managed Isolation is a multi-agency response and I work closely with other agencies involved including New Zealand Defence Force (NZDF), Ministry of Business, Innovation and Employment (MBIE), Ministry of Health (MoH), Community and Public Health (C&PH) and Infection Prevention and Control (IP&C).

Tell us about your team(s)

The health service is provided by Canterbury DHB and is made up of varying functions including a Health Manager, the Border Screening Service, administration staff and myself as Nurse Manager. I have a team of associate charge nurse managers (ACNMs) who provide senior nursing leadership and clinical oversight of the everyday functioning of the health service across each of the six MIQ facilities. The ACNMs liaise closely with me, the nursing team, C&PH, 24-Hour Surgery as our general practice provider and the IP&C service for the day-to-day management of positive cases, close contacts and symptomatic returnees.



Nurse Manager for MIQF Kerry Winchester

I have a nurse coordinator who assists in the recruitment process, registered nurse rostering and nurse orientation.

There is a team of approximately 100 Registered and Enrolled Nurses who provide the health-related functions within the facilities. We also take Nurse Entry to Practice Nurses (NetPs) and students.

Their daily tasks include:

- › COVID-19 testing – Nasopharyngeal swabbing
- › Health assessments – Comprehensive initial assessments on all returnees and daily health checks
- › Health assessments and care planning for COVID-19 cases, close contacts and symptomatic returnees as well as non-COVID-19 related concerns including physical and mental health needs
- › Escalation of care to other health providers as required
- › Surveillance swabbing and health checks of staff

There is also a guest support team which includes a Guest Support Coordinator. These people are an integral part of the broader health service who assist with the returnees' non-health related concerns and queries such as arranging ongoing travel, providing wellbeing activities, sourcing education packs and activities for children and any other resources the returnees may need.

What does a normal day look like for you?

I can't even begin to explain; it's so varied! Lots and lots of liaising with the various agencies and lots of Zoom and Teams meetings regarding all things COVID-19.

For those of us who have not gone through it, can you describe the MIQF experience for guests?

Returnees will do a minimum of 14 days - longer if they test positive or need their time reset after being identified as a close contact to a positive case.

Returnees will get swabbed within the first 24 hours of arrival, then again on days three and 12. Additional swabbing will be done occasionally, for example if they develop COVID-19 symptoms. Each returnee will get a daily health check, with those that are higher needs, such as positive or symptomatic, getting more frequent health checks. They need to pass an exit health check to be able to depart on day 14.

It can be tough for many (as lovely as 14 days in a hotel might sound) especially those that have come back to New Zealand under sad circumstances. Many are unable to see loved ones before they die or attend funerals. Families with small children and those that have physical or mental health concerns can also find it difficult.

Returnees are unable to move freely within the facility but will get dedicated time daily to be able to go outside for some fresh air.

How do you feel about what you and other MIQF workers are doing to contribute to our response to the pandemic?

I am extremely proud of all MIQF workers nationally, but especially of our multi-agency team here in Canterbury. A special shout out to the team of registered nurses, enrolled nurses and guest support staff who work tirelessly each day swabbing, undertaking health assessments and taking phone call after phone call to assist with returnees' needs - they are truly dealing with the good, the bad and the ugly! Many also have to deal with discrimination and stigma that is unfairly associated with working in these facilities.

What has the pandemic taught you?

That decisions, processes and policy can be implemented super quick without a million meetings! But mostly that being adaptable and open to change in an ever-evolving environment is a critical personal attribute.

You are continually learning, and I have learned so much from others and will continue to do so. I am lucky to have some incredible role models.



Sparklers

Tool created to help laboratory staff dealing with COVID-19 test samples

Our ingenious Medical Physics and Bioengineering team at Christchurch Hospital have stepped up once more to solve a problem for our people.

In this case, finding a way to prevent a possible issue of repetitive strain injury (RSI) to Canterbury Health Laboratories (CHL) staff caused by opening the caps on tubes containing samples from COVID-19 tests. That's particularly important when you consider the large number they are opening each day.

During the most recent surge, CHL processed 9647 tests from the Auckland region.

A number of samples from the Auckland region were sent to be processed in laboratories around the country. This was to ensure that the laboratory capacity across New Zealand was best utilised, allowing for a fast turnaround of results.

CHL Genetics Section Head Elsa Parker says Medical Physics and Bioengineering deserve a huge thanks, particularly Team Leader Michael Sheedy, Bioengineers Tim Parkin and Johann Bader.

"They have made the COVID-19 team some de-capping tools for the tubes of samples currently being received from Auckland. Unfortunately, the Auckland sample tubes are not compatible with our robotic system, so we requested assistance from Michael's team to create a tool that would help to prevent repetitive strain injuries in members of the COVID-19 team.

"This shows the value of an integrated hospital laboratory and the skills we are able to tap into when required."

Michael says:

"It is great that we can use our engineering skills to design and develop devices which help people do their day to day tasks. Tim and Johann have done an amazing job to create some simple tools which make a big difference and contribute to the Canterbury DHB's COVID-19 response."

The Medical Physics and Bioengineering team are keen to help in any way they can, Elsa says.



Uncapping a test tube using the decapping device



The de-capping devices made by Bioengineers Tim Parkin and Johann Bader

"So they've asked us to send examples of other tubes that we receive in bulk that may have the same issue. The idea now is that they work on a generic tube de-capping device so that we can use the same device on any tube type that we receive. They have also offered to make these devices for other labs, such as those in Auckland, that are having similar issues."

Also, over the last six months, CHL has been working with a local engineering company to design and produce an automated decapping/capping robotics platform.

Michael is a valued advisor on this project too and Johann is assisting with manufacturing of custom designed tube racks and trolleys for easy movement of samples between equipment, she says.

Hospital department cheers on Paralympian

Clinical Director of Gastroenterology at Christchurch Hospital Catherine Stedman and her husband Phil had much more reason than most to be glued to television coverage of the Paralympics in Tokyo last week.

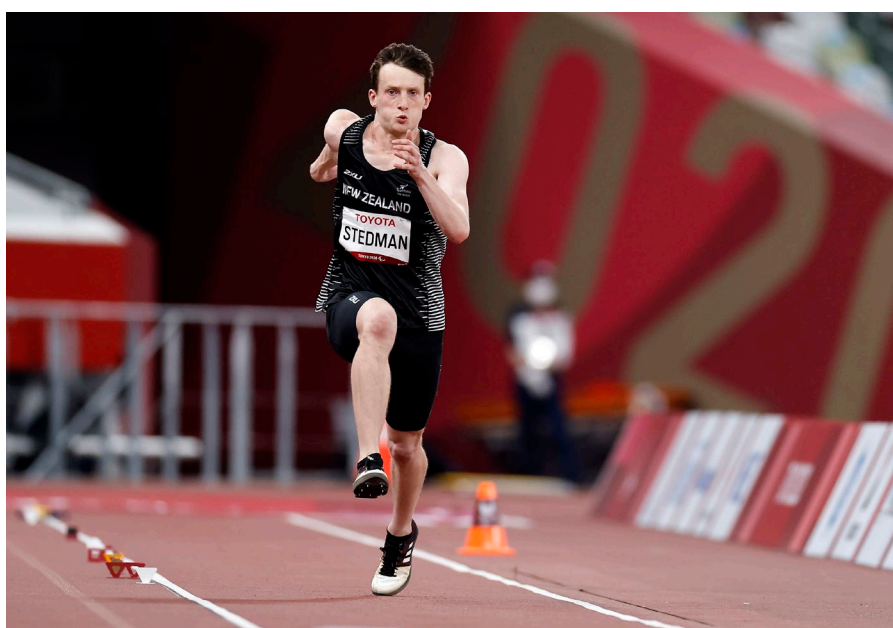
Their son, Paralympian William Stedman, was competing, and won a silver medal in the long jump T36 on his last jump, (5.64m which is a personal best and Oceania record). Less than 24 hours later he won bronze in the men's T36 400 metres.

"We're thrilled with his success. It's been five years of build-up and training and it all came together on the two days," Catherine says.

William, an electrical engineering student at Canterbury University, had never medalled in long jump before and had given everything to the two events. He arrived back in New Zealand last Thursday to start his quarantine.

As well as his friends, family and other supporters, William was enthusiastically cheered on by the Gastroenterology department at Christchurch Hospital.

"We have enjoyed the opportunity to watch nervously and then celebrate with Catherine, the successes of her son, William at the Paralympics in Tokyo. The entire Gastroenterology Department are so happy for the Stedman family and we're so proud of William and his achievements," says Service Manager Gastroenterology and General Surgery Kathy Davenport.



Paralympian William Stedman Photo credit: Getty Images

William represented New Zealand at the 2016 Summer Paralympics in Rio de Janeiro, at the age of just 16, where he won bronze medals in the men's 400 metres T36 and 800 metres T36. In the 800 metres event of the 2017 World Para Athletics Championships in London he won the silver medal.

Catherine says what she loves most about the Paralympics is the philosophy.

"It's very much about people with a disability being known for what they can do, not what their limitations are."

William has cerebral palsy which affects his muscle strength and co-ordination. It has been heartening to hear that seeing him in action has impacted others with disabilities and he is an inspiring role model, she says.

eOrdering for COVID-19 testing goes live

eOrdering for the pop-up staff COVID-19 testing went live on 1 September.

Other centres nationally have been using eOrdering since the Delta outbreak began, making it easier to book appointments, process swabs and get results. The Orchard Road testing site went live last week with the Pages Road Whānau Ora site going live today.

Blair Morgan from the Ministry of Health (MoH) Data and Digital team, says this will standardise testing across New Zealand, providing a significant saving in time for the staff in COVID-19 testing centres, the laboratories and occupational health teams.

Medical Scientist (COVID-19 response) Ginna Alston, said the difference eOrdering will make for lab staff is significant.

"Normally it takes a staff member three minutes to manually register the sample. With eOrdering, the sample is scanned and checked in around 30 seconds. It reduces data inputting error and that's a time saving of at least two to three minutes per sample."

More than 1392 tests done last week in Christchurch using the eOrdering system saved more than 70 hours, she says.

The team at the pop-up staff testing centre used to spend around 10 minutes triaging, finding NHI numbers, checking details and printing labels.

"Now it's super simple. The Canterbury DHB employee emails staff testing, after which they receive a call back to book them in for a test and to verify their cell phone number."

Once they are tested, the vial is scanned with an individual identifier and the employee will automatically get an email advising them of their results within 12 hours, says Ginna.

Registered Nurse Janet Tweedy (Occupational Health) was part of the crew who volunteered to get tested on 'go-live day' to ensure the process worked as it should.

"We are very excited that this system is now operational as it will have a big impact on reducing our workload. We will no longer have staff tied up texting results leaving us to get back to our core business," she says.

The COVID-19 pop-up staff testing team stood down on 3 September but have been trialling testing staff in their cars, ready to stand up at a moment's notice should we have to return to Level 4.

Huge thanks to Executive Director Facilities Rob Ojala and Nursing Directors Nicky Topp and Deb Hamilton for offering up their noses to test the process!



Blair Morgan from the Ministry of Health shows COVID-19 swabbers Deb and Jax how to use the scanning system



Kerry from Canterbury Health Laboratories (CHL) working in the lab

Some stats to show the improved testing capacity of Canterbury Health Laboratories.

- > Between 18 July and 31 July: 10,733 COVID-19 tests processed
- > Between 18 August and 31 August: 37,434 COVID-19 tests processed.

One minute with... Maraea Peawini, Smokefree Manager and Programme Lead for Te Hā - Waitaha Smokefree Support

What does your job involve?

Tobacco control is about reducing the use of tobacco and the serious health risks it causes for individuals, whaanau and our environment. My role involves multiple meetings, networking, sharing, passion and drive, and also being strategically part of, and supporting, both regional and national teams, as well as serving our quit coaches.

Why did you choose to work in this field?

This specific role I can honestly say found me. Previously I was at Whakatata House for 11 years, which I really loved. From there I went to Aukati Kaipapa, based at Community and Public Health, which led me to the Smokefree ABC team then to Programme Lead for Te Hā - Waitaha Smokefree Support. I've had the privilege of always serving our people, community. This I value greatly.

What do you like about it?

Being part of a dedicated and passionate team that with the smallest adjustment can get the greatest outcome for the benefit for all people. A whakataukii comes to mind – "Kotahi kapua i te rangi, he marangai ki te whenua" One single cloud in the sky can give a life-giving shower of rain on the land. Whether it's helping one individual to beat this addiction or an approach that helps the many. These are the things I like about the mahi and kaupapa.

What are the challenging bits?

The constant need to campaign to shift a thinking that smoking is a choice, that it's ok, that it's a right, is the greatest wero.

Who inspires you and why?

One person I often think fondly of (and behind her there were many amazing people) is Whaea Terehia Kipa. Her lived experiences and knowledge are of a time I can only dream about. How she connected the stories of origin to our future generations continues to inspire me. She was mighty, still is. I miss her influence, guidance and support.

And always my whaanau – in every way.

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?

These values weave naturally into the whaariki I was raised with. Everything revolves around respect and care – of ourselves, those we serve, our environment. All very much the basis of why we stand for Aotearoa to be Tupeka Kore (tobacco free).

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

How much my whaanau mean to me. Also my kapahaka career and passion.

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

Sitting with the moana of the Bay of Plenty in front of me and the ngahere behind, at home in Opotiki, overlooking the Ohiwa harbour.

What do you do on a typical Sunday?

Usually finishing off from a weekend waananga. Some Sunday afternoons I'm with our Ngaati Porou ki Waitaha whaanau learning our history through waiata and whakapapa.



What's your favourite food?

Ikamata and boilup (with all the accompaniments).

And your favourite music?

Many genres, from kapahaka and waiata maaori, to Reggae, Motown, Abba and Bon Jovi, but nothing beats a good old singalong with a guitar and the whaanau.

Just one more thing:

Ko tooku reo tooku ohoo, ko tooku reo tooku maapihi maurea.

My language is my awakening, the window to my soul

Kia kaha te reo Māori! Give te reo maaori a go.

As we reach another week of celebrating te reo maaori in these beautiful lands, I challenge us all to learn and use one new word a day. Add it to your daily conversations and have fun.

Note from Maraea: My personal journey with the writing of our reo is not with macrons, so I use different spellings of whaanau and maaori, for me, this is the more correct way.

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.



Dell

Get exclusive discounts and benefits when you buy online with your cdhb or wcdhb email address. Offer Valid till 30th September'21. Read more [here](#).



Supplement Solutions

20% off storewide, you can order through the [online store](#). See more information for the code [here](#).

We also have plenty of other great deals from local businesses, check them out [here](#)!



XE Money Transfer

Receive 40% off the standard margins and no fees when transferring money internationally, simply [click here](#) to sign up and the discount will be applied automatically - see more information [here](#).

Vaccination in pregnancy and breast-feeding webinar

Last Wednesday night an expert panel spoke on the safety of receiving the COVID-19 vaccine if you're pregnant (hapū), breastfeeding or trying for a pēpi (baby).

Panellists included Canterbury DHB's Dr Alan Pithie, Dr Heather Isenman and Director of Midwifery Norma Campbell. If you missed this informative session, you can view it here:

<https://www.facebook.com/CanterburyHealthSystem/posts/4588401434524476>

Please share with anyone you think may be interested – especially if they want more information before booking their vaccination.

NEW DATE



Presented by:

**TE PAPA
HAUORA**
The future of health

In Association with



**Canterbury
Medical Research
Foundation**

we're talking health...

**FREE
PUBLIC
EVENT**

Starting Well, Living Well and Ageing Well

Come and join us for a fun evening of talks from Canterbury researchers who are improving healthcare for us all. **Registrations essential**

Thursday 4th November, 5.30pm – 7.30pm

Manawa Foyer, 276 Antigua Street

(Doors open at 5pm for refreshments)

**For more information on our speakers
and their topics, visit our website**

www.healthprecinct.org.nz

Supported by
Te Papa Hauora's
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District Health Board
Te Poari Hauora o Waitaha



Te Puna Toiora: Mental Health and Nutrition Group clinical trial

Te Puna Toiora: Mental Health and Nutrition Group at the University of Canterbury are conducting a clinical trial using nutrients to see if they can help teenagers who struggle with emotion regulation. If you want more information about the trial, see the details below or go to the website: <http://www.taiaortrial.net/>

CAN I PARTICIPATE?

INCLUSION:

1) between 12 and 17 years, 2) regular access to the internet, 3) able to participate in research and take as many as 12 capsules/day with food, 4) be experiencing functionally impairing emotion dysregulation which cannot be better accounted for by a medical condition¹, 5) Living in Aotearoa, New Zealand. 6) be able to read and write English. 7) Be attending school.

EXCLUSION:

1) Neurological disorders involving brain or other central function (e.g., intellectual disability, epilepsy, MS, narcolepsy), some physical metabolic conditions or other major psychiatric condition requiring hospitalization (e.g. significant mood disorder with associated suicidality, substance dependence or psychosis), 2) Any serious medical condition, 3) Anyone known to be allergic to the ingredients of the intervention, 4) Any other medication with primarily central nervous system activity, including psychotropic medication (e.g. SSRIs, tricyclics, benzodiazepines). Participants must have been off of these medications for a minimum of four weeks prior to the trial. Participants are not encouraged to come off of a medication in order to participate in the trial. All exclusions will be reviewed by study physician.

¹Must receive a CGI-S rating of at least 3 (mildly ill) on screening and a minimum of 10 on the EDI or 3 on the ARI.



[Check out the study website](http://www.taiaortrial.net)

www.taiaortrial.net

[For more on Te Puna Toiora, check out:](http://bit.ly/UCNutritionresearch)

bit.ly/UCNutritionresearch

[www.facebook.com/
Mentalhealthandnutrition](https://www.facebook.com/Mentalhealthandnutrition)

[www.instagram.com/
ucmentalhealthandnutrition](https://www.instagram.com/ucmentalhealthandnutrition)

WHAKAPĀ MAI

CONTACT US

To refer yourself or someone else to the trial, please visit www.taiaortrial.net and complete the referral form under Information For Referrals.

You can also contact us on:

Phone:
027 284 9087

Email:
Research.taiaortrial@gmail.com

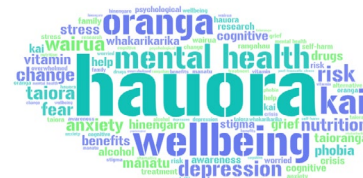
This study has received ethical approval by the New Zealand Human and Disabilities Ethics Committee (UTN: U111112536457).



Taioira Trial: Balancing Emotions in Adolescents with Multinutrients

Taioira me te hauora hinengaro

Are vitamins and minerals (taioira) helpful for managing emotions in teens?



Mental Health and Nutrition Research Lab
Te Puna Toiora