



Te Wiki o Te Reo Māori, Māori Language Week – Give it a go!

Tena koutou katoa, it's nice to be able to connect with you again at the start of the week.

This week I want to introduce our Executive Lead for Māori and Pacific Health, Hector Matthews. To mark Te Wiki o Te Reo Māori, Māori Language Week, Hector joins me at the start of my video where we have a 'Pepeha pep-talk' and Hector shares some tips on what a [pepeha](#) is and how anyone can create their own.

I would also like to draw your attention to the new Prism site [Kia kaha te reo Māori](#), which has just gone live. I encourage you all to go and have a look around at the useful resources there for anyone wanting to improve their understanding and use of te reo. Whether it's all new to you, or you want to take your te reo to the next level, you'll find something to help you on your journey.

Learning your pepeha is a great way to start – don't worry too much if you don't have it exactly right. The most important thing is to try your best and you'll get better with practice. Look for the link to Hector's pepeha session on our new [Kia kaha te reo Māori](#) site.

To celebrate the week, there are fun activities planned every day – I encourage you all to give it a go!

I also have a challenge for everyone who is on an online hui this week; try using some of the handy te reo phrases in the [poster](#) at the end of today's update.



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

Peter's pepeha

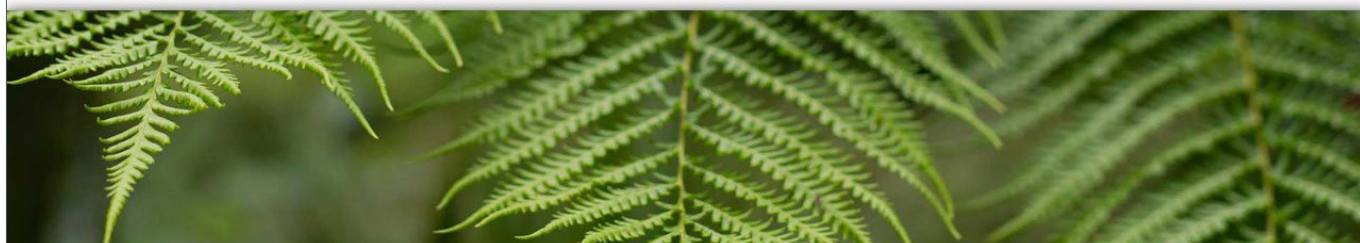
Ngā mihi atu ki a koutou	Greetings to all
Ko Peter Bramley ahau	I am Peter Bramley
Nō Te Whanga a Pukerua i Pōneke ahau	I am from Pukerua Bay in Wellington
Kei te noho ahau i Te Mamaku ki Māpua	I now live in Ruby Bay, Mapua, Tasman
Ko te Kaiwhakahaere Matua taku mahi	I am Chief Executive for Te Poari Hauora o Waitaha
Nō Ingarangi, Nō Aotearoa hoki ōku mātua	My parents are from England and New Zealand
Nō reira tēnā koutou katoa.	Greetings to all

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“Tino pai tō mahi!”
– very good job!



A shout out to everyone involved with our surgical services

As we paused for a moment last week and took stock of how we did, in terms of continuing to provide much-needed planned/elective surgery to people in our community, it was incredibly pleasing to see how much surgery was able to go ahead despite the additional challenges of working under Alert Level 4, then 3.

Our surgical teams – and by teams, I mean the entire team with the all-important support crew and booking staff – worked tirelessly to safely minimise the impact of restrictions on our Theatre activity.

- › Our teams completed a total of 350 elective and acute surgical procedures between 23-27 August 2021 and this compares with 432 for the same week last year.
- › They then completed 446 procedures between 30 August and 3 September, which compares with 445 during the same week last year.

The outstanding work of our teams has kept disruption to a minimum, with approximately 340 planned procedures deferred in Canterbury as a result of Alert Level 3 and 4 restrictions. Thank you all so much for your mahi, as I know how much it means to people for their much-awaited planned surgery to go ahead.

Under Alert Level 2 all surgery and procedures are going ahead, and the booking team has been busy contacting those whose surgery was deferred in order to reschedule their appointments.

Across the road at Christchurch Outpatients appointments are going ahead, although where appropriate, some appointments continue to be 'virtual' and are taking place via phone or video.

It's full steam ahead on the vaccination front – we've cracked the 400,000 doses mark! Check out today's figures:

Again, remember, if you haven't had your first or second dose, please get yourself vaccinated. It's the best thing you can do to keep yourself safe, but also protect those around you. You can find a list of clinics on line here www.vaccinatecanterburywestcoast.nz including those who have their own booking system. You can click the link below to Book your vaccine at www.BookMyVaccine.nz

Canterbury's vaccination rollout, by the numbers:

A total of 435,086 vaccinations have been given:

Dose 1 - 295,902
58% of the eligible population
(aged 12 and over)

Dose 2 - 139,184
27% of the eligible population
(aged 12 and over)

We now have **103**
clinics throughout
Canterbury

Most vaccines given
in one day: More than
10,800 on Thursday 2
September

Vaccines given in the
past week: **49,200**

More than **91% of Cantabrians aged 65** or over
are either fully vaccinated, have had their first dose
or are booked to have their vaccinations



Canterbury Health Laboratories – continuing to deliver the goods

I was pleased to be able to spend some time catching up with the Canterbury Health Labs team last week. They've done a phenomenal job throughout this pandemic, coping admirably with the increased volume of testing on top of introducing some seriously impressive new kit. The new analysers are in place and the new track system is being installed which will lead to further improvements. I know that it hasn't all be plain sailing, and there have been a few hiccups along the way, but people really have put in such an incredible effort, so I wanted to recognise this and give a big shout out to the entire team.

I hope the week ahead goes well for you all.

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

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](#).



Bouquets

Drive-through COVID-19 vaccination clinic for essential workers

I want to say that the drive-through vaccination clinic at Jack Hinton Drive is working very well. I used the online booking with the code for staff family members to get the last person in my bubble vaccinated. We live five minutes away and went online at 10:15. He was able to get an appointment at 11:00. He reported there was a very smooth flow considering the number of cars and no long wait. Great work all round and I'd encourage others to use it.

Drive-through COVID-19 vaccination clinic, Christchurch Arena

I took my three (adult) children for their first vaccination at the Christchurch Arena drive-through. I booked them in using the code I had been given as a Canterbury DHB employee. Our appointment was for 11am. We arrived on time and were ushered through to the queue. We followed the instructions of the many people to get to where we needed to be for their 'check in'. The details were duly checked, and we moved on to the next 'tent' for the vaccination. One of my boys is a true needle-phobic and was extremely anxious in the lead up to the vaccination – despite my assurances that he wouldn't feel a thing. The nurse was really kind, took her time, didn't dismiss his anxieties and talked him through it the whole time. I was very grateful to her for that. We then got our note under our windscreen wiper giving the time that vaccinations had been given. We had a chat with a couple of paramedics while we waited, then we were on our way. Thirty minutes in total was spent navigating the drive through. It was extremely busy on Saturday morning, not that you'd know

it. There was a sense of calm and confidence about what was occurring, from the Red Badge guys pointing out the way to go, to the check-in staff, to the nurses and paramedics, a completely seamless operation and one that whatever team organised and co-ordinated it should be very proud of. Many thanks to you all for what you are doing to keep our team of five million safe.

Neonatal staff, Christchurch Women's Hospital

Our newborn son was cared for by the neonatal medical staff. The level of care shown to our wee boy, and us as his parents, was outstanding. He was diagnosed with a rare syndrome and the communication and kindness shown to us during this time was brilliant. We felt we were kept informed, that staff listened to us and our input was valued. We are extremely grateful for the level of care our family received and it will not be forgotten. We did not get a chance to express this to all of the staff we worked with and I would be grateful for this kind of positive feedback to be passed on to the staff involved where possible.

Security, Waipapa, Christchurch Hospital

I would like to commend the security staff member at the front of Waipapa, positioned in front of the elevators, who works overnight. I have come across her before and am always impressed by her warm reception and friendly manner. Always happy to help me. Thank you so much.

Oncology, Christchurch Hospital

My father had two lots of radiation treatment with you in the past five years. He cannot speak highly enough of the service and care he received and the way you looked after his wife. I am also very grateful.

COVID-19 Vaccination Clinic, The Princess Margaret Hospital (TPMH)

The setup of the clinic was well done, very organised, and very easy to follow. My son suffers with a slight case of cerebral palsy and has major hearing issues. He also has a major issue with needles. The vaccinator was very good and patient and helped me to reassure him about receiving the injection. Once he had received it, she also happily answered his questions. On our way out of the hospital, he remarked to me that she was a lovely lady and he would be happy to have her do his second vaccination. That to me as his mum speaks volumes about her. She was able to reassure him and then took the time to answer his questions. This helped my son to appreciate an experience he was definitely not looking forward to. Thank you to all those who are involved in this very important job, you are all so appreciated.



Harry, the Burwood Hospital cat

I was in Burwood Hospital having bilateral hip replacements and had the privilege of meeting Harry (pictured above). Being away from home for nearly a month and having to go through my operation with no family support, he was a welcome visitor.

Respiratory Clinic, Christchurch Outpatients

Thank you to Volunteer Helen who was meeting/greeting in the foyer, she was so kind and friendly. We got a lovely hello from Lung Cancer Nurse Specialist Catherine and Respiratory Consultant Rachel was amazing in the way she explained the results and her diagnosis. We were in and out so speedily too. Thank you, especially at this time of COVID-19.

Crisis Resolution Team, Specialist Mental Health Service

I would like to thank the input from the Crisis Resolution Team, who have worked with me over the last fortnight. From my entry into hospital Douglas made me feel safe, listened to, and walked alongside, and he looked at the best options for me going forward. Alex reviewed my medication, walked alongside me looking for the best outcome for me, had empathy and I felt I could trust him. Carl, called me for a check-in. What a wonderful man, he gave me many tools to walk with into a stressful week. This experience with your team has built trust for me. Thank you all, and for the ladies I spoke to, trying to reach me when I was at work, for passionately doing what you love and empowering people to stay.

Gastroenterology, Christchurch Hospital

A big thank you to all who dealt me for my gastroscopy. They were really wonderful – attentive, diligent and empathetic, especially Amanda-Jane, Aimee and the other nurses whose names I can't remember.

Emergency Department (ED), Christchurch Hospital

I was admitted by ambulance to ED after a bicycle fall. I so much appreciate the care that was given to me there. It was professional, friendly and I was well informed. This applies to all staff who took care of me; the doctor (Jake I think), the nurse Rachel and the orderly (I am unsure of her name), together with the staff where I was taken for a head scan. I'd like my appreciation known. After a very 'jarring' start to my morning, with the bike fall, the care I received was exemplary and very much appreciated.

COVID-19 vaccination clinic – TPMH

I'd just like to compliment everyone involved in running the TPMH vaccination clinic for their efficiency and smiles, especially given that I mistakenly turned up a day early for my appointment. Everyone was helpful, cheerful and extremely well organised in making the process pleasant and quick. Much appreciated.

COVID-19 vaccination clinic – TPMH

I'm very happy to report a very seamless pleasant experience. I parked my car at 14:21 for my 14:24 appointment and was back in my car at 14:48. Well laid out and staffed by unfailingly helpful and courteous people. Well done.

Gynaecology, Christchurch Women's Hospital (CWH)

From the moment I entered CWH I became part of a

highly functioning and exceptionally caring team... ready with information, skilled in their delivery, willing to do more to keep me comfortable, fed, in a clean place, with all the necessary supplies, rubbish removed, questions answered, daily visits from the doctors, surgeons checking, pathologists who were able to determine the outcome of the operation, and administration staff. I am grateful to each one of you, and enjoyed very much, those of you I was able to share time with. Thank you very much and congratulations on a well performing system involving such a diverse group of people. We are fortunate to live in this country Aotearoa.

Child Health, Christchurch Hospital

We would just like to formally thank the surgical team that looked after [patient name]. We are so grateful for all you have done for her and the way in which you addressed her and my emotions and questions we had. The daily check-ups and kind manner in which you came in with made us feel looked after and safe. Medical Specialist Alison Scott, your experience was obvious, and we are very grateful for the amazing job you did. Thank you to each and every one of you.

Children's High Care and Ward B7, Christchurch Hospital

We would like to express our gratitude for all of the amazing nurses (and nursing students) in Children's High Care and in Ward B7 (children's ward). You all made our stay at the hospital comfortable and we felt safe and looked after during these very emotional and difficult times. All of you were incredible, but just a special thanks to Kelly (High Care), Becky, and Leigh (B7). Thank you.

Child Play Specialists, Christchurch Hospital

We would like to express our gratitude for the play specialists on the children's ward. They have made my daughters experience at the hospital so much better,

providing fun, laughter and some control for her. She was able to make little choices in resources etc. while everything else in her life spiralled out of control. They were kind, caring, compassionate, experienced with emotions, and how to acknowledge them. Thank you all so much (especially Megan).

Big Shout Out

To: Community Dental Service staff and management

A heartfelt thank you to the Community Dental Service (CDS) staff members who through Levels 4 and 3 staffed and managed the interface with the public of the main entrance of Burwood Hospital, and at Level 3, additional CDS staff supported the Retinal Screening and Orthopaedic Outpatient Services to manage flow of appointments and screening activity. You all demonstrated great professionalism and empathy towards the public and gave your all to ensure Burwood Hospital complied with level requirements. Your bright and engaging manner across all shifts was felt as kindness and sensitivity by the public who I often heard thanking you for your work, even when you were turning down their entry. Your energy and engagement is deeply appreciated. A thank you also to the CDS management team for your support through deployment over this time, and also the operating theatre nursing team during Level 4.

From Jo Lilley, Quality Manager, Burwood Hospital

#carestartshere



Te Wiki o Te Reo Māori (Māori Language Week)

The importance of te reo Māori, by Executive Director of Māori and Pacific Health Hector Matthews

In the 2009 movie *Avatar*, the Na'vi people had a greeting "Oel ngati kameie", meaning, "I See you". In this context, "see" is a synonym for "understand" or "comprehend".

For most of my life, and of the lives of my tūpuna, from the arrival of the earliest British colonists, my country was unwilling to see me as Māori. New Zealand did not wish to comprehend or understand Māori people and has gone to extraordinary lengths to expunge Māori culture and language.

Te reo Māori was deliberately avoided in the state education system to ensure Māori children would, over time, stop speaking it. This was reinforced through physical punishment of children who spoke Māori, thus ensuring Māori parents would support the policy to stop their children being hit by their school teachers.

Thus, my New Zealand culture could not and would not "see" me as Māori. I learned at a young age, to be seen, I could not be Māori, I had to act Pākehā.

In 1972, a petition to Parliament to promote Māori language led to Māori Language Day and became Māori Language Week in 1975. In 1984 telephone operator Naida Glavish (Ngāti Whātua) began greeting callers with 'Kia ora'. When her supervisor insisted that she use only formal English greetings, Glavish refused and was demoted. The issue sparked widespread public debate. After Prime Minister Robert Muldoon intervened, Glavish was returned to her old job where she was able to greet people with 'Kia ora'. Whaea Naida is now a Dame.



Te reo Māori became an official language of New Zealand with the Maori Language Act 1987. Slowly, New Zealand was starting to "see" me as Māori by acknowledging my reo.

Te Wiki o Te Reo Māori (13-19 Sep 2021) is wonderful, but for Māori who remain connected to their culture, every week is Te Wiki o Te Reo Māori. As young parents in the late 80s and early 90s my (Pākehā) wife and I were early adopters of language revitalisation education such as Kōhanga Reo and Kura Kaupapa Māori for our children. More than thirty years later all of our adult children are fluent in te reo Māori and our mokopuna are now akonga (students) of Kura Kaupapa Māori.

Kia mau ki te reo Māori. Grasp the language and use it as often as you can. Work to develop your confidence and competence in te reo Māori and when you engage with Māori whānau, use te reo Māori. In so doing you're sending a powerful message to Māori people and whānau; "ka kite au i a koe" (I see you).

As Danish author Peter Høeg puts it; "There is one way to understand another culture. Living it. Move into it, ask to be tolerated as a guest, learn the language."

This week's issue features a piece from Clinical Nurse Educator, Mereraina Porima, a resolute supporter of te reo Māori who has written her piece in te reo Māori. Her aspiration is that all her colleagues in Canterbury DHB will read it and understand it in te reo without the need to translate; because much of the beauty of te reo is lost in translation. If you're unable to understand, Mereraina has provided a translation, which can aid you in your understanding. Nelson Mandela implored "If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart."

Kia rere te reo
Kia tika te reo
Kia Māori te reo

Te Wiki o Te Reo Māori events this week

Today is the start of Te Wiki o Te Reo Māori, a week to celebrate te reo Māori. We have a range of fun activities: create a pepeha, participate in a Te Ao Māori quiz hosted by Whaea (Aunty) Pipi, ask a cultural pātai (question), a waiata session with Hauora Māori plus enter the pepeha competition to be in to win a fabulous prize pack.

All the activities will be held via an online webinar so all our kaimahi (staff) can be involved. Check out [Kia Kaha Te Reo Māori](#) which has been launched as a dedicated PRISM site for kaimahi to access te reo Māori resources.


**KIA KAHA
TE REO MĀORI**

TE WIKI O TE REO MĀORI
 Māori Language Week
 13-19 September 2021

RĀHINA
Monday

PEPEHA
 with Hector Matthews
[zoom link](#)



RĀTŪ
Tuesday

TĀKARO
 quiz with Whaea Pipi
[zoom link](#)



RĀAPA
Wednesday

WHIUA TE PĀTAI
 te ao Māori Q and A
[zoom link](#)



RĀPARE
Thursday

WAIATA
 with Hauora Māori



RĀMERE
Friday

PEPEHA KĒMU
 pepeha competition
[zoom link](#)



Canterbury patient information available in te reo Māori

During this year's Te Wiki o te Reo Māori (Māori Language Week), we're celebrating the work of our Clinical Pharmacology Department at Christchurch Hospital who have recently published more than 70 patient information leaflets in te reo Māori.

Canterbury DHB's [My Medicines page](#) has been developed by a group of clinicians to provide information for patients in plain language about a variety of medications used in New Zealand. Clinicians are able to direct patients to the website, to provide important details that help people make good decisions about taking a prescribed medicine.

With the support of the Health Quality & Safety Commission, the Clinical Pharmacology team has translated these and also produced te reo Māori audio recordings that sit alongside some of the translated leaflets.

Medicines Information Pharmacist Elle Coberger, who has led the charge on this project, says the patient information leaflets targeted for translation into te reo Māori are the medications used most frequently by our Māori communities.

"The health conditions identified in the Canterbury DHB's Māori Health Action Plan were the starting point, with the available information relating to these conditions chosen for the initial project as they would be the most well used leaflets," says Elle.

One of the barriers for patients wanting to know more about their medication is the information not being available in their native language. So, the goal of this project was to have the medication information accessible to those speaking te reo Māori and their whānau.

Elle says feedback on the initial written translations from advisory group Te Kāhui o Papaki Kā Tai, indicated that audio files would be even more helpful for a large portion of the community who engage more with the spoken language.

"Since we've now complemented the translated information leaflets with audio recordings, the feedback from the community has been overwhelmingly positive.

"One such piece of feedback from someone accessing the leaflets was 'tu meke' (a way of expressing gratitude for



Front row, from left, MyMedicines Co-ordinator/Pharmacist Elle Coberger and Clinical Pharmacologist Matt Doogue

Back row, from left, Clinical Pharmacology PA Jasmin Metcalf, MyMedicines Clinical Editor/Pharmacist Sherryn Fox, MyMedicines Clinical Editor/Medicines Information Pharmacist Marie-Claire Morahan, Clinical Pharmacist Andrew Mothershaw and Registrar Jessica Kelly

Absent: Clinical Pharmacist Louisa Sowerby

generous acts), with them telling us it had given them a greater understanding of a medication a member of their family had been prescribed for years," Elle says.

Canterbury DHB's Executive Director of Māori and Pacific Health Hector Matthews says communicating with Māori patients in te reo Māori provides an opportunity for clinicians to engage in a deeper level of communication, which supports more effective assessment and management of patients and their whānau.

"Anything we can do to address inequities in the health system should be pursued, and strengthening the use of te reo in our patient information is a simple contribution we can make.

"I'm very proud of the work Elle and the team have done to get these translations online. The audio recordings are a fantastic asset that are well-used and valued by our communities – ka pai!" Hector says.

The full complement of translations and audio recordings are available on the te reo page of the My Medicines website: www.mymedicines.nz/Home/TeReo

COVID-19 Health Workers – The Vaccination Programme Administrator

With more than four million Pfizer doses administered in New Zealand to date, a great many Kiwis have gone through the process of being vaccinated. The feedback about the administrative staff who work in the clinics has been overwhelmingly positive. They are people at the reception area, the ones who guide us through the steps, ensure our information is collected and then see us safely out the door at the end. They offer reassurance and assistance with a healthy dose of humour and empathy.

Sarah Wood is one of the people we are lucky to have in a COVID-19 Vaccination Programme customer service role.

What is your role?

I'm an administrator for the COVID-19 Vaccination Programme. I recently moved to Canterbury after spending three years travelling around New Zealand. I have a background in health (physiotherapy) and administration, so the role was a good fit and came along at the right time for me.

What are your responsibilities in relation to our current COVID-19 situation?

The role is mainly customer service and involves checking in the public onto the COVID-19 Immunisation Register, ensuring their details are correct, helping them through the process, completing observation processes, and keeping an eye on people to make sure they are okay.

Being a friendly, welcoming person to greet people and trying to help alleviate any anxieties and answering

questions is a big part of the role. Working as a team is really important to ensure the whole clinic runs smoothly and that we all support one another.

How do you think people feel when they come in for their vaccinations?

People definitely have mixed emotions when coming in to be vaccinated. A number are excited and very happy to have it whilst others can be quite anxious and unsure about it all. It is a new process and experience for a lot of people.

What do you do to help people relax before their vaccination?

The main thing is to be a friendly face and be as helpful as possible. I will often identify if someone is feeling anxious and make sure to take the time to explain the process and ask if they have any questions, aiming to reassure them.

How many in your team?

The team comprises anywhere from eight to 15 administration staff, 10-15 vaccinators, a site manager, a security team and several volunteers each shift. Plus, all the management and support teams operating behind the scenes. It's a huge team effort and a major logistical undertaking with everyone having to play their part to make it all happen.

Are you starting to see younger people (12+) coming to be vaccinated?

Over the last few weeks we have definitely been seeing an increase in younger people coming through. Families have been coming in together to have their vaccinations.



COVID-19 Vaccination Programme Administrator Sarah Wood

How do you feel about what you're doing to contribute to our response to the pandemic?

It feels good to be part of such a big team helping with the pandemic response. The vaccine rollout could not be completed without each of us contributing in some way and it feels important to be part of that.

What has the pandemic taught you?

Life can obviously change in an instant so finding contentment with what you have and the simple things in life is really key.

DOSA Ward on the move

The Day of Surgery Admission (DOSA) Unit is moving and from Monday 27 September will be temporarily located on the second floor of the Parkside building, in the previous Ward 15 site.

DOSA is one of the four Perioperative Surgical Admission Units for patients admitted on the day of their surgery. Each Perioperative Surgical Admission Unit is located close to the block of theatres where the patient is scheduled to have their operation. This move will now place DOSA directly above its operating theatres.

Executive Director Facilities Rob Ojala says the relocation is part of a broader, strategic shuffle of departments and makes sense as a temporary measure until DOSA can move into a permanent space in the old ICU department on level 1. The benefits of the new site will be significant for both staff and patients, he says.

Charge Nurse Manager of DOSA Jane Dixon and Nurse Educator Steve Smith are responsible for the move. They're working with Anaesthetists Veronica Gin and Dan Hartwell, as well as their dedicated nursing and administration team, operating theatre assistants and Surgical teams, all of whom rely on DOSA to prepare their patients for surgery which in turn allows surgical wards to concentrate on facilitating discharges and patient flow.

Jane and Steve are both excited about what the temporary Ward 15 – DOSA space will offer.

Jane explains, "We've outgrown our present space that includes a cramped and windowless staff station. Our current DOSA waiting room for patients and their support people is also pretty small and dreary; it doesn't offer much privacy. The new waiting area in Ward 15 – DOSA is a much larger space with windows and plenty of natural light."



The current DOSA patient waiting area



The large, bright space soon to be transformed into the new Ward 15 – DOSA patient waiting area



The much larger staff station on Ward 15 - DOSA (above) compared to the current space (left)

In addition to the much-improved waiting area, the temporary Ward 15 – DOSA location will provide:

- › Eight private spaces to be allocated to the patients who arrive from 6.45am (two more than the current DOSA site)
- › Isolation rooms with ensuite
- › Greater ability to practice safe physical distancing
- › A larger staff station providing individual dedicated workspaces
- › A designated staffroom
- › Plenty of natural light
- › An internal stairwell from Parkside theatres that takes you to the Ward 15 – DOSA staff station in under 30 seconds
- › Larger patient rooms to allow for wheelchairs, hoists and whānau
- › Improved patient privacy
- › With a short walk from the main entrance to the lifts and straight up to level 2, the new site is easier for patients to find.



Plenty of room for equipment, staff and whānau in this new Ward 15 – DOSA room

The last day for DOSA at its current location is Friday 24 September.

From Monday 27 September, DOSA will be temporarily located on level 2 of the Parkside building in Ward 15. Signage across the hospital will be updated to reflect the move and patients will be notified directly.

ep Te Ao Māori

Do you have a (pen)? **He (pene) tāu?**

Are you free? **Kei te wātea koe?**

I have a question **He pātai tāku**

Give me a call **Waea mai, nē**

Have you finished (your work)? **Kua mutu i a koe (tō mahi)?**

Are you ready? **Kua rite koe?**

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ep Te Ao Māori

Take a seat **Noho mai**

Are you okay? **Kei te pai koe?**

Assist me, please **Āwhinatia mai**

Would you like some refreshments? **He para-manawa māu?**

May I have a (hot drink)? **He (inu wera) māku?**

What's the Māori phrase for...? **He aha te kīanga Māori mō...?**

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Canterbury Healthcare Challenge

Medical Education Coordinator, Karen Dreaver is excited to be part of the working group behind the Canterbury Healthcare Challenge in 2021.

What is the Canterbury Healthcare Challenge?

The Canterbury Healthcare Challenge is an inter-professional, fun and authentic learning opportunity that promotes teamwork and collaboration among current and future healthcare professionals. Teams of six participants are given an identical, complex, patient scenario and they then develop their health plan. The finale of the Challenge is the presentations to a live audience and judging panel.

What is your role in the event?

Together with Pip Griffin from Te Papa Hauora, we formed a working group made up of different health professionals to create the Canterbury Healthcare Challenge.

Back in 2010, a team from AUT competed in the Brisbane-based Health Fusion Team Challenge. From there, a national competition was born and successfully held for a number of years. Unfortunately, over time the national competition fell by the wayside, until now. We're excited to be re-establishing it in Canterbury.

What sort of people are you looking for to participate?

Any health professional who is an employee of the Canterbury DHB or a primary healthcare provider such as Pegasus Health. We also encourage students studying a health discipline to get involved. We want Doctors, Nurses, Physiotherapists, Occupational Therapists, Dietitians, Speech Language Therapists, Pharmacists, Social Workers, Radiographers, and more.

How will you put the teams together?

We are looking to put four teams of six different health professionals and students together. The diversity of each team will increase the knowledge and understanding of other disciplines and how inter-professional practice contributes to patient care.

What do you think the participants will get out of the experience?

An authentic inter-professional experience which complements current learning experiences and expands their worldview. Participants will develop their knowledge, skills, attitudes and behaviours in relation to inter-professional practice. It is a great opportunity to build professional relationships and to network. The

winning team will also receive a prize!

Can you provide any hints about the patient scenario?

No can do sorry.... I'd encourage people to get involved and apply. I can however, promise that the scenario will be interesting, challenging and require the whole team's input. The teams are encouraged to get as creative as they like with their presentations.

Keen to know more or sign up to participate?

If you have any questions about participating in the Canterbury Healthcare Challenge, please email karen.dreaver@cdhnb.health.nz

If you are keen to express your interest in participating, please click [HERE](#) to register.

For those who are unable to take part this time, we invite you to come along to the live presentations on Wednesday 17 November at Manawa to support the teams' presentations.

Canterbury Healthcare CHALLENGE

Ki te kāpuia e kore e whati. We succeed together.



Safe maternal and newborn care is the theme of World Patient Safety Day 2021

It's World Patient Safety Day on Friday.

The World Health Organization (WHO) day was established to enhance global understanding of patient safety, increase public engagement in the safety of health care and promote global action to enhance patient safety and reduce patient harm.

This year's theme is 'Safe maternal and newborn care' and WHO is urging all stakeholders to "act now for safe and respectful childbirth." Their aim is to raise global awareness of the issue, particularly during childbirth, and encourage the adoption of effective and innovative strategies to improve maternal and newborn safety.

Due to the COVID-19 lockdown New Zealand's own recognition of the Health Quality Safety Commission's Aotearoa Patient Safety Day 2021, and Canterbury DHB's usual week-long campaign, have been postponed. The re-scheduled date for promoting this important issue is expected to be in November.

WHO's global statistics show about 810 women die every day from preventable causes related to pregnancy and childbirth, and around 6700 newborns die every day. Two million babies are stillborn every year.

On World Patient Safety Day, the WHO is highlighting the significant burden of risks and harm women and newborns are exposed to which is further compounded by the disruption of essential health services caused by the COVID-19 pandemic.

Quality care provided by skilled health professionals in supportive environments is vital and even more important than ever during these challenging times, says Director of Midwifery for Canterbury and West Coast DHBs, Norma Campbell.



2021 – World Health Organization's (WHO) – Patient Safety Day, Theme: Safe maternal and newborn care

"Integrated health systems including community-based approaches are crucial to supporting mothers and babies. The Maternity Strategy and the focus on involving our communities in finding solutions in the care mothers and babies receive are really important. These also align with the First 2000 Day objectives set by the government."

The learnings gained from last year's lockdown and the compassionate care required within the framework of lockdown measures are essential for our hapū (pregnant) mothers and their whānau, says Norma.

Safety relates to many different areas of life – "The importance of emotional safety was a strong lesson learned last year in maternity services as well as the social determinants that impact on that. Being connected to our communities has been essential and reports received indicate the wide-ranging support available has made a big difference which is really encouraging," Norma says.

More information and resources on the World Patient Safety Day 2021 is available, [here](#)

Cervical Screening Awareness Month

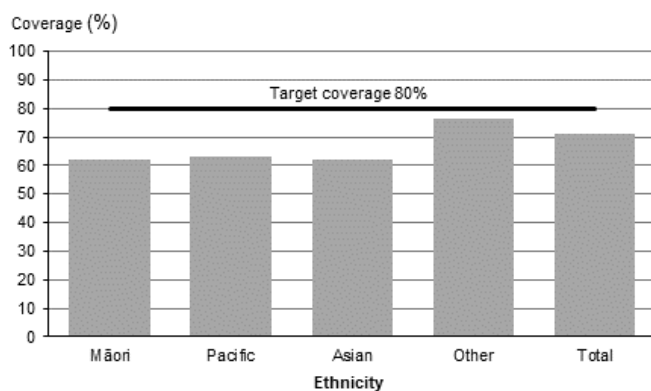
September is Cervical Screening Awareness Month (CSAM). Each year in New Zealand, about 160 people who have a cervix develop cervical cancer, and about 50 will die from it.

The best way to catch this disease early is regular cervical screening (whakamātautau waha kōpū). The cervical screening test procedure is similar to a Pap smear test. For both tests a doctor or nurse takes a sample of cells from the cervix. However, the Pap smear test used to look for abnormal cells in the cervix, while the cervical screening test looks for Human Papillomaviruses (HPV).

HPV is responsible for around 90 percent of cervical and other HPV-related cancers and 90 percent of genital warts. The Gardasil vaccine has been proven to be highly effective in preventing these types of HPV infection in young people. Combined with regular screening, it is the best protection against cervical cancer.

So, who should be having cervical screening? All people who have a cervix, aged between 25 and 69 who have ever been sexually active, should be undertaking the screening. If a normal result is returned, the screening occurs every three years.

In Aotearoa New Zealand, we have a target coverage rate of 80 percent for eligible people. Unfortunately, as a nation over the past three years we have achieved only 70 percent with the numbers even lower in the Māori, Pasifika and Asian populations.



According to Canterbury DHB Service Development Manager Gill Fowler, there are a number of reasons why there is not better uptake in New Zealand. "These can include cultural issues, the invasive nature of the procedure, embarrassment at such an intimate procedure, discomfort, cost of a consultation at a general practice, transport needs and simply having busy lives."



Earlier this year, Minister for Emergency Management Hon Kiritapu Allan was diagnosed with stage 3 cervical cancer. She publicly admitted that she had [ignored symptoms and put off her cervical screening](#). Her honest admission that "I'm one of those gals that hates anything to do with 'down there' and have taken a 'see no evil, hear no evil'-type approach to that part of my body" helped draw attention to the risks associated with not having regular cervical screening. It also highlighted the need for better screening within our Pasifika, Māori and Asian populations.

A range of strategies are in place to encourage more eligible New Zealanders to have regular cervical screening including providing culturally appropriate promotional material such as advertising, pamphlets and community newsletters. Health and wellness promotions through Pasifika and Māori leaders, combined cervical and breast screening clinics, offering workplace clinics, provision of transport to the clinic along with other supports have helped raise awareness and uptake.

Gill says a new screening self-test is being introduced in 2023. It's a vaginal swab that can be taken by the participant in privacy at a health clinic, or it can be taken by a clinician if preferred. The health care provider may also arrange for the tests to be done off site, at home, or in a non-clinical setting in the community.

To learn more about cervical screening, talk to your health professional or your general practice team. They can help you sign up to the [National Cervical Screening Programme \(NCSP\)](#) register which securely stores your screening results and sends you a reminder when you're due for your cervical screening.

More information is also available here: www.timetoscreen.nz/cervical-screening

Safe Mobility September: Get up often and move safely

This year's theme for Safe Mobility September promotes people moving around safely.

We continue to promote partnering with patients and families to prevent falls whilst in hospital, recognising the important part they both play in the care team, says Director Quality and Patient Safety and Safe Mobility Steering Group Chair, Susan Wood.

The key focus areas for this year's campaign includes:

- › The importance of partnering with our patients and whānau, discussing the safety information on the bedside boards with them (38 percent say we do)
- › Encouraging patients to get up often and move safely, this includes wearing supportive footwear and ensuring walking aids are fit for purpose
- › Awareness that the inappropriate use of bedrails can cause harm.

Keep an eye out for local displays and activities in your hospitals and services during September and feature pieces in the CEO Update on falls prevention, she says.

"We also encourage you to use the 'Safe Mobility September' email signature to help us raise awareness," she says.

Check out the Safe Mobility September 2021 campaign intranet page [here](#) for more information, and instructions on how to use the Safe Mobility September email signature.

Safe Mobility September
Get up often
and move safely



ep Te Ao Māori

What's the time? **He aha te wā?**

When's lunch time? **Āhea te wā kai?**

Where is my _? **Kei hea taku _?**

Who does this belong to? **Nā wai tēnei?**

Tidy this space, please **Whaka-tikahia tēnei wāhi**

Can I help you? **Kei te hia āwhina?**

ep Education Perfect

Join our FB Page @EPTeAoMaori

ep Te Ao Māori

I am sorry I'm late **Mō taku takaroa!**

Excuse me **Pōuri ake**

What are you doing? **He aha tō mahi?**

Where is the (bath-room)? **Kei hea te (whare-paku)?**

I don't understand **Kāore ahau i te mārama**

Can you repeat? **Kōrero mai anō**

ep Education Perfect

Join our FB Page @EPTeAoMaori

New chairs for Maternity

A huge thank you to the amazing Christchurch Hospital volunteers who raised the money to provide nine new chairs that also fold out to a single bed, to Christchurch Women's Hospital Maternity department. An additional chair was generously funded by the Central Otago based, Hugo Charitable Trust.

Arriving just before Alert Level 4 lockdown, the chairs were a welcome addition to the ward.

Associate Clinical Midwife Manager Shae Bishop says the new mums and their partners are thrilled to have these chairs as they are great for nursing and also allow partners to stay over and sleep comfortably.

More of these chairs are expected in the coming weeks as a result of the recent Māia Health Foundation 5th birthday fundraising. These will be distributed between Christchurch Women's Hospital and other maternity departments across Canterbury.

Many thanks to all of the generous donors.



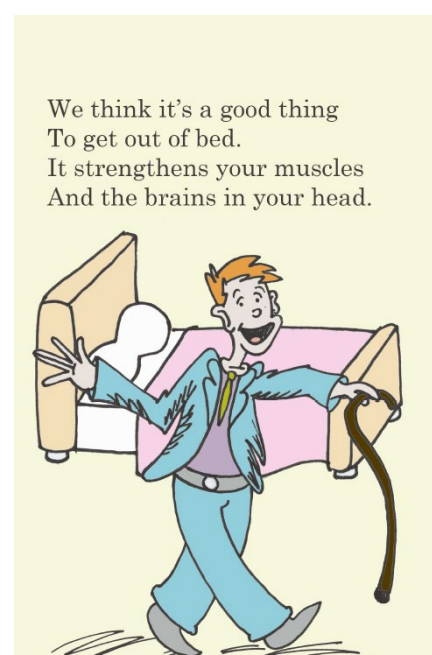
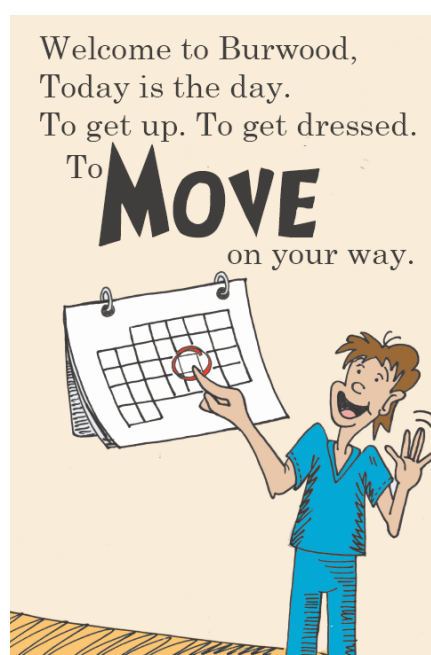
The chairs open to provide a comfortable bed for partners who wish to stay over

Rethinking rehabilitation

Many patients who spend time at Burwood Hospital have either had a fall which led to their current hospital admission or have a previous history of falls.

Key requirements of being able to move around safely are having enough muscle strength and balance to stay upright, says Clinical Director and Lead for Rethinking Rehabilitation Project at Burwood Hospital, Sarah Hurring.

"We know that spending too much time in bed or sitting can result in rapid loss of these abilities, especially as one gets older. At Burwood we have implemented two key strategies to target these factors as part of a 'Rethinking Rehabilitation' programme."



The first is to ensure that everyone is sitting in a chair for their meals and if appropriate to walk to a dining space to eat. The second is to encourage at least three walks a day for those who are able to walk independently or with supervision.

Charts are available on the Patient Bedside Boards to help motivate patients and staff to achieve this.

Tahi miniti te pātai (One minute with)...

Ko Moki te marae
Ko Taumutu te rūnanga
Ko Hōri Kerei Taiaroa te tangata.
Ko Mereraina Porima ahau.



What does your job involve?

Ko tētahi o ngā mātāpono o tēnei mahi ka manaakitia e mātou ngā pouako nēhi, i ngā tauira kātahi anō kua whakapōtaetia hai nēhi, waihoki, ngā nēhi e hiahia hoki ki te whāia i te mahi hauora hinengaro.

I tēnei tau ka whakarite mātou he wānanga ki roto i te hōtaka mō ngā NESP. Kai te whakaako mātou i ngā mātāpono e pā ana ki te ao Māori, pērā ki te karakia, whakawhanaungatanga, mahi raranga me ērā momo kaupapa tuku iho. Ko te whakaaro nui kia whakaakoako i ngā nēhi katoa ki ngā tikanga Māori me ngā mahi tuku iho hoki. Mai i ēnei akoranga ka huaki he ara hou, he ara hūmārie mō rātou ngā nēhi Māori e whai i te mahi hauora hinengaro. Ka mutu, ko ngā wawata mō aua nēhi Māori kia whakahihiri, kia niwha hoki ki tō rātou Māoritanga.

Why did you choose to work in this field?

Nōku te whiwhi. Nā reira, ki ahau ki tēnei mahi ka kaha ahau ki te tohe mō ngā tikanga Māori.

What do you like about it?

Ki te kitea i ōku hoa mahi Pākehā e hiahia ki te ako i te reo Māori, ki te kōrero i te reo Māori hoki. Ka oho te wairua inā ka rongo ki tōku reo. Nā, ko te wero ināianei mō tātou Ngāi Māori kia kaua e noho māikoiko, kia kaua e horokukū hoki ki te kōrero i te reo Māori. Me ū, me māia, me kaha ki te kōrero i tō reo rangatira!

Atu ki tērā, e rata ana ahau ki aku rangatira me aku hoa mahi katoa. Nā rātou i whakamana i ahau, i tōku reo rangatira, me aku mahi nēhi hoki.

What are the challenging bits?

Ko te kaikiri.

Who inspires you and why?

Ko ōku tūpuna, tae rawa atu ki tōku pāpā e whakaohoho i ahau. Ko tōku pāpā he tangata kaha ki te aro ki ngā tikanga Māori. Mēnā e kore e tū tōku pāpā ki mua i ahau, ka ngaro tōku reo rangatira me aku akoranga tuku iho hoki.

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?

He wahine kaha ki te manaaki tāngata ahau, ahakoa ko wai, ahakoa nō hea. Koirā ngā mātāpono i ako au mai i raro i te panekoti o tōku Nēni. Nā reira, ko aua atu uara ka noho hōhonu ki roto i ahau.

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

E whā ngā wāhi e hiahia ahau ki te tū. E hiahia taku manu ki tū i runga i tōku maunga o Aoraki. Peke taku manu ki Raetihi ki te awa o Wanganui; te awa o ōku tūpuna. Haere tonu tōku manu ki te awa nui ki te awa roa ki te awa o Rangitāiki ki te mania o Ngāti Manawa. Hopea okioki taku manu ki Kāwhia moana, Kāwhia kai, Kāwhia tāngata.

Otirā, ko au tēnei; he tangata iti ahau e kauhoe ki roto i tēnei moana nui te Poari Hauora o Waitaha. Tēnā rawa atu koutou.

Mereraina Porima's 'One minute with' can be read in English on our website [here](#)

If you would like to take part in the column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

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 15-26 September you and your friends and family can get up to 50% 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](#)



Porters Ski Pass

Get in quick to enjoy skiing at Porters Ski Field, take your Canterbury DHB ID to receive 50 percent off mid-week skiing for all your team. Kids 10 and under always ski free.

Pegasus 2025 newsletter out now

The latest Pegasus 2025 newsletter, showcasing the work being done in Primary Health Care supported by Pegasus Health and its partners, is out now. Read about how a healthcare partnership is making a difference, how retirement is no barrier to the fight against COVID-19 for a vaccinator, and much more on the Pegasus website [here](#)

Health and Disability Sector reform

The latest Update from the Transition Unit is out now. Read about board appointments, public health news and much more on the Department of Prime Minister and Cabinet website [here](#)

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





Postgraduate Information Evenings

POSTGRADUATE



Advance your health career with our wide range of options.

27-29 September | 5-7pm
Join us online

Hear about postgraduate opportunities in health, available via distance or at our Christchurch, Dunedin and Wellington campuses. Explore our wide range of programmes designed to help advance your career or gain specialisation in this in-demand sector.

Register now otago.ac.nz/opendays

Hui

Meeting

Huitopa

Zoom

Huitīma

Teams

“Kia tīmata
tātou!”

Let's start /
proceed!

“Kua raru taku hononga”
My connection is bad/poor

“Whakaatuhia mai tō mata”
Share your screen



HUI Ā-IPURANGI



Online meetings
in te reo Māori



“Kua raru
tō hononga”

You're cutting out

“Tukuna mai te tono hui”
Send me the meeting invite

“Tukuna te tono hui ki a ...”
Send ... the meeting invite

“Māku taku mata e whakaatu”
I will show/present my screen

“Kua ngū tō reo”

You're on mute

TE TAURA WHIRI
I TE REO MĀORI

MĀORI LANGUAGE COMMISSION



ReoMāori.CO.NZ