

You need a whole system to work for the whole system to work

What a difference a week makes in health – we’ve gone from steady but busy, to full capacity in our urgent care clinics and primary care.

This past weekend was extremely busy for our three urgent care clinics and Christchurch Hospital’s emergency department who were seeing people with a range of illnesses, including children with respiratory illnesses. Record-breaking numbers of people were assessed and treated. Some of the presentations were children whose parents were concerned about [RSV or Respiratory Syncytial Virus](#) which is doing the rounds, with some children requiring admission to hospital.

I’d like to give a special shout out to everyone who worked last weekend – whether you were at one of our urgent care clinics or Christchurch Hospital – everyone has seen a massive increase in the numbers of very unwell people they are seeing.

Urgent care clinics have been seeing similar numbers of people to Christchurch Hospital’s Emergency Department – where there’s been a sharp rise in the numbers of adults and children coming in with respiratory issues. School holidays,

skiing and icy conditions are also keeping the ED busy – they are currently seeing 60-70 more people each day than anticipated.

On Saturday the 24-Hour Surgery assessed and treated 373 people with 403 people seen on Sunday which are record numbers for this time of year. Christchurch Hospital’s Emergency Department provided care to 390 people on Saturday– this was a record for the Emergency Department in Waipapa.

Records were also being broken at Riccarton Clinic on Sunday where they saw 177 patients in 12 hours – 78 of them were children under six years old – this is more than double the number of children they would expect to see on a Saturday. Moorhouse Medical was also busy with significant numbers of children with respiratory illnesses.

I would also like to thank those from throughout our health system who met virtually over the weekend

For Christchurch Hospital Campus and Burwood Hospital:

VISITOR RESTRICTIONS DUE TO VIRAL ILLNESSES

One visitor at a time please
& no children visiting.
Fewer people = less risk to patients.

Please wear your own face covering



Don’t visit if you are unwell.

Canterbury
District Health Board
Te Poari Hauora o Waitaha

to closely monitor the situation and provide practical support to colleagues to help ensure everyone had the PPE they needed and were appropriately staffed.

While most people seeking health care after-hours and over the weekend needed to be seen by a clinician, it’s timely to remind everyone that you can phone your own family doctor after hours for free health advice. Simply call your general practice (GP) team’s number after hours, follow the instructions to be put through to a nurse who can advise you on what to do and where to go if you need to be seen.

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If you don't have a doctor, you can call Healthline free 24/7 on 0800 611 116. As a small ray of hope that this respiratory disease may have peaked, Healthline report that the volume of calls about RSV has reduced and that fewer people need to be referred to urgent or emergency care. Thanks to the busy Healthline team for their assistance in providing that all-important health advice and directing people to the right place for care.

Thanks too to the public for their patience, especially when faced with long waits to be seen due to the sheer volume of presentations and people with more serious conditions needing to be seen first.

Finally, a shout out to the child health team, where paediatric nursing and medical staff worked closely together to manage unprecedented numbers of children who were very sick and needed to be admitted to hospital. The team also facilitated easy access to a registrar to discuss cases with primary care clinicians.

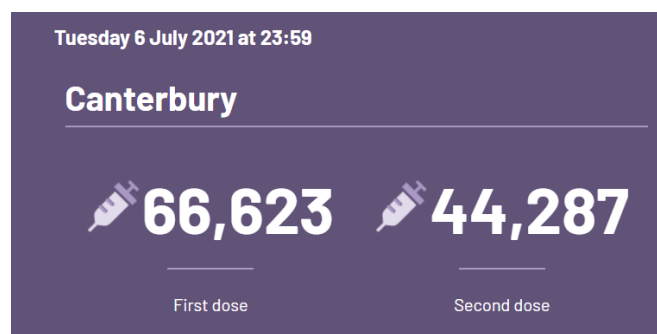
Canterbury's COVID-19 vaccination rollout continues ahead of plan

Each week new vaccination centres are opening, and plans are underway to include around 100 general practices and pharmacies who will be able to provide vaccinations in the near future as our plans ramp up.

As at midnight last Tuesday Ministry of Health vaccination data showed that a total of 110,910 vaccinations have been given to Canterbury people, with 44,287 people receiving two doses, and 66,623 people having their first dose.

Our plan is to deliver 417,000 doses of COVID-19 vaccine in the period from 5 July until 3 October. Within that timeframe, we'll steadily scale up our vaccination rate from around 10,000 doses per week to a peak of approximately 45,000 per week.

I have huge respect for the team managing this vaccination programme – it's a complex, constantly changing and challenging area to work in. It's also a once in a lifetime opportunity to be involved in one of the most important life-changing programmes that will benefit us all in the long run.



Our current COVID-19 vaccination schedule

In Waitaha/Canterbury we're currently vaccinating people in Groups 1, 2 and 3.

- › **Group 1** includes border and MIQ workers and their household contacts.
- › **Group 2** includes frontline health workers, people working and living in long-term residential care, Māori and Pacific people aged 70 and over, the people they live with and their carers.
- › **Group 3** includes people aged 65 and over; people with some underlying health conditions; pregnant people; people with disabilities and their carers, plus older Māori and Pacific people, the people they live with and their carers.

If you're in Group 3, you should have received a text, letter, email or phone call confirming you're in Group 3 or inviting you to book your vaccination appointment.

Everyone in Group 3 will be invited to book their appointment by the end of July.

There is a significant number of people in Group 3 in Canterbury and vaccinations for this group will take until mid-September. There's no cut-off date to get your vaccination and there will be enough vaccine for everyone.

If you think you've been missed, or you don't have a GP, email COVID19@cdhb.health.nz with your name, date of birth and how you qualify for Group 3.

We need your help to contact everyone in COVID-19 Group 3

We want to get everyone in Group 3 booked in for their vaccinations before the end of July – there are a lot of people in this Group and vaccinations for Group 3 are expected to continue until mid-September.

If you have older people, or people with underlying health conditions in your whānau or neighbourhood, please check to see whether they've had a text, letter or call about their COVID-19 vaccination. Anyone in Group 3 who hasn't heard from their health provider is welcome to contact the DHB directly at covid19@cdhb.health.nz.

Our updated Code of Conduct is available now

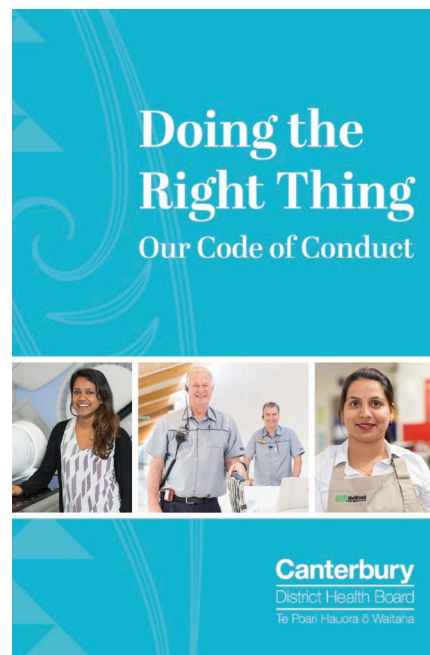
'Doing the Right Thing: Our Code of Conduct' is the name of our updated Code of Conduct. This refresh has been worked on for some time, however, the results of the Tāngata Ora | Our People survey showed that we needed to act quickly when it came to setting the standard for what behaviour is acceptable at work.

This updated guidance document has been developed in consultation with our union partners and focuses on a culture reset that encourages accountability and whakawhanaungatanga – connection and relationships.

I encourage you all to bring our organisational values to life every day and lead by example. You can read more about our new updated Code of Conduct on page 4.

Our Values – A matou uara

- › Care and respect for others – *Manaaki me te kotua i etahi*
- › Integrity in all we do – *Hapai i a matou mahi*
- › Responsibility for outcomes – *Kaiwhakarite i ka hua*



Once again, there's plenty happening in our health system, and for the next two weeks it's the school holidays with many people taking leave, so thanks to everyone who is working through this particularly busy mid-winter period.

Have a great week.

Ngā mihi nui

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](#).

Doing the Right Thing

Our Code of Conduct

Recently we ran the Tāngata Ora | Our People Survey and from this, you showed us that you care deeply about making Canterbury DHB a great place to work. To help this happen, we've decided to bring forward the release of our revamped Code of Conduct called Doing the Right Thing: Our Code of Conduct. It provides information and guidance on the standards of behaviour that are expected and how we can hold ourselves and each other accountable for maintaining a great culture at work.

We know the ability to deliver the highest quality of care to our community, starts here, with you and your experience at work so it's really important that we focus on how we are all showing up to work and how we bring our values to life.

Our Values – A matou uara

***Care and respect for others –
Manaaki me te kotua i etahi***

Integrity in all we do – Hapai i a matou mahi

***Responsibility for outcomes -
Kaiwhakarite i ka hua***

Doing the Right Thing: Our Code of Conduct also contains how you can speak up at work if you see or hear something that doesn't align with our values. It also covers policies and procedures that are foundational to how we do things around here as well as appropriate ways to manage information, health and safety and other tricky situations.

Design

Woven through Our Code of Conduct is the Kaihautu or Navigator design, this design was created and gifted to us by the team at Ariki Creative and captures the narrative of Te Waka o Aoraki, a central narrative for local iwi Ngāi Tahu. The idea of the waka as the organisation. The role of the waka and the navigator is to ensure the wellbeing of the crew, whilst providing vision and guidance towards their destination. The design also has elements of puna (spring of water), reflected to show balance and stability.

I encourage you all to read through Our Code of Conduct and be encouraged to speak up and have a voice as you're all a critical part of making this place, a great place.

Feel free to drop me a line if you have any feedback or questions.

askpeter@cdhb.health.nz



Click [HERE](#) to read *Doing the Right Thing: Our Code of Conduct*.



Bouquets

Managed Isolation and Quarantine Facility, Sudima Airport Hotel

We loved how friendly the hotel staff, security officers, army guards and nurses were to make sure we were well taken care of. The food was yummy and there was sufficient time and space for us to take daily walks. I loved how careful the nurses were to make sure my husband's blocked nose symptoms were cleared before he was allowed to have a blue tag, (allowing him to go outside), it makes me feel New Zealand is safe from possible COVID-19 leaks into the community. We were placed in a connecting room which gave us space away from our kids. Our laundry needs were met, and like my son said, it was the best time of his life! Thank you for looking after us!

Community Mental Health Nurse, Hannah McIntosh

Once again thank you for all the encouragement, patience and understanding you give me.

West Community Team and Crisis Resolution Team, Psychiatrist Dougal Steel, Specialist Mental Health Services

Fantastic people who make up this service, including my case manager Janine, Leah, Briana, Martin, Dougal, and the reception staff at the West Team. Arriving for my psychiatrist appointments was anxiety provoking but the friendly welcoming approach from the reception staff was hugely reassuring. The length of follow-up with phone calls

from the crisis resolution team exceeded my expectations. Their phone calls helped me to make sense of what I was experiencing and were invaluable to me in the early weeks of recovery. My psychiatrist Dougal Steel was just the best with his relaxed, professional expertise. I am greatly indebted to the expertise, skills and dedication of everyone individually and collectively in the team. I appreciate you all forever. Thank you, thank you, thank you.

Breast surgery, Christchurch Hospital

I have had very little experience of hospitals and surgery. To all those who have shown expertise, care and kindness during my breast lumpectomy journey, I want to say thank you. Thank you to Canterbury DHB. I extend my heartfelt thanks to the many (predominantly women) who have guided me through this unexpected journey. There are many people involved in this one procedure. I remember many names but not all I am sorry. I am very appreciative of the essential background administrative support which sets in motion and enhances the efficient functioning of the Breast Care Service in Christchurch. Thank you to everyone. I am grateful for the very efficient procedures, the skillful attention to detail, the excellent communication I have experienced from everyone, despite the challenging pressures and working conditions faced by you all.

Gynaecology, Christchurch Hospital

Thank you so much to Obstetrics and Gynaecology Consultant Sherif Tawfeek and his surgical team. They made me feel so safe during my surgery process when I was so nervous. Also, thanks to the nurses on the Gynaecology ward and a special thanks to the recovery nurse Emily for her outstanding kindness and staying with me even though her shift had finished. I appreciate all you guys have done for me and I feel so cared for.

Usha Chandra, Intravenous (IV) Technician, Christchurch Hospital

I have been known to have difficult IV access which on this particular occasion was evident. Before IV Technician Usha Chandra managed to successfully cannulate me with absolutely no difficulty, I had at least three others have a go with no success. Usha was kind, considerate and extremely professional in her ability to undertake and get a very difficult IV access gained. She was quick and made it look easy. I am forever grateful for Usha. Every time I have been tricky to get a line in, and Usha has been summoned, she has been quick to respond and has a 100 percent success rate in getting a line in. I trust Usha completely in her ability to do her job effectively and with little pain. Thank you, Usha, for your hard work and prompt attention. You are incredibly fortunate to have such an amazing staff member as Usha.

Registered Nurse Jan, Ward B5, Christchurch Hospital

Nurse Jan is amazing. She was knowledgeable, kind, chatty in the best way. Her sense of humour was welcome and her expertise fabulous. I highly, highly recommend Jan for praise and appreciation. She is a one-off of skill and love. I feel privileged to have had her care for me. Thank you, Jan, all the blessings, and best to you.

Emergency Department (ED), Wards 3A and 3B, surgery, WellFood, and orderlies, Christchurch Hospital

My husband has had five weeks in hospital in Wards 3A and 3B after emergency surgery. He has had a rough journey and two returns to the hospital. We cannot speak highly enough of the attention he has received from every department, from the surgeons, to the WellFood staff, and orderlies, he has been treated with total care and respect at every point. Our particular thanks to the wonderful nurses who have been unfailingly caring, skilled and attentive, sometimes in very busy times when they are obviously stretched to capacity. Our grateful thanks to all.

Ward 12, Christchurch Hospital

Amazing, caring and dedicated young woman who asked very politely if she could check my blood pressure. She is an exemplar of all the staff here and although I am missing my family terribly I know I am in the best of care. I feel blessed and very humble.

Ward 10, Christchurch Hospital

The staff on Ward 10 were the most caring, considerate people. Thank you all.

ED, Christchurch Hospital

Both occasions on being admitted into ED the nurses and doctors attending us were empathetic, kind and their care was exemplary. Dr Euan MacDonald and team and Dr Jill and team were thorough and helpful. Please pass on our sincere thanks to everyone, you all do an amazing job under pressure.

Ward 14, Christchurch Hospital

I found the staff to be helpful, caring, efficient and knowledgeable. The meals were very good, fulfilling and appetising. Overall, I am very happy with my time spent there.

Ward 14, Christchurch Hospital

Very good service, staff were great.

Ward 18, Christchurch Hospital

Very good treatment, all the nurses are great at their job and happy, doing it with smiles. A joy to see when in the room. As much as we may dislike being here for long, they cheer us up every time. They do a wonderful job. Thanks for the chance to let you know.

Physiotherapist, Trish, Christchurch Hospital

I would like to give a big awhi aroha to Trish for the time and effort she has given me. I am a different person now, breathing, relaxed and she has given me that go forward next step.

Radiology, Burwood Hospital

Oliver and Kate were awesome to deal with. Very professional, gave me a great sense of calmness, and they were friendly and fun. Top marks. Thank you so much. Lovely receptionists too.

Ward A5, Christchurch Hospital

I stayed on Ward A5 to have a bowel procedure. My care was excellent. A big thank you to Nell, Chyna, Karen and Rose. A very big thank you to Tamara Glyn and everybody in her team for their care and attention. You guys all rock and I thank you so much.

Oncology, Christchurch Hospital

Regarding my appointment at the Oncology department, I'd like to thank the doctor for his professional and efficient service. A very pleasant and likeable person, he was easy to talk and relate to. My experience reminds me of how fortunate we are to have such good people in our public health system.

Cardiology, Christchurch Hospital

I would like to thank the doctors, nurses and all in Cardiology for the way I was treated, during my stay and operation procedure. I was put at ease at every stage which gave me confidence at all stages. I admire their approach and expertise and if possible, I would each shake their hand and say well done and a big thank you.

Radiology, Burwood Hospital

Good service, thanks.

Clinical Nurse Specialist (CNS) Murray Hart, Christchurch Hospital

I completed a feedback survey about my experience as a patient in Christchurch Hospital. I omitted to include special mention about how amazing CNS Murray Hart was in the involvement of my heart procedure. His easy to understand explanations, his knowledge and ability to impart his knowledge in a quiet firm manner, was outstanding. Christchurch hospital is fortunate to have Murray Hart, he is an amazing man.

Big Shout Out

The annual New Zealand Resident Doctors Association (RDA) Hospital Review has recently been released. It contains a write-up on each DHB from the Resident Medical Officers (RMOs). Below is a comment on the Canterbury DHB RMO Unit published in the review.

To: Canterbury DHB RMO Unit

The RMO Unit at Christchurch Hospital is efficient for a DHB of this size. Despite being under a lot of pressure they seem genuinely friendly and do their best to approve leave requests. Multi-Employer Collective Agreements compliance is good. As with all RMO units they can struggle to be flexible with the rules at times, but overall, they are one of the most accommodating units in the country.

#carestartshere

Ward 12, Christchurch Hospital

The knowledge, skill and attention to detail from all involved with me during my time and including the lead up to being in Ward 12, has me at a loss for words to express my appreciation. Doctors David Smyth and James Blake, and Sharyn and Emma, and every one of the staff on Ward 12, were simply wonderful. I wish I could name them all, but the list is too long! I am so fortunate to have had a TAVI heart procedure with 'just the best', and I cannot thank all involved, enough.

Big Shout Out

A Big Shout Out to Canterbury DHB and specifically his friends and colleagues in the Department of Anaesthesia from Wayne Morriss (Canterbury DHB Anaesthetist) who has been deployed to Fiji as part of the New Zealand Medical Assistance Team supporting local health teams as they manage the COVID-19 situation in Fiji. We'll hear more from Wayne in a future edition of the *CEO Update*.



From left: Canterbury DHB Anaesthetist Wayne Morriss, Australia/New Zealand Team Leader Brian Spain (from Darwin) and local clinicians Sabe and Marica, pictured in front of the Vodafone Stadium, a temporary health facility set up in Fiji

#carestartshere

Telehealth benefiting Kaikōura residents

Kaikōura residents with rheumatological conditions and Christchurch Hospital clinical staff are enjoying the benefits of telehealth for routine follow-up appointments.

Clinical Nurse Specialist Jan Ipenburg and Rheumatologist Lisa Stamp visit Kaikōura Health Te Hā O Te Ora in person every three months, seeing people with rheumatoid arthritis or other types of inflammatory arthritis.

The telehealth consultations happen between the in-person visits, saving Kaikōura people the trip up and down the east coast, which used to be necessary, in order to discuss issues such as medication tolerance and blood test results.

"Telehealth means we can identify and address issues more quickly and without the need for travel. These clinics also give us flexibility to see people more quickly if something isn't going quite right," Jan says.

She ran the first clinic in April with the help of Kaikōura Health Clinical Nurse Specialist Emma Herbert, via Secure Zoom.

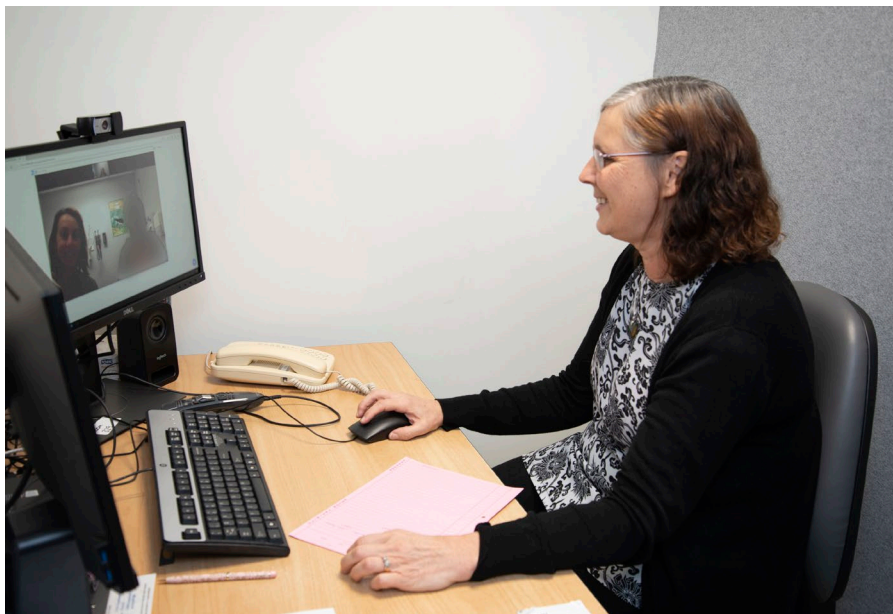
"We have had great support from Christchurch Hospital General Manager Pauline Clark to enable this telehealth clinic to happen. It's early days, but so far, it's all very positive, and we have had great feedback from patients. They seem to be quite 'au fait' with the process and thankful that they can see us from Kaikōura."

There is also a cost saving with her and Lisa not having to drive to Kaikōura and stay overnight as often, she says.

One patient says it definitely saves travel and works well for her.

"It's great having another option and I can see how it could improve people's health, as it's more timely"

Jan says one of the highlights for her is knowing that when running a three-monthly clinic in Kaikōura, she has the flexibility to see people for a review at the Telehealth clinic the following month, rather than waiting for her next visit.



Clinical Nurse Specialist Jan Ipenburg on a telehealth clinic with, from left on screen, Kaikōura Health Clinical Nurse Specialist Emma Herbert and a Rheumatology patient

Lisa says it's great to be able to see patients in their own communities, but the time required for travelling can be limiting.

"Telehealth is a very natural and cost-effective way to see our people in their own communities."

Emma says it has been a real pleasure getting the opportunity to work with the Christchurch Rheumatology team and the wealth of knowledge they have.

"It feels really special that we are able to provide this level of contact to our patients in our community."

Acting Service Manager Catherine Parkes says the availability of telehealth in this service also has the added benefit of upskilling regional nurses and shows the benefits of connecting as a team within a system rather than working in isolation.

Telehealth is the use of information and communication technologies to deliver health care when patients and care providers are not in the same physical location, connecting them using technology such as videoconferencing. By increasing access to physicians and specialists, telehealth helps ensure patients receive the right care, at the right place, at the right time.

Celebrating a Queen's honour

Debbie Hockley, a Canterbury DHB Physiotherapist with Older Persons Health and Rehabilitation (OPH&R) and President of New Zealand Cricket, was recently presented with the Companion of the New Zealand Order of Merit she was awarded in the New Year's Honours.

Recognised for her services to cricket, this honour is in addition to the Member of the New Zealand Order of Merit she received in 1999.

Debbie's cricket career has included representing New Zealand between 1979 and 2000 in 19 Test matches and 118 One-Day Internationals. She captained the team in 27 One-Day games and six Tests. In 2013 Debbie became the first New Zealand woman inducted into the International Cricket Council (ICC) Hall of Fame and since 2016 has been President of New Zealand Cricket; the first woman elected to this position in the 122-year history of the organisation.

To celebrate her most recent accolade, Debbie's Physiotherapy colleagues presented her with some flowers and a cake embellished with the New Zealand Companion medal.

Congratulations Debbie!



From left, Director of Allied Health Claire Pennington, Clinical Manager Physiotherapy OPH&R Nicola Rooney and Physiotherapist OPH&R Debbie Hockley



Debbie's cake

Update on the Māia Foundation maternity chair fundraising: Lisa Kahu's kōrero

"I'm hoping you can hear my haka. Support Māia's fundraising appeal and help buy these chairs for our wahine, our pēpi and our community," says Lisa Kahu.

Lisa has been on the front line of women's health for more than 20 years and supports the call for lie-flat chairs for our newest families.

Working for Kaikōura health and social service agency Te Tai O Marokura in their Mama and Pēpi service, Lisa is a staunch advocate for her community.

While a support person can stay with a new mother, Lisa says it's where they need to sleep that's the problem. They are offered a chair or a vinyl mattress on the floor.

"Culturally we are taught to care for those we get care from, especially a parent or significant other. It's about manaaki - respect. To ask your mum, a grandmother, to sit on a plastic seat while you sleep in a bed for five hours, is very difficult."

Read Lisa's story [here](#) and help Māia to [gift it forward](#) to celebrate their 5th birthday.

Your support is appreciated. We've raised \$8,900 so far – enough for four chairs. The goal is \$44,000.



Lisa Kahu with her beautiful moko Avaya Parata

Scan. Scan. Scan.

Everywhere you go, everywhere you can.

Have you scanned in at work today?
Scan in to every DHB building you enter
with the **COVID-19 Tracer App**.

Unite
against
COVID-19



Te Whare Mahana welcomes first whānau at new location

A warm mihi whakatau has been held to mark the occasion of the first whānau to check into Te Whare Mahana's new space in the Ranui House apartments on Cambridge Tce.

The accommodation facility relocated there from its previous site on Selwyn St at the end of June.

Te Whare Mahana is whānau/family accommodation provided by Canterbury DHB for whānau (residing outside of Christchurch) who travel to support a whānau member using services at the Christchurch Hospital campus, Burwood and Hillmorton hospitals.



From left, the first whānau to stay at Te Whare Mahana's new location, Kayla and Leah McDonald with Kaylene, Yvonne and Nikki (from Ranui House) and Hauora Māori Administrator Larissa Cox-Winiata



Mihi Whakatau at Te Whare Mahana at Ranui House, with the Hauora Māori team and the Te Whare Mahana team

*all
right?*

**IT'S
ALL RIGHT
TO TALK
IT OUT.**



Mid-year 'Christmas' celebration of diversity

Ward A5 staff have celebrated with a mid-year dinner with a multi-cultural flavour.

The recent mid-winter 'Christmas' celebration was taken to new heights, with nursing staff from the Philippines sharing a traditional Christmas pig, in a dish called Lechon.

Charge Nurse Manager (CNM) Christine Waterman says ward staff decided to have a mid-year Christmas dinner on the ward as they hadn't had the opportunity to celebrate together for a while.

"We have a great love and appreciation for food within the A5 team and a rich tapestry of ethnicities. So, we went with the theme of favourite family or cultural Christmas fare.

"It was an outstanding effort and celebration of our diversity, so very fun. There was a great deal of homemade goodies from chicken curry to Christmas mince tarts, good old 'Pigs in Blankets,' Neenish tarts, Salmon Blini, chocolate peanut cookies, and trifle, to name a few.

"The team really whipped up a storm and stories of Christmas and family were shared. I am so very lucky to work with such a passionate and engaged team, they make my heart sing with their commitment to making A5 a great place to be a patient and team member and are the reason I remain in the CNM role."

It was a great team event, with staff even attending on their day off, she says.

Lechon is a delicacy in the Philippines reserved for special occasions in which an entire pig or piglet is stuffed, glazed, and slowly spit-roasted over coals. The preparation of lechon is lengthy and Filipinos see it as an excellent opportunity to socialise.



Ward A5 staff

One minute with... Ko Marie Hinemoa Cooper toku ingoa, Ward Clerk B7 Paediatric Surgical taku mahi

What does your job involve?

Manaakitanga, meeting, greeting and settling our patient's and whānau into our awesome new ward. I basically do everything from reception and administration, to making beds, and being a 'Mama Bear' to the nurses.

Why did you choose to work in this field?

Waimaria rawa atu au, I was very fortunate, it chose me. Fortunately, I love working with tamariki. Ahakoa no hea, ahakoa ko wai, regardless of where they are from or who they are.

What do you like about it?

Whanaungatanga, helping whānau when they are anxious and scared about coming into hospital for surgery. Every day is different, every case is different, so my job is full of variety.

What are the challenging bits?

Tangata pakirara, rude and intolerant people. I'm a happy positive person and smiles are free, not hard to hand them out.

Who inspires you and why?

My mum, she was ahead of her time a bit of a radical and definitely a wahine toa, now an angel.

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?

I live them in my role every day, I a ra I a ra!

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

I don't have a profile, I'm old school and I'll come say 'Kia Ora' if I want to network.

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

I'm ka pai where I am, especially with the state of our world at the moment. But if there would be one thing, it would be if all my six mokopuna could travel and be with me –their taua.



What do you do on a typical Sunday?

Mauri tau, a sleep-in, a nice coffee with 'my honey' and generally chillaxing.

What's your favourite food?

I'm not a big eater, but I am partial to creamed paua and fry bread tino reka.

And your favourite music?

Reggae, old school rhythm and blues, basically anything I can kanikani too.



DEPARTMENT OF THE
PRIME MINISTER AND CABINET
TE TARI O TE PIRIMIA ME TE KOMITI MATUA

Health and Disability Sector Reform

Update from the Transition Unit

Tuesday, 6 July 2021

Health and Disability Review Transition Unit newsletter

The latest Health and Disability Sector Reform, 'Update from the Transition Unit' newsletter is available.

It includes an update on the shape of our future health system, new digital and data technology, developments in Pacific health and progress on community wellbeing networks. Click [HERE](#) to read.

Latest Community Health Information Centre (CHIC) newsletter out now

The Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and Chatham Islands.

The resources are developed by Community and Public Health staff, and other health agencies.

The [June 2021 edition of CHIC's newsletter](#) is out now and highlights new and revised free resources available from your local CHIC office, as well as recently deleted resources.

Featured resources this month:

- > IMM0075 When will I get the COVID-19 vaccine? Pamphlet – HP7583
- > IMM0076 Your COVID-19 Vaccination Pamphlet – HP7582
- > IMM0077 General Flu Resource Sheet
- > IMM0078 When will I be vaccinated? (COVID-19) Flyer
- > MAH0135 General Flu Resource – Te Reo Māori Sheet
- > MNH0263 Connecting through kōrero Booklet
- > PAP0165 General Flu Resource – Samoan Sheet

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.



Snap Fitness

Ashburton, Papanui, Christchurch Central, New Brighton, Hornby, Rolleston, Rangiora & more

Join up for \$16.95 per week, no joining fee, free 30-day membership, two personal training sessions and two VIP guest passes.



Shinebrite Shower Services

Get a discounted shower glass restoration and cleaning service in the Christchurch/Rangiora/Rolleston area, get 40 percent off the standard pricing (usually \$200 per shower unit)



embrace
SKIN • BEAUTY • WELLNESS

Embrace Skin & Beauty

363 Colombo Street, Sydenham (The Colombo)

Treat yourself and get 20 percent off full price treatments.



Warehouse Stationery

11-13 Winchcombe Street, Central City (South City)

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in store.

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

The Future of Health Challenge

Te Papa Hauora is partnering with UCE to hold a Future of Health Challenge for our tertiary students.

Challenge Information

- › The Future of Health Challenge is an opportunity for all tertiary students in Canterbury, from all levels and disciplines to work together in teams to envision tomorrow's healthcare provision.
- › The Challenge lets students engage with some of the biggest problems facing the Health Sector in Canterbury and New Zealand.
- › During the weekend of the Challenge, students work in multidisciplinary teams to tackle one of the Challenge Questions set by Te Papa Hauora Health Precinct.

Throughout the Challenge students will get coaching from UCE staff as well as mentoring and input from health sector experts.

At the end of the Challenge, teams pitch their concept to a judging panel of health experts with cash prizes up for grabs!

- › To be held at the Canterbury District Health Board's Design Lab, 17b Print Place. Parking available.
- › Saturday July 31st and Sunday August 1st. 8.30 am to 5.00 pm.
- › Food and refreshments provided.

If you or someone you know would like to be a part of the challenge, [click here](#) for more information and to sign up.



An evening with
**MICHAEL
EAST**



Come along and learn all about endometriosis and adenomyosis
from specialist gynaecologist and surgeon Dr. Michael East.

Monday, 2nd of August
6:30 - 8:30pm
Manawa, 276 Antigua Street
Free entry but booking essential

Brought to you by the CDHB Youth
Advisory Council & Te Papa Hauora

The Canterbury DHB Youth Advisory Council (YAC) together with Te Papa Hauora will hold an Endometriosis Education evening at Manawa, 276 Antigua Street, Monday 2 August at 6.30pm.

Who is this for?

Those who have endometriosis or adenomyosis, or are waiting for a diagnosis or friends and whānau of those who have endo/adeno and want to support them. Essentially anyone who wants to learn more about endometriosis/adenomyosis management from one of the top gynaecologists and surgeons in New Zealand.

Our speaker - Michael East - Gynaecologist/ Endometriosis Specialist/Advanced Laparoscopic Surgeon.

Michael is known for his dedication and passion for his work. His areas of specialisation include advanced laparoscopic techniques for endometriosis, pelvic reconstruction, hysterectomy and vaginal mesh reconstructive surgery.

Along with his colleagues, Michael has been at the forefront of developing and introducing new advanced laparoscopic techniques into New Zealand and has been invaluable in surgical instrument design.

"I like to challenge the status quo and respond with a better way of doing things. The biggest kick I get is dealing with people who, after treatment, have an improved quality of life."

Through his involvement with the International Society of Gynaecological Endoscopy, he has travelled internationally to share his knowledge and teach surgeons in developing countries. He is also involved in training and developing the next generation of local specialists.

Link to tickets [HERE](#).

Winter Symposium Series 2021

Professor David Murdoch will be speaking at the University of Otago's annual Winter Symposium Series on Wednesday July 28.

The series has returned after hibernation in 2020 due to COVID-19.

David has been at the forefront of the development of a vaccine for COVID-19. A year ago, he was one of only three independent international experts invited to advise the Oxford University COVID-19 development effort in a bid to develop the world's first COVID-19 vaccine. In this presentation, Professor Murdoch will give some insight on the journey the world has taken to develop and roll out vaccines for COVID-19.

Start: 6pm

Location: University of Otago, 2 Riccarton Avenue, Christchurch

Please register your interest [here](#).

Waikari Hospital Centennial, 4 September 2021

Waikari Hospital is having a belated centennial celebration on 4 September 2021 (delayed from last year due to COVID-19). A morning tea, lunch, entertainment, memorabilia display and hospital visit are planned.

Registrations for the event must be received by Friday 30 July.

Go [here](#) for more information and to register.

