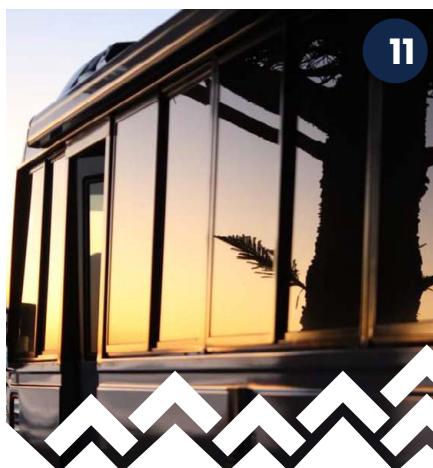


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: NETP (Nursing Entry to Practice Programme) Registered Nurses, from left, Janaya Clark, Toria Lithgow, Jayde Wotten, Kendall James, and Maggie Kelly taking part in a CPR study day at Manawa

Kupu Arataki – Introduction

A massive thanks to Christchurch Hospital staff

A big thank you to Christchurch Hospital staff who were working during last Friday night's power outage. Your 'can do' attitude shone through, and you all did a magnificent job of keeping the 478 patients in our care safe.

At the time of the power cut there were 96 patients in the Emergency Department, with ten more arriving during the power cut – all were assessed and treated as per usual – with details written down, rather than entered into an online system.

An Emergency Operations Centre was set up at Christchurch Hospital and thank you to the team who rapidly responded to manage the situation.

Thanks too to the people who weren't at work, when the power cut hit, but came in to lend a hand – our team of 'runners' were invaluable.

Finally, a massive thanks to Hato Hone St John, and the team at the 24Hour Surgery who rapidly stood up their own Incident Management Team to help with the increased demand for Urgent Care. Civil Defence Emergency Management were also available to support.

We have commissioned an independent review to look at why the generators for Christchurch Hospital didn't automatically connect with the hospital systems. I look forward to finding out more and understanding what we might be able to do to avoid a recurrence.



Interim Hospital and Specialist Services Lead – Waitaha | Canterbury, Lisa Blackler

A final shout out to a number of our Christchurch campus team who spoke to media about their experience on Friday night. You can hear what they had to say in these short clips from [TV's one](#) and [3 news](#).

As you can read in our [media statement](#) issued on Saturday, patient care continued calmly throughout, thanks to people power.

Lisa Blackler

Interim Hospital and Specialist Services Lead – Waitaha | Canterbury

Australian measles case prompts caution in New Zealand

A case of measles in Melbourne reported at the end of January is prompting a caution in New Zealand as passengers on the same flight may have been exposed.

Health agencies are asking anyone on an international flight from Abu Dhabi to Melbourne arriving at 6am on 28 January, and who then flew on to New Zealand and has not yet been contacted by New Zealand health officials, to contact Healthline.

The call follows confirmation of a case of measles in Australia linked to the flight. The person with measles remains in Australia.

Ministry of Health – Manatū Hauora and Health New Zealand – Te Whatu Ora say there are no reported cases of measles in New Zealand.

As a result of a warning alert from the Australian Health authorities on Thursday evening, 36 travellers thought to be most at risk from potential exposure have now been contacted and advised of precautions to limit the risk of spread of measles.

The National Public Health Service within Te Whatu Ora has made the calls to check immunity, offer vaccination where appropriate, and to also advise on a short period of quarantine where this is recommended.

More information, including the [flight details](#), are [here](#).

February is heart health awareness month

Did you know that every 90 minutes a New Zealander dies from heart disease? Cardiovascular disease is the leading cause of death in Aotearoa which is why being heart healthy is so important. It is also crucial that we all understand the signs that something isn't right.

All kinds of things can cause chest pain, but sometimes it can be more than just heartburn. It's important to see a health professional to rule out anything serious.

If you're feeling pain or other symptoms like heaviness, tightness, pressure, or discomfort in your chest, shoulder, jaw, arm, neck, and mid-back, and it lasts longer than 10 minutes, it could be a heart attack. Phone 111 for an ambulance right away.

Read more about what to do for different kinds of chest pain by looking up 'chest pain first aid' on www.healthinfo.org.nz. You can also learn more about heart health through the [Heart Foundation website](#).



Volunteer to restore our native bush

If you're keen to get outdoors, meet new people, and do something positive for the environment, we have an opportunity for you!

A group of Te Whatu Ora Critical Care staff work in conjunction with Park Rangers in Victoria Park, Conservation Volunteers NZ and the Christchurch City Council to plant and maintain native trees around Christchurch.

Read more about how you can get involved and check out the dates of future events on [page 10](#).



Volunteers at a recent tree maintenance event

Recent Cabinet reshuffle

Last week, Prime Minister Chris Hipkins announced some changes to Cabinet, including the Health portfolio.

The new Minister for Health is [Hon Dr Ayesha Verrall](#). She also continues as Minister of Research, Science, and Innovation.

COVID-19 has been absorbed into the Health portfolio and the Minister continues her responsibility for the COVID-19 response.

Associate Health Ministers are:

[Hon Peeni Henare](#) - Associate Minister of Health (Māori Health)

[Barbara Edmonds](#) - Associate Minister of Health (Pacific Peoples)

[Willow-Jean Prime](#) - Associate Minister of Health

The full Ministerial list can be found here:

<https://dpmc.govt.nz/sites/default/files/2023-01/ministerial-list-1-february-2023.pdf>



The new Minister for Health Hon Dr Ayesha Verrall

New Riverside loading docks closer to completion

A great deal of progress has been made on the construction of the new Christchurch Hospital Riverside loading docks.

Last week, the Naylor Love Construction team pulled an (almost) all-nighter when they worked through until 4am on a concrete pour on the north side of the building.

Go to [page 16](#) to see more images.



The construction team worked one night until 4am pouring concrete on the Riverside loading dock site

COVID-19 Response Award Nominations open now

Current and former Health and Disability system response staff can now register for the COVID-19 Response Recognition Award in acknowledgement of their contribution to New Zealand's COVID-19 response.

Individual Award

To be eligible for the COVID-19 Response Individual Award you need to have been employed or contracted by Ministry of Health (MOH) or identified as part of the COVID-19 Health and Disability System Response (HSR) for a minimum of 1 month between March 2020 and 30 June 2022 and been active in a role:

- › That provided direct operational support to the frontline COVID-19 Health and Disability response; or
- › As a Doctor, Nurse or Healthcare and Disability staff who cared for patients with COVID-19, including for example, disability support workers and Māori hauora providers, Pacific health workers

'Direct Operational Support' refers to those workers who may not necessarily have faced COVID-19 every day or administered vaccinations but whose roles were critical to ensuring that others could.

If you are still unsure whether you are eligible, please contact the team at C19RecognitionAwards@health.govt.nz and we can help.

Contractors, part-time and full-time staff who meet above criteria are eligible to apply for the award.

Please register through the Te Whatu Ora registration portal www.covid-19responseaward.powerappsportals.com/ by 3 March 2023. Registrations will be reviewed against the criteria and awarded after approval.

Awards are a lapel pin in a display box and a personalised certificate. These will be sent to New Zealand addresses.

If you have any questions, please email the COVID-19 Response Recognition Award team at C19RecognitionAwards@health.govt.nz

Read the privacy statement here: [Privacy Statement COVID-19 Response Recognition Awards – Te Whatu Ora – Health New Zealand](#)

Read the news item at Te Whatu Ora online here: [COVID-19 Response Recognition Award – Te Whatu Ora – Health New Zealand](#)

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



Te Whatu Ora
Health New Zealand

Mental Health Foundation
Mauri ū, mauri ora



Quiz – Waitangi Day

Sunday 6 February was Waitangi Day, commemorating the signing of te Tiriti o Waitangi (the Treaty of Waitangi). How much do you know about this important day and document?

Today's quiz kindly provided by [Te Wānanga o Aotearoa](#) providers of holistic education opportunities for Māori, peoples of Aotearoa and the world.

1. What year was the Treaty of Waitangi signed?

- a. 1800
- b. 1820
- c. 1840
- d. 1864

2. Who was the monarch at the time of the signing of the Treaty of Waitangi?

- a. King Edward VII
- b. Queen Victoria
- c. Queen Elizabeth II
- d. King William IV

3. What year was Waitangi Day first formally commemorated?

- a. 1841
- b. 1934
- c. 1864
- d. 1975

4. What year did Waitangi Day become an official public holiday?

- a. 1950
- b. 1967
- c. 1974
- d. 1982

5. True or false. Women were not permitted to sign the Treaty of Waitangi.

- a. True
- b. False

6. Who was the first man to declare himself the 'Sovereign Chief' of New Zealand?

- a. Hone Heke
- b. Captain William Hobson
- c. Tamati Waka Nene
- d. Baron Charles de Thierry

7. Who first petitioned King William IV asking for his protection in New Zealand?

- a. A group of northern chiefs
- b. Reverend Samuel Marsden
- c. Bishop Pompeliier
- d. A group of missionaries

8. True or false. The Treaty of Waitangi was the first agreement signed between Māori and the Crown.

- a. True
- b. False

9. Who was the first person to sign the Treaty?

- a. Kawiti
- b. Captain William Hobson
- c. Te Rauparaha
- d. Hōne Heke

10. True or false. According to the United Nations, the te reo Māori version of the Treaty (Tiriti o Waitangi) is recognised above the English version (Treaty of Waitangi).

- a. True
- b. False

[Check your answers on page 20](#)

Ā mātou tāngata – Our people

Biggest group of new nurses welcomed

Our largest ever intake of new nurses have just started their careers.

A record 165 NETP and ENSIPP nurses have been welcomed and are currently enjoying study days and orientation into their profession. NETP is the Nursing Entry to Practice Programme and ENSIPP is the Enrolled Nurse Support into Practice Programme.

These programmes support nursing graduates as they begin their first year in clinical practice.

The January 2023 intake will work all over the Waitaha Canterbury region, including at Christchurch, Burwood and Ashburton hospitals, Kaikōura Health (Te Hā o Te Ora), Aged Residential Care, Pegasus Health, St George's and Southern Cross hospitals, Christchurch PHO, Nurse Maude, and Healthcare New Zealand.

Last Monday two study days were held for NETP and ENSIPP nurses – an orientation day for the January 2023 intake and a NETP Developing Nursing Leadership Study Day for the February 2022 intake.

They then all joined together at 3pm on the ground floor of Manawa for a mihi and celebration ceremony which welcomed the new group starting and farewelled the group finishing. The February 2022 intake that were finishing received a Completion Certificate and Nurses Medal for completing the programme.

Prizes were also given to the NETP nurses from nominations received from their work areas, as well as a preceptor prize in which the NETPs nominated their instructor.



Nurse Educator Leona Robertson (centre) instructing NETP Registered Nurses from the January 2023 intake, from left, Jayde Wotten, Maggie Kelly and Janaya Clark on CPR

Associate Director of Nursing – System Wide Operations Nicky Graham says it was such a privilege to be part of the mihi to welcome our largest cohort of NETP and ENSIPP nurses.

"I would like to extend to them all the warmest welcome as they begin their exciting journey as nurses across the health system; we welcome you to the Nursing profession and wish you all the very best for your future nursing careers".

Nurse Manager Jacinda King says:

"We are absolutely delighted to have each and every one of these nurses entering the Canterbury Health System. We look forward to supporting them on their journey over the next 12 months as they consolidate their practice as early career registered and enrolled Nurses".



The February 2022 intake of 135 who have just finished their 12-month NETP and ENSIPP programmes

Lots of fun on the water

There was plenty of shouting, splashing and laughter as 16 teams took part in the Allied Health boat race along the Avon river from the Band Rotunda to the Antigua Boatsheds last week.

The event was organised by Social Work, who were the reigning champions from the last race in 2020. Participating teams this year were from Social Work, Physiotherapy, Occupational Therapy, Clinical Pharmacology, Pharmacy, Pharmacy Imprest, and the Child Development Service.

It was chaotic, frenzied (in the best ways) and extremely fun, says Social Work Team Leader and organiser, Lisa Rooney.

"The event was full of teams colliding into each other, water guns (thanks to the Child Development Service – as if we weren't wet enough by way of

the Avon), and lots of wacky costumes. I can only imagine what it looked like for others on the river or walking along it!"

The winners were Clinical Manager Physiotherapy Jenny Conroy and Physiotherapist Connor Graham who received a trophy and bragging rights. It was a tight race between them and Clinical Pharmacology (Medicines Information Pharmacist Duncan Yorkston and Milan Sundermann). Third place was another Physiotherapy team (Physiotherapists Henry Barron and Hamish Richardson).

"A big thank you to the Antigua Boatsheds for sponsoring the event each time through free boat hire," Lisa says.



Volunteer and do your bit for a greener Canterbury

For the past few years, an enthusiastic group of Critical Care staff from the Emergency Department, Theatre and Intensive Care Unit have organised and volunteered their time to participate in tree planting and maintenance events.

This has been done in conjunction with park rangers in Victoria Park, Conservation Volunteers New Zealand and the Christchurch City Council.

Specialist Anaesthetist Paul Currant describes these days as a great way to enjoy the outdoors.

"You get to give back and soak up some carbon by planting and maintaining local native bush. This is also an activity that can be enjoyed by the whole family."

If you are keen to join these Te Whatu Ora volunteers and participate in future events, you can contact:

- › Aaron Sim (Aaron.Sim@cdhb.health.nz)
- › Jason Harbrow (Jason.Harbrow@cdhb.health.nz)
- › Paul Currant (Paul.Currant@cdhb.health.nz)



A group of volunteers at a recent maintenance event

Upcoming maintenance events

Volunteer maintenance days run from 1pm to 3pm.

- › Saturday 18 February Barnett Park
- › Saturday 25 February Bowenvale Reserve (Huntsbury)
- › Saturday 4 March Dry Bush
- › Saturday 11 March Barnett Park

Barnett Park: Meet at the end of Bay View Road, Redcliffs. On-street parking. Please keep access ways clear for residents.

Bowenvale Reserve (Huntsbury): Meet at 20 Swanton Drive, Huntsbury. On-street parking. Please keep access ways clear for residents.

Dry Bush: Park at the top of Huntsbury Avenue and walk up Huntsbury 4WD track to site, or park on the Summit Road and walk down Huntsbury Track to Dry Bush. There is no parking on Huntsbury Track.

Come prepared for all weather and wear sturdy footwear for hill work. A limited number of hedge clippers and gloves will be provided by the rangers, but feel free to bring your own.

Don't forget:

- › Water
- › Sunscreen
- › Hat
- › Sunglasses

Masks are not required to be worn in the outdoor environment, however, you are welcome to wear one if you wish

Christchurch City Council contacts

For more information, please visit ccc.govt.nz/port-hills-reserves-volunteer-days or contact Fiona Fenton on 027 506 1425 or fiona.fenton@ccc.govt.nz

My slice of Kiwi heaven

Gore Bay

Gore Bay – listening to the surf. Walking on the beach. No shops. No internet. Just the sounds of the birds, bees, children's laughter, the wind in the trees. Oh, and my hubby wanting to know what's for tea.

Linda Butler – Medical Secretary



The picture is a reflection in our bus window of an early morning sunrise overlooking Gore Bay, North Canterbury

The West Coast

I love the West Coast; my husband's family is from there. It has scenery fairly untouched – not much ruined by too many people. I enjoy seeing the glaciers when I fly over from Australia.

Carolyn Quay – Radiology Purchasing Officer



Lake Matheson on the most perfect day .

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

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

One minute with... .. Salesulu Magnum Tuipulotu, Manager – Communities Team – Te Toiora, Te Mana Ora (Community and Public Health), Waitaha

What does your job involve?

I am privileged to lead a team of awesome and talented health promoters at Te Mana Ora in Waitaha. I am excited by the energy and interest in equitable outcomes for our communities, and I am proud of how the team is leading in this space, particularly as we are coming out of the COVID-19 fog. My job is to enable and give permission for us to step further into the equity space and challenge in areas that need to shift to better meet the needs of our communities.

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

There is a lot of experience and aroha in Te Mana Ora (including Te Whatu Ora), connect with these amazing resources for your korowai and self-growth. The whānau here have an amazing heart, so it is okay to bring yourself into the space as they want to connect with you too.

Who inspires you and why?

My grandma, Vaivasa Tuipulotu (Na). She made the journey with the aiga (family) to Wellington, Aotearoa from Apolima, Sāmoa in the late 1960s. My grandpapa passed early so Na had to raise five children (including my dad) on her own in a new country. She was a humble factory worker who worked till retirement to own our home in Newtown. I was blessed to be whangai (raised) by Na who still did not speak English (or maybe pretended not to) when she passed in 2009. She prioritised the Sāmoan language and fa'asāmoa in the home and community.

I am so privileged to still have my language and practice to pass on to my own aiga. She also pushed us all to be educated and take all opportunities Aotearoa offered so we can take our Tuipulotu aiga forward. I am a product of her legacy



Three generations of Salesulu (taken in October 2022). Salesulu is our family tulafale (speaking chief) matai title from Apolima Uta. Pictured in the centre is Na's brother Salesulu Galugalu Salesulu, my dad's brother Salesulu Galugalu Tuipulotu is on the left and me, Salesulu Magnum Tuipulotu on the right.

which still drives me. Fa'afetai tele lava Na mo mea uma.

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

Melbourne to see my parents, sister, and extended family again. My Christmas holiday break visiting over there was way too short!

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

Dwayne 'The Rock' Johnson. We are both Samoan and 6 foot five. I just need a bit of work on the physique and looks side of things! Morgan Freeman to narrate 100 per cent.

What are your hobbies/interests outside of work?

I enjoy music jam sessions with friends and have recently been jamming with my 18 year-old daughter on her new electric bass guitar. We both play by ear, so it is a fun creative process (fun may not necessarily mean good sound!). Other interests include social touch rugby, basketball, volleyball, and completing home DIY projects.

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

Whakamihi – Bouquets



Bryan Falloon, Catering Assistant, Wellfood, Christchurch Hospital

Myself, my wife, and my entire family, would like to take this opportunity to express our sincere gratitude to Bryan for his outstanding, generous, gracious, and friendly service in delivering meals, tea, and coffee to support my mum while she battles stage 4 cancer. Every time we see Bryan he has a smile on his face and is very easy to chat with.

This friendly and caring nature of his makes a huge difference to both my mum and the rest of my family as we know that when Bryan is around, she is in safe hands when it comes to her food and drink. We wish there were more people like Bryan with his 'service with a smile'. He goes above and beyond what he is required to do, on a daily basis and without hesitation. He helps all of us get through this hard time with my mum. He is a real asset to Te Whatu Ora Waitaha Canterbury. We do not know how to thank him enough for everything he has done for my mum and our family.

Ward A5, Christchurch Hospital

The team in Ward A5 is awesome and I want to thank each and every one of them from the bottom of my heart. You managed my very painful acute pancreatitis incredibly well.

The doctors, nursing team, the phlebotomists, the dieticians, the WellFood staff, the cleaners, and Deb on reception, I love you all. Thank you so much. You saw me at my worst and supported me through my tears and fears so marvellously. Thank you all sincerely.

Medical Assessment and Day Assessment units, Christchurch Hospital and Dr Sharron Bollitho, Celia Grigg, and Del Lewis, Christchurch Women's Hospital

Upon being diagnosed at 33 weeks with pre-eclampsia, I was cared for as an outpatient and was using the services in the Medical Assessment Unit (MAU) and the Day Assessment Unit. I'd like to write a compliment to Jacquie and Tania from these units who are both midwives. They were so kind to myself and my partner every time we visited, and I genuinely looked forward to seeing them.

Fast forward to my appointment with Dr Sharron, I got admitted on the spot because my blood pressure had sky rocketed. I was so thankful it was Dr Sharron who saw me that day because the news shocked me despite being warned. As a soon to be first time mother I was anxious, however, Dr Sharron was so comforting. I'd like to acknowledge her and compliment not only her skills but her lovely nature and cultural competence.

On the day of induction, I was cared for by a midwife named Celia. Celia was one of the standouts not only for me but also for my family. She was informative, kind, and attentive. Del Lewis, another midwife, ended up being with me during the actual birth. Del was incredible, I felt very safe in her care.

On level 5 Maternity I also experienced great care with some absolute standouts. A lovely nurse named Vicky. She is such a beautiful and caring soul and I was so thankful to have her care for me and my daughter. The women I've mentioned are absolutely incredible and deserve to be acknowledged.

Cara, Charisse, Jenna, Child Health Services, Ward A7, Christchurch Hospital

We received great care from the wonderful nurses. A very special thank you to Dr Cara. Never have I witnessed such a fantastic medical review. Extremely thorough, systematic, and absolutely lovely in her approach. Cara explained everything clearly throughout the whole time that we were there and did an amazing job with our little one.

I'd also like to specially thank the lovely nurses we had on the afternoon and morning shifts on Ward A7 – Charisse and Jenna – they were both a delight, going out of their way to make sure we were comfortable and had everything we needed. They had a really lovely manner and rapport with my daughter and are extremely competent in their nursing care delivery. Thanks to you all. We are blessed to have such fantastic staff working in our hospital.

Parkside Ground Medical, Christchurch Hospital

Thank you to all the staff. I was treated kindly. I was worried about being in with COVID-19. The staff could not have been more professional. Such a friendly ward. Thank you.

Ward A3, Christchurch Hospital

Much gratitude to the kind, dedicated and helpful staff on my arrival in January. Especially Jilthu, Sami, Ann, Karen, Hailee, Michelle, and the others whose names escape me. You are always smiling and always delightful. Thanks again.

Orthopaedics and Ward A4, Christchurch Hospital

Thanks to the hospital Orthopaedics staff for helping me with my broken leg and offering quality care and support at all times. My recovery will be the best it can be because of your help, professional approach, and kind understanding and support. I wish all involved the very best for the future.

Ward B8, Christchurch Hospital

Thank you for your patience. You had a difficult young patient to deal with who was scared. Thank you and we appreciate you all.

Gynaecology, Christchurch Hospital

I wanted to thank the staff for the excellent care I received. I was in for day surgery and then overnight. The nurses, surgeons, anaesthetists and Allied Health staff were wonderful – caring, explained things clearly, and made an anxiety provoking time so much better.

David, Courtney, Paediatric Emergency Department/CAAU, Christchurch Hospital

My husband and I came in with our almost two year-old. A huge thanks to her nurse Courtney (I think I have her name right!) who did her ECG and muscle tests etc. And to Dr David. Both of you were so kind to us. My daughter stayed so, so calm and I think she actually loved her visit to the hospital that day. Thanks to you guys being so brilliant with her and putting us all at ease.

Children's Acute Assessment and Emergency Department (ED), Christchurch Hospital

Heartfelt thanks to all the staff (including the lovely person who made me tea) when I spent a night in ED with my daughter. Your care, knowledge, and professionalism have been very much appreciated by our family.

Maternity Outpatients Department, Christchurch Women's Hospital

I just want to thank the team at Christchurch Women's who looked after me during my whole pregnancy. Jess, Lauren, Pip Davey, Philippa Shirley, Rebecca, Rochelle from the Birthing Unit, Catherine Conway, from Diabetes, Sarah from MAU, and all the wonderful Radiology people who scanned me. I have had a terrible pregnancy and these ladies looked after me incredibly well. We are settling well, being at home and I couldn't have done this all without these wonderful women. I'm so grateful to have had the right care from the start of my pregnancy. Thank you.

Shannon, Lexi, Children's Emergency Unit, Christchurch Hospital

I just wanted to pass on how grateful I am to the staff of the Children's Emergency Unit for their great service. My two year-old son had a croupy cough and was not breathing well and Shannon the Registrar was excellent. I really appreciated how caring and kind our nurse Lexi was with my son also. He was happy to cooperate with all the observations needing to be done and it made things much easier. Overall your team of nurses/doctors/orderlies etc and the ED triage front desk must be really commended for their great work. I am always a big supporter of the hard job you are all doing – often with smiles and patience as you do.

Ā mātou kōrero – Our stories

‘Patching party’ to make our systems safer

Essential behind the scenes work took place recently to ensure Waitaha Canterbury’s clinical applications continue to be safe and secure.

ISG (Information Services Group) staff took part in a ‘patching party’ starting at 3am on Tuesday 24 January. Over the following 20 hours, the team patched 289 servers and applied 110,000 patches, reducing our overall risk exposure by 20 percent.

A security patch is a method of updating systems, applications, or software by inserting code to fill in, or patch, the vulnerability. This helps secure our systems against attack.

Patching is important, especially in the world of cyber security, as it helps ensure that our data is secure against malicious attacks by removing identified threats, says Applications Manager Canterbury James Roberts.

“The process of patching is to correct errors or vulnerabilities in computer software code. As threats are identified our partners update their software to nullify identified threats. It’s what ISG does to reduce the risk of patient harm.

“Typically, our clinical applications have high availability and if they are unavailable for even short periods then the impact is huge, particularly for patient safety. This was brought home to everyone starkly with the Waikato ransomware incident which effectively took offline the majority of their applications, clinical and non-clinical. The risks were not only to patient safety but also to the security of patient and staff data”, he says.

“We are so reliant on our applications to provide us with all types of information ranging from where you are expected to be and when to detailed clinical information about patients. Cyber security is our frontline protection in preventing hackers, viruses, and other cyber threats. It is a constant cat and mouse game to try and keep ahead of those looking to profit in taking our applications offline.”

In December last year, a security review was performed within Canterbury district as part of a national initiative. The focus was on server



The ‘patching party’

vulnerabilities as a result of unapplied patches. A concerted and coordinated effort involving close collaboration between Systems Engineers, Security Team members, Incident Controllers, and Senior Waitaha – Canterbury managers was decided upon to address the risks and so was born the ‘patching party’ which took place on 25 January.

“This was a huge and pressured event for ISG and took a supreme team effort from everyone to make it succeed, before, during and after. While the actual doing was performed by a small team, all of ISG was involved in supporting them. There was a lot of prep work, planning, and communication, before and during the event.”

The application team together with the Clinical team subsequently tested applications as they were completed by the Engineers, James says.

“It was a superb team effort throughout. Our goal was to minimise the impact on our customers whilst addressing the issues. There were some issues during the period, but impacts were kept to an absolute minimum. All teams worked together to resolve errors as quickly as possible.

“While the ‘patching party’ has had a significant impact on our risk profile, the work continues. It was a great piece of work by everyone involved but it is not over. Patching is not optional, it is an ongoing activity, key in our toolset for protecting our people and patients from cyber threats. Using lessons learned from this event, our patch schedules will be revised in conjunction with our Clinical colleagues operationalised.

“Remember, cyber security is all our responsibility. Most threats are introduced by people innocently following links. Be cyber aware!”

Some of the patching was deferred due to operational risk. This work will be completed by 25 February 2023, further reducing our exposure, he says.

National Chief Information Security Officer Sonny Taite says:

"Thank you, James and the team, for supporting this initiative. You are leading the way in proactive, pragmatic action. The concept of a patching party

bringing Clinical, Applications and IT technical teams closer together to encourage teamwork and quickly reduce risk is fantastic!

"Protecting our systems from known vulnerabilities is a key challenge to deliver as we gather together as Te Whatu Ora. The scale of this challenge and risk reporting around it will continue to be one of our highest priorities."

Construction of Riverside loading docks progresses at pace

If you have found yourself by the Avon riverbank looking at Christchurch Hospital's Riverside building or walking down the temporary walkway lately, you would have noticed some big changes.

The three large loading dock doors at the east end of the building are now in the final stages of installation and the concrete is being laid for the new compactor location and vehicle access.

Behind the scenes, the fit-out of the internal space is nearing completion. This will allow orderlies and authorised staff easy access to load dirty linens, contaminants, and other outgoing waste products onto trucks and take safe, separate delivery of clean products and linens for distribution across the campus.

Last week, the Naylor Love Construction team laid the concrete along the north side of the building. This was done at night to allow the concrete to cure and set without the exposure to the sun and intense heat it would have during the day. Laying

concrete like this in the heat can cause it to set too quickly and crack. It was a huge effort with a truck delivering cement every 20 minutes or so for more than three hours. The work was completed around 4am.

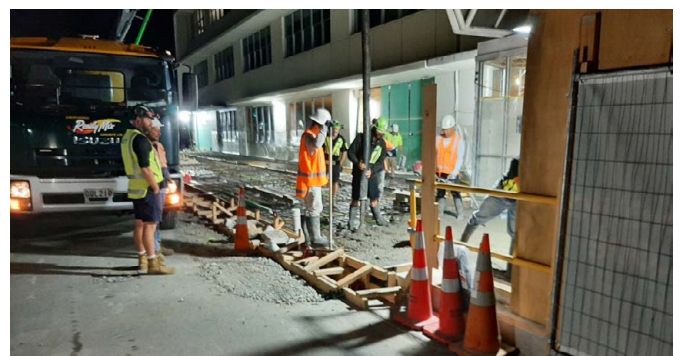
Over the next few weeks, scaffolding will be placed against Riverside for the construction of canopies and fire suppression systems along the side of the building.

Thank you to the staff and visitors for obeying the signage and avoiding the construction. Cyclists who park their bikes at Parkside are reminded to dismount and walk their bikes over the little footbridge and into the bike park area.

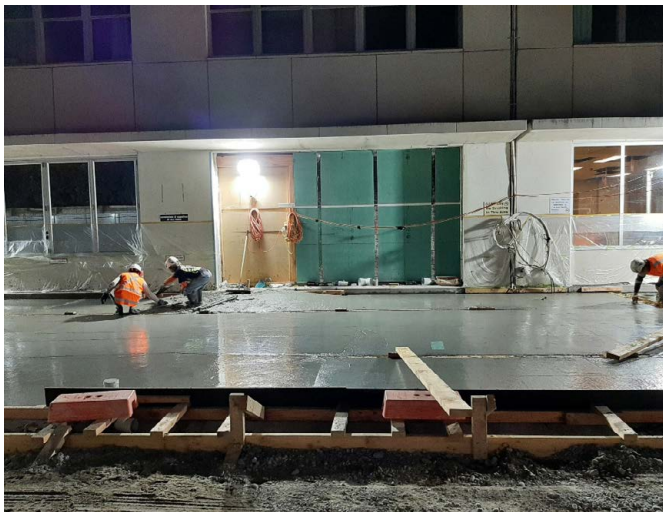
More changes will be occurring in this space in the near future and we need to ensure all the users of this area are kept safe at all times. Additional lighting near the footbridge has been installed for user's safety.



Construction at the east end of Riverside with the three loading dock doors under construction



The night-time concrete pour



The team completed the pour at 4am



The north side of the Riverside building being prepared for the new canopy installation



The area is lit up at night to allow access to essential vehicles



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



Te Whatu Ora
Health New Zealand

Mental Health Foundation
Mauri Ō, Mauri Ora



Staff Safety and Wellbeing Flipchart | Tikanga Haumaru me Oranga

In December 2022 the **Staff Safety and Wellbeing Flipchart** was published.

A limited print run was distributed to key people with a role in supporting the welfare of our staff.

The flipchart can be displayed with other Health and Safety information, on the wall of tearooms or in handover rooms. It is designed to be a shortcut to pragmatic help in situations that may be unfamiliar or outside of BAU for managers or leaders.

For example:

- › Bereavement
- › Family violence
- › Staff self-harm concerns
- › Bullying and harassment
- › Violent and threatening behaviour
- › Drugs and alcohol

Wellbeing Lead/Clinical Psychologist Frances Carter says the flipchart is proving to be a big hit.

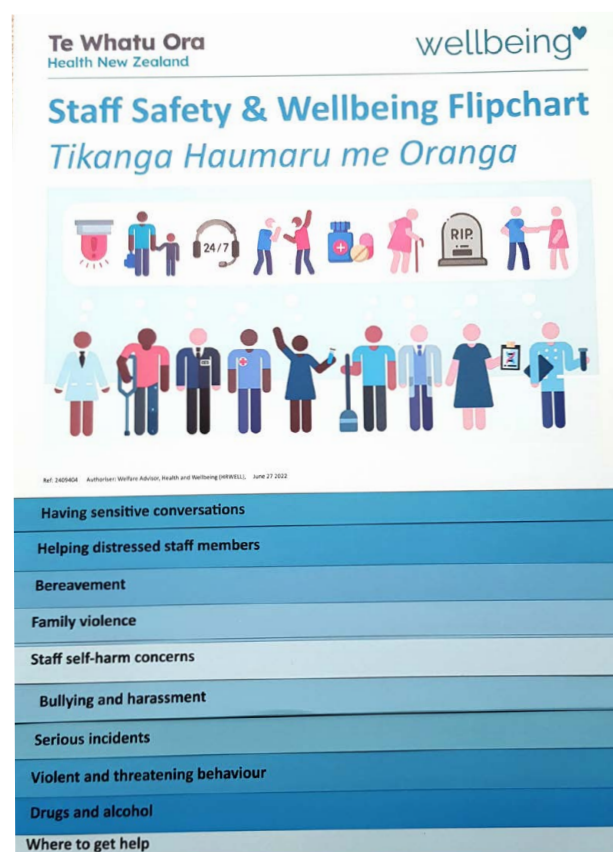
"Everywhere we go we are getting compliments or being asked how people can get their hands on more copies."

One Charge Nurse Manager said:

"Excellent having a go-to guide at your fingertips when caring for staff facing traumatic situations. We have placed ours in the tearoom, so all staff can access it themselves if they wish. I think staff seeing the flipchart gives them more confidence to ask for help".

Here is the information needed to order a pack for your department:

- › They can be ordered on Oracle using your own cost code.
- › The price quoted on Oracle is for **five copies**, as they come in packs of five.



- › It displays in Oracle as STAFF SAFETY AND WELLBEING FLIPCHART REF 2409404 PK/5.
- › The Oracle code for ordering is **337971**.
- › This is a controlled document and is not ideal for printing (due to the concertina shape).
- › An online copy can be viewed at this link: <https://prism.cdhb.health.nz/site/policies/SitePages/Policy%2520View.aspx?ppid=2409404>

Creating accessible information

This is the first of regular weekly items on accessible information and documentation. Each week there will be a new tip or tips on how to make your documents more accessible for disabled people. However, this first item is more of a general overview of accessibility in relation to documentation and information.

Patient groups needing accessible information include:

- › People who are blind or have visual loss
- › People who are deaf or Deaf or have hearing loss
– (The word deaf is used to describe or identify anyone who has a severe hearing problem. Sometimes it is used to refer to people who are severely hard of hearing too. We use Deaf with a capital D to refer to people who have been deaf all their lives, or since before they started to learn to talk.)
- › People who are deafblind
- › People who have a learning disability
- › People who have limited or no English.

The following groups may also be affected by inaccessible documents:

- › People with aphasia
- › People with a mental health condition which affects their ability to communicate
- › People with dyslexia
- › People with autism.

Accessible documents and information don't need any modification before circulation.

Accessibility isn't binary. There are degrees of accessibility and some accessibility is better than none.

Accessibility is dependent on what is produced, how it is produced, and who the audience is.

The former Canterbury DHB signed the Accessibility Charter on 28 May 2021. Being a signatory to the Accessibility Charter requires a specific focus on the provision of Communications, IT, Human Resources and Property to address inequities around health service delivery to disabled people.

To learn more about creating accessible documents, look out for the items in future *pānui*.

For queries, contact Senior Advisor Disability Communications Engagement Paul Barclay [paul.barclay@cdhb.health.nz](mailto:barclay@cdhb.health.nz)

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



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mauri tu, mauri ora



Pānui – Notices

Something For You

Something for You is the Te Whatu Ora – Waitaha Canterbury employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.

Please see below offers for you.



Sculpt Reformer Pilates – 62 Mandeville Street, Riccarton

Get 10 percent off any class pack, valid for six months from date of purchase. Introductory deal: Try five classes for \$45 – valid for 14 days from first booking, new clients only. See booking information [here](#).



Orange Theory Fitness – 186 Moorhouse Ave, Christchurch

Get 20 percent off your membership fees for your first six months. Sign up and you will also get your first week free and a free heart rate monitor (valued at \$85) – show your staff ID when signing up.



Flex Fitness – 81 Riccarton Road

\$19 per week for a 12-month term, \$21 per week for a six-month term and \$24 per week for no contract. No joining fee, key tag half price (\$20). See more information and [contact details here](#).



Christchurch City Council – Jellie Park, Pioneer, Graham Condon and Tairora QEII

Get 20 percent off pool and gym memberships. To redeem show your staff ID when signing up.

QUIZ ANSWERS – Waitangi Day

1. c. 1840
2. b. Queen Victoria
3. b. 1934
4. c. 1974
5. b. False (Thirteen high-ranked Māori women signed the Treaty)
6. d. Baron Charles de Thierry (Frenchman Baron Charles de Thierry's ambition was to settle a colony. He tried to get the support of the British, Dutch and French Governments claiming New Zealand chiefs had appointed him the sovereign chief of the islands, but no one would support his cause.)
7. a. A group of northern chiefs (In 1831 a petition signed by 13 northern Māori chiefs was sent to King William IV, asking for protection and recognition of their special trade and missionary contacts with Britain.)
8. b. False (The Declaration of Independence, He Wakaputanga o te Rangatiratanga o Nu Tirene was signed in 1835 by 52 Chiefs and in 1836 by King William IV. The Declaration, among other things, stated that all sovereign power and authority in the land – "Ko te Kingitanga ko te mana i te whenua" – resided with the chiefs "in their collective capacity", expressed as the United Tribes of New Zealand.)
9. d. Hōne Heke
10. a. True

Angelo Anthony Memorial Picnic

The NZ Spinal Trust is hosting a memorial picnic for Dr Angelo Anthony.

When: Saturday 4 March, 2-4.30pm

Where: McCormacks Bay, Indies Park (adjacent to Mt Pleasant Community Centre, entrance via McCormacks Bay Rd)

Bring: Food, drink, and a picnic rug

This memorial event will celebrate the remarkable life of Dr Anthony and honour his dedication and contribution to the lives of so many within the spinal cord impaired community.

Entertainment will commence at 2pm with tributes to Dr Anthony starting at 2.30pm. All are welcome.

Please register your attendance via our FB event page here - <https://www.facebook.com/events/1826220357732785>

Or email Andrew.Hall@nzspinaltrust.org.nz



Dr Angelo Anthony

Te Whatu Ora
Health New Zealand



Simulation

Simulation Support Group

Confidence

Join us for morning coffee to discuss and help with your simulation questions

Debriefing

Frameworks

17th Feb 2023
Manawa Room 201
Simulation Centre
1100-1300

Pre-brief

Why is this happening?

Contact: christine.beasley@cdhb.health.nz
maggie.meeks@cdhb.health.nz

How to get started



Pacific Health Scholarships 2023

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

Apply
online now.
Applications
close 10 February
2023.

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

**Medicine &
Dentistry**

UP TO \$10,000

**Nursing &
Midwifery**

UP TO \$5,000

**Allied Health
& other eligible
qualifications**

UP TO \$5,000

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

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



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