

We're on target to hit half a million doses of COVID-19 vaccine

It's taken a mammoth effort to get to this point, but what an incredible milestone to tick off later this week.

Offering vaccinations to everyone eligible as soon as possible is one of our most important priorities right now, and the pressure's on between now and the end of the year to offer them to everyone aged 12 and over.

The Canterbury district is geographically dispersed: from top to tail our patch stretches from Kekerengu (just north of Kaikoura), down to Ashburton in the south – that's 321km from one end to the other. We also span the alps, from Banks Peninsula in the east across to Arthur's Pass township in the West – a mere 213 km across Te Wai Pounamu. We're also responsible for health on the Chatham Islands, which are located 870 km east of Christchurch.

As you can imagine, the logistics of rolling out the COVID-19 vaccination campaign have posed plenty of challenges for our dedicated team, but thanks to their can-do attitude, every hurdle has been cleared.

With a large border workforce at our seven MIQ facilities, a large port, and an international airport, vaccinating these groups early on, along with their household contacts, kept the vaccination team extremely busy from the get go. You can see their incredible progress to date in the table (right).

The team is starting to make inroads with a wide range of tailored clinics for smaller groups of people such as those with disabilities, calm clinics for those who need a slower pace, along with clinics for our various ethnic and diverse communities. We are working with a wide range of communities keen to get their people protected.

Canterbury's vaccination rollout, by the numbers:		
A total of 485,559 vaccinations have been given:		
Dose 1 - 328,372 65% of the eligible population (aged 12 and over)	Dose 2 - 157,187 31% 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: 50,473
More than 78% of Cantabrians aged 12 or over are either fully vaccinated, have had their first dose or are booked to have their vaccinations		

See photos of two of our tailored clinics on [page 13](#).

Our planning is now focusing on how we reach the pockets of hard-to-reach people: rangatahi (young people), Māori and Pasifika people are current priorities.

We now have more than 103 fixed and mobile clinics, and there's still plenty of capacity, so if you know someone who's eligible and is yet to get protected, give them a nudge!

If they need a hand booking, it's okay for you to help someone navigate the online system, or you can make the call for them and book over the phone.

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This week we also have a new walk-in clinic at The Princess Margaret Hospital

Walk-ins welcome at The Princess Margaret Hospital

Drop in anytime between 2pm and 8pm Monday to Friday

or between 10am and 3pm this coming weekend

Just bring yourself...and a friend if they need to get vaccinated.

Anyone 12 and over is eligible.

There are plenty of other clinics in Canterbury with appointments available this week if you'd prefer to book a fixed time at a location closer to work or home. Book your vaccination on line at www.BookMyVaccination.nz or by calling 0800 28 29 26.



Cultural competence – while Te Wiki o te Reo Māori (Māori Language Week) has passed, let's not lose the momentum

As an organisation, lifting our cultural competency is high on the agenda, and there are simple things we can all do as individuals to help us on our journey – I encourage you to have a look at all of the resources available on [Prism](#) as there are loads of 'bite-size' lessons there that you could weave into your team meetings, along with links to online te reo learning resources, phrases and useful words.

For a wrap on the week that was, along with links to the events and some outstanding photos check out the story on [page 11](#). Our new Equity and Diversity team really made their mark with a ton of fun activities to celebrate te reo.



Peter Bramley with Whaea (Aunty) Pipi and Chief People Officer Mary Johnston

It's Safe Mobility September – and the key message is to get up and move often, safely.

This month is Safe Mobility September which reminds staff, patients and their whānau of the importance of staying active and mobile – especially as part of the inpatient recovery/rehabilitation process.

A short daily walk can help maintain muscle conditioning, increase strength, balance and confidence – helping reduce the likelihood of a fall and enabling people, especially the elderly, to be discharged sooner and stay well and independent in their homes for longer.



Canterbury Healthcare Challenge – a chance to learn and have a ton of fun

The Canterbury Healthcare Challenge is an enjoyable inter-professional and authentic learning opportunity that promotes teamwork and collaboration among current and future healthcare professionals.

Teams of six participants work through an identical, complex patient scenario to provide a short and long-term patient centred management plan. The finale of the Challenge is the presentations to a live audience and judging panel on Wednesday 17 November at Manawa.

What sort of people would be ideal participants?

All healthcare professionals and students are encouraged to register their interest. It doesn't matter if they have 15 years' experience in their field or they're a second-year student. We want doctors, nurses, physiotherapists, occupational therapists, dietitians, speech language therapists, pharmacists, social workers, radiographers and more.

We are looking for a diverse group with different levels of experience and expertise and from a variety of disciplines. Individuals will be put into teams by the organisers.

If you're interested, check [Prism](#) for more information, or email karen.dreaver@cdhb.health.nz.

Out and about: Cancer Services, General Surgical and a tour of Burwood

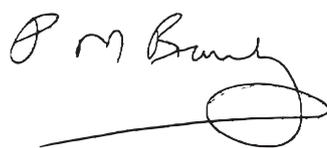
Last week I had the privilege of connecting with the leads of our Cancer Services. I'm very conscious of the significant pressure and demand many of our services are facing. Our Cancer Services are experiencing high demand at present: Medical Oncology, Haematology and Radiation Oncology are all working really hard to deliver timely care to our community. It's phenomenal just how much work they are getting through. We need to look at how they are resourced to ensure future demand can be met.

I also connected with the general surgical team, and enjoyed a wander around the Burwood Hospital campus, with Executive Director of Facilities Rob Ojala as well as General Manager Kate Lopez and others. I wanted to have a good look at the potential of the Burwood site in terms of supporting more care from across the Canterbury region.

Let's keep living out our values together as we deliver great care for our community.

Thanks everyone and I look forward to connecting soon.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board

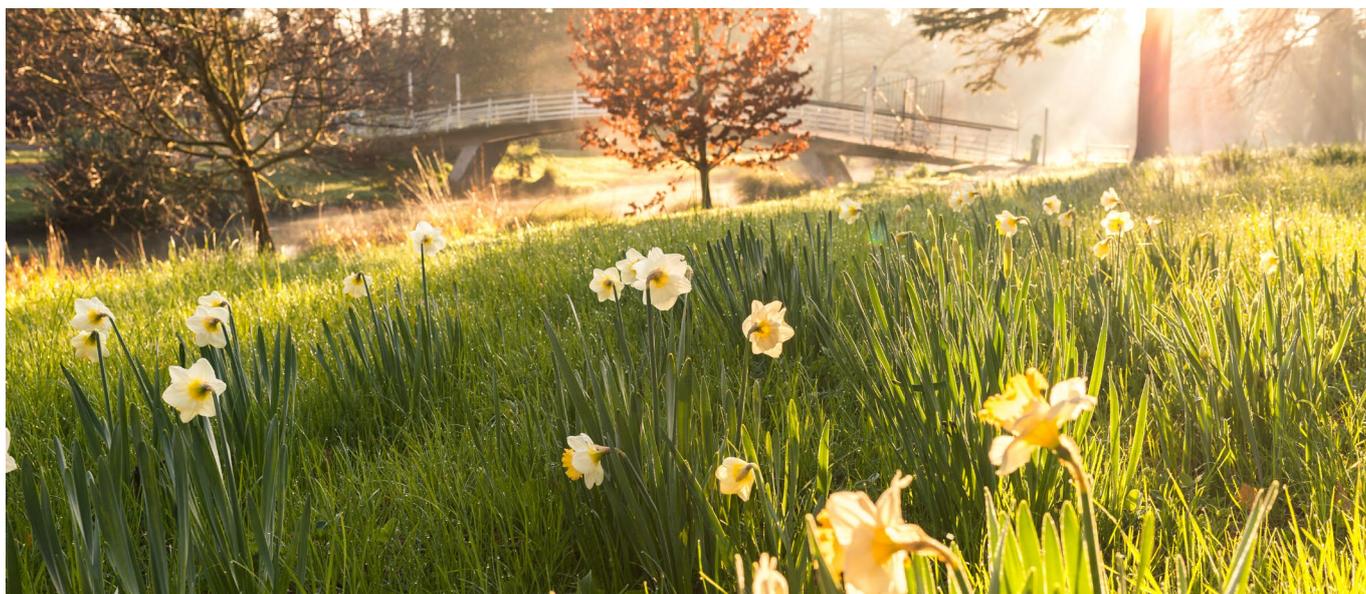


Click [here](#) to watch the This week with Peter video

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

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

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



Bouquets

Ward B4, Christchurch Hospital

I would like to compliment the team on Ward B4, especially the team on shift on Thursday 2 September, who were supporting my mother. They showed excellent awareness of my mother's wellbeing and addressed it in an uplifting way. I will always remember their kindness.

Ward A4, Christchurch Hospital

On behalf of [patient name's] family, I would like to pass on our sincere gratitude for the care and attention you accorded her in her recent stay. To all of you in whatever role you worked, our sincere gratitude.

Day of Surgery Admission (DOSA) and Christchurch Women's Hospital (CWH)

I came into hospital for day surgery in DOSA and continued care at CWH. From the moment I walked through the hospital doors till the time I left after surgery, I had such awesome, wonderful, friendly service. I was treated with huge care, respect and felt very blessed to be having the treatment/surgery. I can't say enough how wonderfully I was treated, the staff all deserve a massive congratulations and I wish I could repay them all.

Medical Assessment Unit, Ward 27, Christchurch Hospital

Thank you to the dedicated and wonderful staff who cared for, (patients name), during her last days. We so appreciate each and every one of you. Thank you for your dedication and thank you for choosing nursing as your vocation. Sincerest appreciation.

Ward 27, Christchurch Hospital

This is a big thank you to all the staff.

Community Dental Service

My son was booked for an appointment, but he was very agitated, and I am so grateful for the lovely dentist who decided against the treatment and recommended another option where sedation can be used. Please pass on my appreciation as I was possibly not in a good place either. The dentist was Sara and I am so happy she made that choice.

Big Shout Out

To: Michael Crombie, Orderly, Christchurch Hospital

I was working on Ward B3, Surgical Assessment and Review Area. Orderly Michael Crombie came in with a patient who was in a lot of pain. He took his time and was very caring towards the patient. Talking her through, while moving her off the bed. Michael even walked the patient to the bed holding onto her. I would like to thank him for his kindness.

From: Hospital Aide Adair Clarke

#carestartshere

Ward 11, Christchurch Hospital

The care and treatment I received over the two days I was in Christchurch Hospital was first class, even the meals. Many thanks.

Ward 23, Christchurch Hospital

I have been in care for six days. It is normally a place where you don't want to be, but the staff have made it comfortable and have been a great help to make it as easy as they can. One stand-out nurse to me is Anna. She never stops helping people and has a great way of doing her work, she is outstanding. The food is also first class. Thank you for making my stay easier.

Ward 18, Christchurch Hospital

A huge thank you to all nursing staff and support workers for your professionalism and friendly attention. Can't say enough good stuff. Thank you.

Urology, Christchurch Hospital

I was very anxious about having my procedure done and talked to Nurse Dianne, she was very reassuring, as was Dr Chris. The procedure was done quickly and with little discomfort. Chris explained what was happening all along the way. At the end I felt much better and now I don't dread the next one. This experience gave me confidence for future procedures. Thank you.

Jaryd Kelly, Phlebotomist, Christchurch Hospital

Jaryd is amazing and a real tribute to your hospital. He is so polite, friendly and awesome, and always manages to get blood as I am hard to get blood out of.

Hospital/area not specified

You all rock for keeping folks healthy.

Plastics Outpatients, Christchurch Hospital

The staff and nurses are outstanding. Having the same staff each time I came, (it was a lot), to help me through the pain and trauma made such a difference. Massive thanks to Kirsty and Nicola.

Afternoon Manager, Willow Lane Café, Waipapa

I went to the Willow Lane Café and felt I had to let people in charge know that the afternoon manager was lovely. She was under the pump, but was very pleasant and respectful, of and with, everyone waiting for drinks. I would definitely recommend other staff to head there for their drinks.

Ward 14, Christchurch Hospital

I found the staff to be very pleasant, helpful and easy to deal with. This included nursing, cleaning and WellFood staff.

Ward 11, Christchurch Hospital

Ward 11, what a great group of people, who all helped me when I first arrived into their ward. They made me feel safe knowing that I was not that well. I was feeling a little bit unhappy, wondering why I was back there again. I guess what I am saying is all the nurses in the hospital do a great job looking after us. They are always here looking after everyone 24 hours, because that's who they are. They are all great workers.

Big Shout Out

To: Burwood Hospital staff

During the level 3 and 4 restrictions my colleagues and I from Community Dental were redeployed to man the main entrance of Burwood Hospital. We would like to mention that everyone we came in contact with was very welcoming and we felt that we were extremely valued. All the staff, patients and visitors, either coming in or leaving by the main entrance, always acknowledged us with hellos and goodbyes. It certainly made our time there very enjoyable.

From: Angela, Paula, Jackie B, Jackie M, Sharon, Wendy, Angelina and Christine

#carestartshere

Big Shout Out

To: Louise Le Grelle

I would like to formally appreciate Louise Le Grelle, Clinical Nurse Specialist, Ward 20. I phoned her recently from Kaikoura Healthcare for some wound care advice about a bad burn. At very short notice she gave very helpful advice over the phone and via email. When our local pharmacy informed us there would be a week-long delay on receiving a necessary cream for this wound, Louise offered to send us a tube through internal mail which arrived in two days. Her willingness to help us quickly and efficiently and her knowledge in the area has resulted in a much better experience for our patient. It also helped us feel not quite so far away!

From: Natalie Heslop, Practice Nurse, Kaikoura Healthcare

#carestartshere

Emergency Department (ED), Surgical Assessment and Review Area and Ward A5, Christchurch Hospital

Just wanted to thank you and your staff for their wonderful care when our Mum was admitted. Throughout her stay we met many wonderful staff who were so caring and comforting. Being an old Scottish lady there were lots of laughs and hilarity along the way so hopefully she didn't cause too much trouble on her overnigher! I believe Dr Celia Blaas and ED Nurse Nick were our first contacts and amongst all the professional and important stuff there was a mention of their love of ginger crunch. Mum is a brilliant baker and still bakes every day! Not sure if at Level 2 home baking is allowed, but if we can pass on her recipe please let us know how. At a time where we seem to hear about so much negative stuff, we thought some positive feedback might be encouraging. We're all human and these are very stressful times!

Christchurch Hospital Dental Outpatients

I wish to give my heartfelt thanks to all those who made it possible for me to have my damaged front tooth repaired recently; including those people I met and possibly others behind the scenes too.

Special thanks to Sene for her wonderful skill and care in making such a superb job, also her assistant Sharon for her care and attention. My tooth is just great now. Thanks also to Jacqui Power for making a space for me during these difficult times.

Evening Team, COVID-19 Vaccination Centre, The Princess Margaret Hospital (TPMH)

I would like to acknowledge the professionalism of the entire COVID-19 Vaccination Team based at TPMH. We brought our family in for their first vaccination at 7pm, which is an awesome time for a busy working family – thank you. As soon as we arrived the service we received was amazing. From the staff directing traffic, those assisting with the COVID-19 risk screening questions, the lovely security lady, the seating marshal, our vaccinator who put my family members at ease by gently explaining the vaccination process, to the staff filling in the next booking cards. All staff we met did their job with professionalism and care, not one person we met through the process was negative or grumpy. As a Canterbury DHB staff member, it was an awesome opportunity to see our health service from a consumer side. I was proud to be able to bring my family in to make sure we are all immunised against COVID-19. That night I was equally proud to be a Canterbury DHB staff member to witness first-hand the incredible service this team is providing to our community. Well done team, you guys rock.

Emily Templeton, Registered Nurse, COVID-19 Vaccination Clinic, TPMH

(Message in a card from a 12-year-old girl. She and her mother were so grateful that they returned to the clinic later with boxes of chocolates and the card)

[From patient]

Thank you so much for helping me when I fainted. You were very kind, caring and smiley. Hope to see you again.

[From patient's mother]

Thank you for being your awesome self.

Nurse Co-ordinator Kirstie Ross

Vaccinator Suzy Powers (right) presented Nurse Co-ordinator Kirstie Ross with a beautiful bouquet of flowers in appreciation of all her support. She wanted to say a big thank you to Kirsty for accommodating her personal commitments on the roster.



Praise for Canterbury DHB

Over the last six weeks I have had two melanomas removed, which required two operations in Christchurch Hospital in the plastics unit. I have immense gratitude to the doctors, nurses, administration staff and follow-up care given by all to me. Their professional approach and their efficiency were just superb, all of which I could not fault. Well done Canterbury DHB.

(First printed as Letter to the Editor, The Press)

Role at COVID-19 vaccination clinic “very rewarding”

Emma Pollard's family lived on the border between the Republic of Ireland and Northern Ireland, and she grew up regularly watching bomb disposal teams diffusing explosives left on the border line.

At the age of 18, Emma moved to Scotland, where she did her nursing training, before flying across the globe to Perth, Western Australia (WA). She lived there for 23 years, working as a nurse, then taking time off nursing to raise a family and start her own business, before witnessing the beginning of the COVID-19 pandemic in Australia.

Now, having emigrated to New Zealand with her husband and two children, Emma is in just her 15th week of living in Christchurch, and a bit over two months into her role supporting the Linwood community as COVID-19 Vaccination Administration Lead at the Linwood Ki Te Tihi Hapori Hauora Vaccination clinic.

“I never thought I'd be doing something like this, but I love it. It's an absolute pleasure coming to work, I get up every day and can't wait. It's very rewarding and the team I work with are just amazing.”

Several of her family members in Ireland have had COVID-19, and some have been hospitalised, Emma says.

“It causes huge disruption to the community. In Ireland families are very close, so to not be able to see family is huge. They have been in a rolling lockdown for over a year, and there is a lot of lockdown fatigue.

“When I lived in WA we were somewhat sheltered as it's the one state in Australia that has the least COVID-19, but at the same time you always felt vulnerable. Being here and experiencing lockdown in New Zealand I really feel, hand on heart, that if every country managed COVID-19 like this we would not have the problems that we have in the world,” Emma says.

“From my point of view, Kiwis are very laid back. I love that, but the great thing is that, when it comes to COVID-19, they want to help protect the whole community, they're not just looking out for themselves. As an outsider you get more of a sense of that.”

COVID-19 vaccinations at Linwood's Eastgate Shopping centre are carried out as a joint effort with Unichem Pharmacy, Linwood Medical centre and The Loft (a collaboration of social, community and health services based in Eastgate Mall).



COVID-19 Vaccination Administration Lead at the Linwood Ki Te Tihi Hapori Hauora Vaccination clinic Emma Pollard

Emma says her responsibilities include checking people in, ensuring things run smoothly and managing stock levels, especially PPE (personal protective equipment).

“Some clients come in very anxious about the vaccination. It's just so fulfilling to be able to have a laugh with them and help put them at ease. We get a lot of people with complex needs, both socially and physically. My nursing background helps me understand what they need to make the experience more comfortable for them.”

The aim of everyone in the team is to get as many people vaccinated and make their experience as comfortable as possible.

Kaupapa Māori approach bridging the vaccination support needs of migrant and ethnic communities

The Māui Clinic @ South City is a hub for Māori and other priority populations including migrant and ethnic communities wanting to get their COVID-19 vaccinations.

The kaupapa Māori approach is proving to be valued and appreciated by different ethnic communities.

Hauora Māori Manager, Melody Tuliau, has been key in setting up this clinic.

“For Māori, we value being respected, having face-to-face conversations, we value people that understand and speak our language. We know that works for other populations as well,” she says.

“We recognise that we don’t all speak the same language. We have organised interpreters, and invited people from the community who are known to those getting vaccinated to come and be that friendly face. We’re all about having a friendly face in a friendly space.”

CALD (Culturally and Linguistically Diverse) Health Manager Ester Vallero says the strength of the Māui Clinic is wholly due to its kaupapa Māori approach.

“We work with community leaders, they call their people, and we work together to adapt the day, so it works for them. We are able to accommodate supports like providing interpreters. The kaupapa is about being welcoming and manaakitanga is a natural fit.”

Manaakitanga acknowledges the mana of others as having equal or greater importance than one’s own, through the expression of aroha, hospitality, generosity and mutual respect.

The Muslim community has worked together with The Māui Collective to get their community on board to get vaccinated.

“The Muslim community is like any other community that is having to deal with misinformation. It’s good that the Ministry for Ethnic Communities and the Ministry of Health have information available for people, so they can get informed,” says the Imam of the Al Noor Mosque, Gamal Fouda, who came to get vaccinated with his family.



Imam of Al Noor Mosque, Gamal Fouda



Habib Hussaini, representative from the Hazara community of Rasol-O-Allah Islamic Centre

"I'm encouraging everyone to get vaccinated. Once we do it, we can open our borders, so we can visit family and have families visit us and open up to the rest of the world."

When not working in construction, Habibullah Hussaini, one of the representatives from the Hazara community, helps the Rasol-O-Allah Islamic Centre community in Bishopdale run their programmes and events.

He says there are people in their community who have never been vaccinated before and he has been working with The Māui Collective to get the Hazara community vaccinated.

"Our community are happy to go get vaccinated at a place they know and where there are people that they know," he says.

One of the interpreters at the Māui Clinic is 22-year-old registered nurse, Nagina Miyakhel.

She is a Pashto interpreter, with a background in health, facilitating discussions between the vaccinators, the administrators and the Pashto-speaking people getting vaccinated.

"My role here today is to make conversations easier, flow well, and make people feel comfortable, she says.

The Māui clinic's approach to whānau ora works for the Afghan community.

"Afghans are kind of similar to Māori; in that for us, family is very important."

Her own immediate family of 96 are slowly getting themselves vaccinated.

However, many in the Afghan Pashtun community are reluctant to get the COVID-19 vaccine.

"They have heard misinformation and do not have access to much official information that they can understand. The lack of accessible information is a barrier. It's hard for people when information on COVID-19 is mainly in English."

She's trying her best to speak to people, interpreting official information in their language, and hoping to address their worries.

"Having specific places for people to go to that accommodates their needs, helps to promote vaccination."



Registered Nurse and Farsi and Pashto interpreter Nagina Miyakhel

Health promotion, health education and sharing the consequences of not getting vaccinated is needed for the Pashtun community.

"If they know what's going to happen in the future, that will motivate them. Understanding consequences, that if they get sick, they may not be able to work and could be putting people at risk."

The Māui Collective is motivated by the need to achieve Pae Ora - healthy futures for Māori. Its vaccination clinic provides whānau with the opportunity to make a choice about where they receive their health service, who provides their health service, and a health service that promotes oranga (welfare) as the key principle for quality healthcare.

While vaccination is recognised as an important activity in the fight against the COVID-19, the Māui Collective recognise that testing for COVID-19 is another important activity that needs its attention. The Collective looks forward to expanding its services into other key areas supporting wellbeing for whānau and ensuring quality care for our communities.

The Māui Clinic @ South City is a partnership between Māori hauora providers He Waka Tapu and Purapura Whetu, members of the Canterbury Māui Collective.

Robotic Process Automation in ISG

Next time you log an issue with our Information Services Group (ISG), it could be sorted by a robotic process rather than a human.

ISG began using Robotic Process Automation (RPA) early 2020 to increase efficiency by automating repetitive processes. RPA is technology based on software robots that act as virtual workers and carry out business processes normally done by people.

Automating a process with RPA involves 'training' the robot to carry out processes the same way a person would, says Team Leader Integration and Development Brent Pizzato.

"There could be actions such as opening and logging into an application, navigating within the application and doing the tasks that needs to be done, including resolving issues if there's a problem. For this to work, we need the data to be presented in a consistent way, so the robot can then understand it.

For example, for the data provided by customers, we'd typically start by creating a Service through iSupport. All the customer has to do is to complete pre-set information fields" he says.

At this stage of the RPA journey, ISG is processing over 700 tickets a month through RPA automation and is also using the robot for various ad hoc pieces of work.

"There are many tasks that are ideal candidates for RPA. For example, those that allow clinical documents to be returned to a state where they can be edited after they have been submitted to the clinical system, or the setup for our remote access system.

As part of the staff termination process ISG uses RPA to disable access to several clinical systems where the robot will log in to each system and revoke the access for the leaving staff member.

We also use RPA for bulk account setups in some of the systems, for example when there's a bulk intake of nursing students we can use RPA to process multiple accounts at once." Brent says.



From left, Team Leader Integration and Development Brent Pizzato and Service Improvement and Robotic Process Automation Specialist Victor Vergara

The benefit is that once the robot knows the process, it can then be left and will run 24/7. With the services ISG has running currently this means that a ticket can be processed during hours that it otherwise wouldn't be.

"With customers using the dedicated services it means their requests will be processed on average within 15 minutes, and they can get on with their work. Typically, this could have been a couple of hours for the ticket to get where it needs to be and then processed if it was just emailed to the Service Desk."

A further advantage is that the outcome is highly accurate, quick and isn't reliant on staff with particular knowledge in the applications.

"The robots have some limitations though. They need data and instructions to be very clear. They can't make judgement calls, so any process where you can't easily decide what decision to make isn't right for RPA. Some applications don't work well, so while it's a useful tool it's not a magic bullet," Brent says.

Let's make every week Te Wiki o Te Reo Māori

The official Te Wiki o Te Reo Māori (Māori Language Week) may be over for another year but that doesn't mean we stop learning or using te reo. The widespread promotion and use in the media along with the celebratory activities offered to Canterbury DHB kaimahi (staff) by our Equity and Diversity team, prove how easy and important it is to integrate te reo and te ao Māori into our daily lives.

The week's activities were provided by Kaiārahi Matua - Tupu whānake me mana taurite (Workforce Development Lead - Māori and Equity) Rebecca Murchie, Kaimātai - Mana Taurite me Kanorau (Workforce Development Partner - Equity and Diversity) Akira Le Fevre, and Kaimātai - Mahi Māori (Workforce Development Partner Māori and Equity), Lee Tuki, along with Head of Equity, Recruitment and People Partnering Jo Domigan and a couple of cameos from the fabulous Whaea (Aunty) Pipi. Many thanks also to Executive Director Māori and Pacific Health Hector Matthews for his participation. Kaimahi were engaged to learn more about te ao Māori (the Māori world view) and participate in a pepeha (self-introduction in te reo) competition, a tākaro (quiz) and even a waiata (song) session.

If you missed any of Canterbury DHB's Te Wiki o Te Reo Māori events, you can see the week's activities and view recordings on [Prism](#). More photos will be added in the coming days.

The feedback on the week's events as well as the increased presence of te reo Māori around the various campuses, has been positive. There is genuine enthusiasm about maintaining the momentum and for kaimahi to improve their te reo skills.

For those just starting out or in need of a refresher, there are some fun and handy resources available to you.

- > [100 Māori words every New Zealander should know](#)
- > [Phrases to use in online meetings](#)
- > [Te Hiringa o Te Reo - study online at your own pace](#)

Whatever works for you... just give it a go!

"Kia ora e te whanau, what a ka mau te wehi (awesome) wiki (week) it has been. Tēnā koe (thank you) to all the fabulous kaimahi (staff) who have so warmly welcomed Whaea Pipi into their space and thank you to all those who have embraced the taonga (treasure) that is our reo. I look forward to seeing you all again... if I'm allowed back in the building."

Ngā mihi nui, Whaea Pipi xx



Whaea Pipi



Selwyn Filipino Community hoping to be part of the solution

With thoughts of his sister currently battling COVID-19 in the Philippines, for Pinoy CARES Chairman Blade Lazo, volunteering at the pop-up clinic at the Rolleston Community Centre meant so much more. He took leave from work on Thursday to help organise the COVID-19 vaccination pop-up clinic for residents of Selwyn District. Pinoy CARES is a Filipino group that organises activities, fundraisers, events and education sessions for the community.

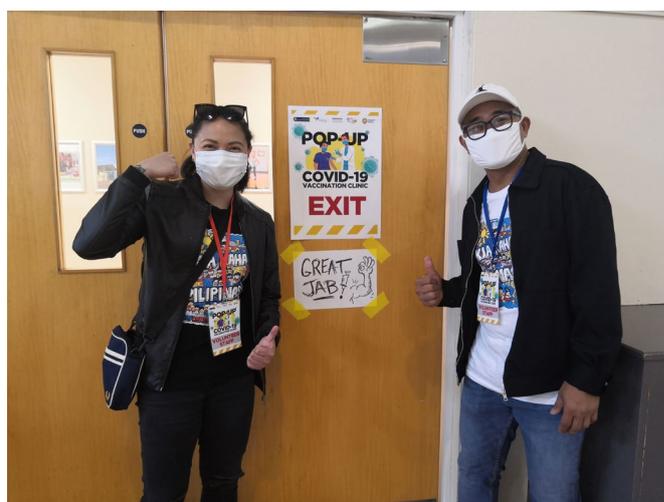
"Just yesterday I heard from my sister, she was told she is positive for COVID-19. It breaks my heart that I'm far away, that I could not be there for her," shares Lazo.

"On the video call, my sister talked about the fact she is experiencing body pains. She is also worried about our other family members who are living in the same house. Fortunately, she is already vaccinated so we are all praying and hoping she will get well soon."

Co-chairman Plivia Alaba said that the group attended a forum led by the Ministry of Ethnic Communities. They offered to help organise a pop-up vaccination clinic. They were put in touch with Pegasus CALD (Culturally and Linguistically Diverse) Health Manager Ester Vallero and when the dates for the vaccinations were confirmed, Pinoy CARES mobilised their volunteers to get the word out, and got in touch with the Selwyn District Council to enlist its support. Plivia also took annual leave from work to volunteer. She even used her graphic design skills to develop the vaccination event poster.

The Philippines continues to see thousands of new COVID-19 cases daily. More than 40 million doses of various COVID-19 vaccines have been administered there to date, however most regions outside of the capital, Manila have yet to be reached.

Bryan Singuran, who received his first dose at the pop-up clinic in Selwyn, says his family back home is still waiting to hear when they might be scheduled to get vaccinated. "Fortunately they live on an island, not in a crowded city" he says. He is very grateful that his workplace allowed him to take the opportunity to get vaccinated on a work day. "My employer is very supportive and encouraged me. They want to know how I feel after the vaccination and asked that I let them know."



Pinoy CARES volunteers at Rolleston Community Centre pop-up clinic



Bryan Singuran one of the first to get vaccinated at the Rolleston Community Centre pop-up clinic

Lazo encourages the Filipino community to get vaccinated. "We are very lucky to have this opportunity to get free vaccination and it's important that we do our part for our community"

"I feel very proud that we can support the vaccination programme for the Selwyn community. This is our second home now and we want to be part of the solution," says Lazo.

Safe Mobility September for the Medical Surgical Division

For Safe Mobility September let's remember to involve patients in falls prevention.

Use the whole team (it takes a team to prevent a fall) to remind them of safety messages and importantly, the reason for the messages.

For example:

Message – "Please use your call bell and wait for someone to respond if you need help getting around"

Reason – "You might not be your usual self and you're in an unfamiliar environment – our furniture also moves so it's not like home."



Let them know that we have patients who fall every day in this hospital (an average of 92 patients a month) and we don't want that to happen to them. We may know their risks, but do they, and what to do to reduce them?

Let's get everyone reminding patients why they are at risk of falling and involve their family whenever possible – the need for falls prevention and the importance of keeping moving safely doesn't end when people leave hospital.

For more information watch this short video [here](#) which shows a health professional speaking to someone about their falls risk.

Tailored COVID-19 vaccination clinics



The entrance to the BAPS Shri Swaminarayan Mandir Hindu temple COVID-19 vaccination clinic in Papanui



The observation area at the Gurudwara Singh Sabha Sikh temple COVID-19 vaccination clinic in Ferry Road



Two members of the BAPS Shri Swaminarayan Mandir Hindu temple after receiving their COVID-19 vaccination

World Alzheimer's Day – a time to raise awareness

The journey through the diagnosis of dementia is the theme of this year's World Alzheimer's Day.

World Alzheimer's Day is an international campaign held annually on September 21. It began 10 years ago as a way to raise awareness and highlight issues faced by people affected by dementia. The day is the focus of World Alzheimer's Awareness Month in September.

Alzheimer's disease is the most common form of dementia, a group of disorders that impairs mental functioning. Dementia is one of New Zealand's most significant and growing healthcare challenges.

Almost 70,000 Kiwis have dementia and that number is expected to almost triple by 2050. A survey conducted in 2017 concluded that four out of five New Zealanders knows or has known someone with dementia.

Burwood Hospital's atrium is featuring a display this week to mark World Alzheimer's Day.

Registered Nurse in Burwood Hospital's Memory Assessment Clinic Lara Hitchcock says the display will have information on the warning signs of dementia, information on brain health and the services and supports available from Dementia Canterbury.

"We will also be encouraging everyone to become a 'Dementia Friend'. By doing this you will be joining a growing community of Kiwis helping to make New Zealand a kinder, more supportive, inclusive and understanding place for people living with dementia."

Lara says it only takes 20 minutes to learn more about dementia online and this can be done on the Dementia Friends website [here](#).

This year's World Alzheimer's Day theme is also the topic of the 2021 World Alzheimer's Report which will feature first-hand experiences of people who have received a diagnosis of dementia. The annual report is a comprehensive source of global information on dementia with contributions and input from clinicians, people with dementia and caregivers.

More information on the report can be found [here](#).

For more information about Alzheimer's and dementia go to [Alzheimers New Zealand](#) or [Dementia Canterbury](#).



Sensory packs “making a difference”

Young people and their whānau who access Child, Adolescent and Family (CAF) outpatient services are benefiting from take-home sensory packs funded by Māia Health Foundation.

The sensory kits are made up by staff and distributed to the CAF teams in Christchurch, Rangiora, Rolleston and Ashburton.

The aim of the take-home kit is to start a young person's journey in understanding how important their senses are when they are wanting to feel 'just right'. The introductory sensory kits contain items that relate to the different sensory systems – to help calm, alert or even distract a young person.

Allied Health Consultant in the CAF service Tracy Boon says the packs are already making a difference for families, taking the stress and worry out of sourcing and purchasing the items themselves.

“The sensory kits are helpful in the moment when a young person is new to the CAF service and in a distressed state. To be able to give the family an introductory pack for their child as they leave their initial appointment can be so reassuring for parents, and it makes the staff feel good too,” she says.

The take-home sensory packs, along with a menagerie of weighted animals now being used within the CAF teams, are the first steps in Māia's mission to make a difference for rangatahi/young people. Weighted animals can provide great therapeutic benefit, calming the nervous system and helping to ground children dealing with sensory processing issues or trauma.

Read more [here](#).

Māia aims to raise up to six million dollars by 2023 to help create a modern, fit-for-purpose CAF outpatient facility that is welcoming and safe, and that will transform the way therapeutic mental health care is provided to distressed young people in the region.



From left, Allied Health Consultant Tracy Boon, Consumer Advisor Kate Enright and Social Worker Ashleigh Titheridge making up the take-home sensory packs



Social Worker Ashleigh Titheridge with some of the weighted animals

One minute with... **Rahul Mukherjee,** Enterprise Devices Team Leader

What does your job involve?

I oversee the Enterprise Devices Team in the Information Services Group. The Enterprise Devices Team provides support to escalated issues involving endpoint devices (such as computers, laptops, mobile phones, iPads, printers and workstations on wheels), software licensing and asset replacement.

Why did you choose to work in this field?

Information Technology (IT) has always fascinated me; as technology is constantly developing and adapting with time, it requires me to change with it. I enjoy seeing the positive impacts that IT has on people, such as through the advancements in medical science. With the help of technology, we are now more in contact with each other and COVID-19 has shown how dependent we are on IT. Many clinical and non-clinical staff are delivering services and support to our patients by connecting through IT while staying at home, so that essential services can continue to be provided while minimising the risk of contact between staff.

What do you like about it?

Canterbury DHB has high IT-reliance with around 6500 computers and laptops, 2500 iPads and 3000 cell phones which are being used to access more than 500 applications. I love the fact that I get to work in an environment where my work contributes towards patient care and recovery.

What are the challenging bits?

When we experience system outages that have happened due to a global incident. Sometimes when these happen the recovery can take hours and there is very little we can do to help from our end. We end up waiting till we have confirmation that the systems are up and operational.

Who inspires you and why?

My mum; she is a wonderfully strong and loving person.

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?

As IT we are part of the wider system and live up to these values by prioritising work that affects patient care, doing our best to resolve issues and being accountable for our work. If something is not working satisfactorily we look into what needs to change.



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

I enjoy horticulture, learning about plants and their amazing scientific properties. For example, if you have lavender plants at home, they are a great remedy for a blocked nose: get some leaves, slightly crush them and then boil them in hot water and inhale the steam. Secondly marigold leaves can be used to help with rashes, burns, and skin irritations. Simply rub the leaves on the affected area.

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

I am really glad that during this pandemic, I live in New Zealand. After the pandemic, I wouldn't mind going to visit Scandinavian countries.

What do you do on a typical Sunday?

Catch up with family and friends for brunch.

What's your favourite food?

I like most types of cuisine... my favourite is Italian.

And your favourite music?

Pop rock, Nu-disco, electronic dance music, Indie dance... just whatever I feel like to de-stress.

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



PORTERS

ALPINE RESORT

Torpedo7 Friends and Family Promotion

From 15-26 September you and your friends and family can get up to 50 percent off a huge range of gear from Torpedo7 online. See more information and the online code [here](#).

DELL

Get exclusive discounts and benefits when you buy online with your Canterbury or West Coast DHB email address. Offer valid till 30 September. Read more [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. See [here](#) for more information. You will need to bring your ID card to get this offer.

We also have plenty of other great deals from local businesses, check them out [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



Canterbury Medical Library

The Canterbury Medical Library has reopened and is now back to our [scheduled hours of opening](#), which are currently:

- › Monday to Thursday: 8.30am – 10.00pm
- › Friday: 8.30am – 6.00pm
- › Saturday – Sunday: 10am-6.00pm.

Canterbury DHB staff can contact library staff during library opening hours. We look forward to assisting you with your information needs!

- › Phone: 03 -364-0500
- › Email: librarycml.uoc@otago.ac.nz
- › LibChat (instant messaging): from the link on the Library's webpage: <https://www.otago.ac.nz/christchurch/library/>

Physical access to the library for Canterbury DHB staff

Only available to registered library members who have previously arranged after-hours access to the library when it is open in the evening and at weekends. For Canterbury DHB staff who have already arranged this access, your staff ID card will now let you access the library during all library opening hours (not just after-hours). Go to the red door between Christchurch Hospital and the University of Otago Christchurch building, swipe your card and enter your pin as you have previously done during after-hours visits. Please do not let anyone tailgate you.

Note that the Library is operating under the COVID-19 Delta Alert Level 2 conditions that are in place on the University of Otago, Christchurch Campus.

- › Scanning on entry into the building.
- › Alert Level 2 requires social distancing of 2m from people you don't know. Keep 1m physical distancing inside offices and workspaces.
- › In particular, masks should be worn indoors where 1m distancing is not possible (such as entering and exiting lecture theatres and in lifts).
- › Face coverings are strongly recommended at all times – including teaching and learning spaces, libraries and research and laboratory spaces, where practicable – but are not mandatory.

From the team at the Canterbury Medical Library



Sparklers

NEW DATE



Presented by:

**TE PAPA
HAUORA**
The future of health

In Association with



Canterbury
Medical Research
Foundation

we're talking health...

FREE
PUBLIC
EVENT

Starting Well, Living Well and Ageing Well

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

Thursday 4th November, 5.30pm – 7.30pm
Manawa Foyer, 276 Antigua Street
(Doors open at 5pm for refreshments)

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

www.healthprecinct.org.nz

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





Sepsis: Challenges for New Zealand

New Zealand Sepsis Conference 2021

www.sepsis.org.nz/conference/

November 18 – 20, 2021
Novotel Hotel,
Rotorua, New Zealand



Sepsis: Challenges for New Zealand

New Zealand Sepsis Conference 2021

www.sepsis.org.nz/conference/

We invite and encourage attendance from all healthcare professionals with an interest in the management of sepsis and infectious diseases from across the Australasian region.

Key Dates to remember:

1 June 2021: Abstract Submissions Open

29 August 2021: Abstract Submissions Close

14 September 2021: Notification of Abstract Acceptance

1 June 2021: Earlybird Registrations Open

13 October 2021: Standard Registration Applies

International Guest Speakers

Dr Henry Masur
Chief, Critical Care Medicine Department, NIH Clinical Center, Washington DC, USA

Ms Kelly Thompson
Program Manager, Global Women's Health and Research Fellow with the Division of Critical Care & Trauma, The George Institute for Global Health, Sydney, Australia

Dr Amith Shetty
Emergency Physician Clinical Director, Patient Experience and System Performance Support Clinical Senior Lecturer, University of Sydney NSW Ministry of Health, Sydney, Australia

Inaugural New Zealand Sepsis Conference, combined with the NZ Annual Meeting for Australasian Society for Infectious Diseases.



The latest edition of eCALD News is out now.

Read about how resettlement of refugees into locations around New Zealand has been impacted by current COVID-19 outbreak, a free nationwide online/phone counselling/psychology service set up in response to COVID-19 for migrants and former refugees in multiple languages and more on the eCALD website [here](#)

CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African (MELAA) backgrounds



The latest edition of the Health Quality & Safety Commission's e-digest is available now.

Read about support for people working in health during the COVID-19 pandemic, a Te Ao Māori Framework developed by the commission to help improve the quality of care afforded to whānau Māori, and more on their website [here](#)





We invite you to join us online for our Postgraduate Virtual Information Evenings.

- Monday 27 September – Business and Sciences
- **Tuesday 28 September – Health Sciences**
- Wednesday 29 September – Humanities

Each evening will run from 5pm-7pm. The event schedule includes 10-minute live presentations on many of our postgraduate programmes, plus the opportunity to ask questions at the end of each one. Feel free to join just for the session(s) of interest to you.

Hear about the many postgraduate opportunities in health available through our Wellington, Christchurch and Dunedin campuses, or via distance learning.

Programmes that will be covered during the Health Sciences evening on Tuesday 28 September include:

- Bioengineering
- Bioethics
- Biomedical Sciences
- Cognitive Behaviour Therapy
- Dentistry
- Digital Health
- Master of Nursing Science (graduate entry to nursing)
- Mental Health
- Musculoskeletal and Pain Management
- Nursing for Registered Nurses
- Pharmacy
- Pharmacy Research
- Physiotherapy
- Primary Health Care and Travel Medicine
- Public Health
- Rehabilitation
- Sports Medicine and Exercise
- PhD opportunities

Please register in advance: otago.ac.nz/opendays/postgraduate

We hope you are able to join us. Please share this information with colleagues, staff or others you think may be interested.

Ngā mihi nui