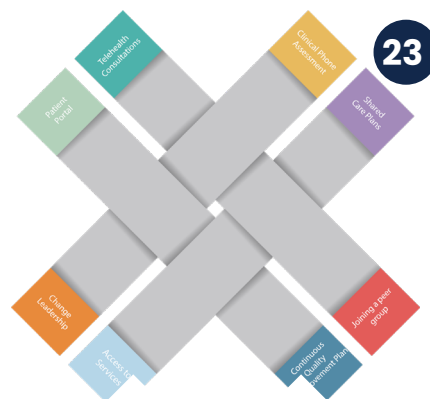


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Prudence Daniel, an Administrator at Canterbury Hauora Coordination Hub is seeing a lot more of Canterbury thanks to her new-found love of hiking

Kupu Arataki – Introduction

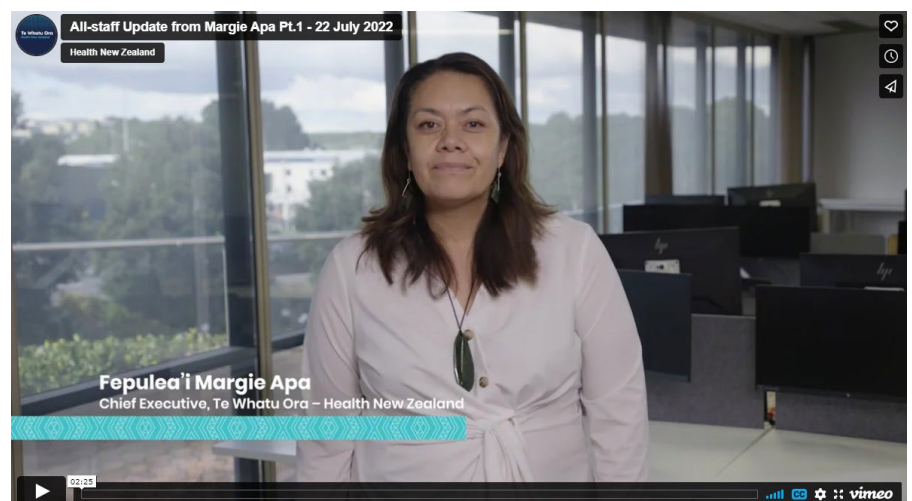
It's a week of webinars to help keep the team of 80,000+ updated on the roles of the new agencies Te Whatu Ora and Te Aka Whai Ora

Keep an eye on your inbox, or on the Te Whatu Ora page on the intranet for details.

This week we'll hear how the new agencies are working together to shape our health system. Te Whatu Ora CEO Margie Apa and Te Aka Whai Ora CEO Riana Manuel will also share their progress and key focus areas for the coming months. If you can't make the webinars, recordings will be made available on the stakeholder pages of the Te Aka Whai Ora and Te Whatu Ora websites.

Ahead of the webinars, to give you a sense of the work underway and priorities, click on the links below to hear from Margie and the Te Whatu Ora Board Chair, Rob Campbell. If you can, grab a coffee or tea and settle in for a few minutes of screen time.

1. Part 1 – All staff update video from Margie Apa '[Organising ourselves to achieve Pae Ora](#)'
2. Part 2 – [All staff update video](#) from Margie Apa explains the process being undertaken to organise ourselves in order to achieve Pae Ora (Healthy Futures).
3. Meet our new [Board Chair Rob Campbell](#), and hear about the role of the Te Whatu Ora Board as well as their current priorities and expectations.



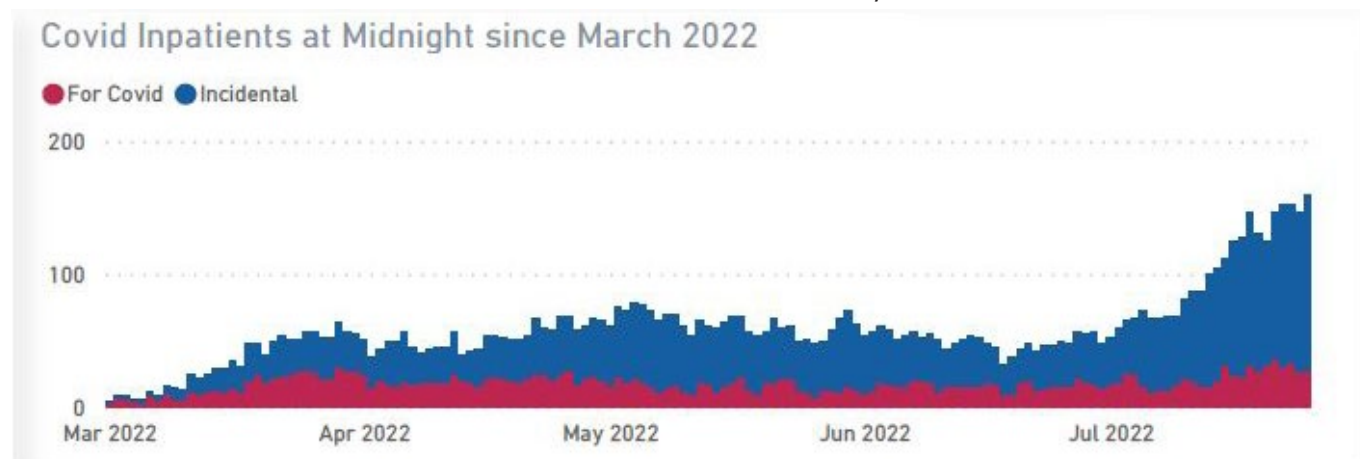
A word from Interim Waitaha Canterbury District Director and Interim Te Waipounamu Regional Director

COVID-19 how are we tracking?

- › New cases today: 1010
- › Total active cases: 8969
- › Staff away due to COVID-19 related absence: 292
- › Total cases reported in Canterbury during the pandemic: 209,915
- › Number of people with COVID-19 in our hospitals today: 169 (the highest number since the start of the pandemic)

- › Christchurch Hospital occupancy: 113 percent (as at 1pm today)

Despite some slightly lower daily case numbers over the past week, it will take at least two weeks for any reduction in new case numbers to impact our inpatient numbers. Someone who tests positive today will either recover safely at home, or if they are older or have underlying health conditions may need hospitalisation for further treatment in the next seven -10 days.



The table above shows the significant increase in COVID-19 positive inpatients during July

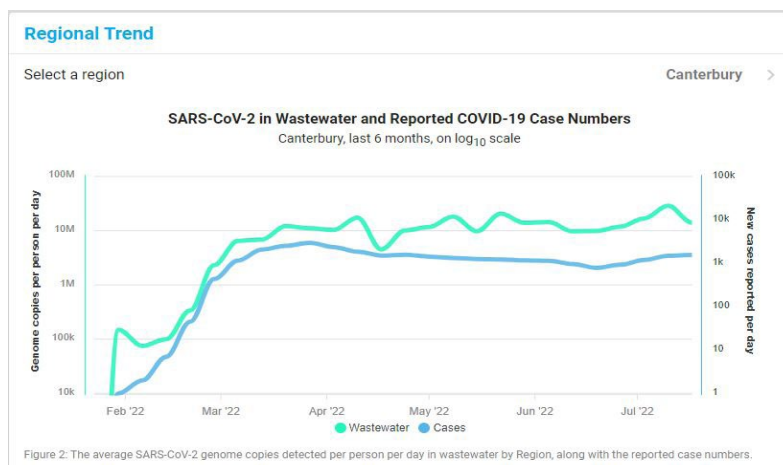
Wastewater reveals COVID-19 cases may be considerably higher

Recent testing of wastewater across the country has shown that we may be underestimating our current COVID-19 cases, with as many as half the total number of infections going unreported.

A public dashboard has been developed by the Institute of Environmental Science and Research (ESR) that allows people to see reported COVID-19 cases compared with what wastewater reports are saying.

You can [see periods over the past six weeks, six months and 12 months here](#).

There is more information on the [ESR website](#).



This diagram shows the comparison between wastewater results and reported COVID-19 cases in Canterbury over the past six months

Masks matter

A new campaign has launched to remind us how important masks are to protect us all from COVID-19, influenza and other viruses. There has been some debate and the general use of masks in the community has started to slip, right at the time when they are more important than ever. Wearing a mask helps stop you getting and spreading COVID-19 and flu.

- › Medical masks (surgical and N95) are a requirement for all staff and visitors entering our health facilities
- › We also ask our patients (where applicable) to wear masks
- › We remind everyone to maintain good habits outside the workplace and wear masks in shops, malls and indoor gatherings
- › It's not just about you. It's about protecting your friends, whānau and community too. Be kind and wear a mask.



Changes to visitor rules

Putting additional restrictions on visitor access to our hospitals and facilities is not something we take lightly. With COVID-19 and flu running rampant through the community and our staff, we are doing everything we can to reduce the risk of viruses spreading among our people and the vulnerable patients in our care.

You can read the full advice regarding the changes to our visitor policy [here](#).

In short:

- › Only one person is permitted to visit at a time
- › No one under the age of 16 is permitted to visit a patient in hospital
- › Although there are some exceptions, a medical mask is required to be worn by every visitor for the duration of their time in the facility
- › Visiting hours at Christchurch Hospital have been changed to between 3 and 8pm daily

We hope everyone will understand that these rules are not intended to make things difficult for our patients and their loved ones, but rather, protect them and our people.

As always, there are exemptions for additional visitors on compassionate grounds, including end of life care. Please talk to the nurse in charge.

Mask exemptions are accepted for people seeking any health services.

Any member of the public with a mask exemption is welcome in our facilities when attending to receive health care and treatment. Please show your exemption card and appointment letter to staff at the entrance. Treatment includes coming in to the Emergency Department, outpatient appointment, surgery or a procedure.

What do you do when you're not at work?

It turns out that this is a question worth asking! Since we started sharing the hobbies and activities that make our people happy, healthy, fit and relaxed, we have received a flood of submissions. One has even made our cover this week. It's fascinating to see what brings people joy in their

free time and we are impressed at how interesting the hobbies are and how committed people are to them. We will keep publishing them if you keep them coming! Find out more about what makes your colleagues happy in their spare time. See this week's line up on [page 11](#).

Only nine weeks till spring, and I am cautiously optimistic we may be near the peak with COVID-19 case numbers

Spring is a definite – it's coming ready or not! However, between now and then we hope to see the current Omicron wave continue to tail off. It's early days but over the past week we've seen some promising signs with a slight decline in new case numbers and certainly hope that's a sign of things to come. Having said that, Tuesday is traditionally the day we see higher case numbers, so the data may paint a different picture tomorrow, we'll have to wait and see.

It appears there is the start of a downward trend in case numbers, so I am feeling 'cautiously optimistic' we're certainly not out of the woods yet with 169 inpatients in our facilities with COVID-19 – the highest ever number. We have around 300 staff off with COVID-19 today and at least the same number off with other illnesses, so staffing remains tight.

With schools back today we'll have a clearer indication by the end of the week how things are tracking.

In the meantime, there's another heavy rain warning for Canterbury over the next couple of days, and once again this may cause disruption for patients, staff and those travelling around the district – please be prepared and avoid travelling if you can! July 2022 is officially the wettest on record, so if you're

feeling a bit over it, you're not alone. With the school holidays done and dusted I hope we have more staff on deck this week to help share the load.

A special thanks to those who have been able to work over the past few challenging weeks, especially those who have been redeployed to work with a different team – we so appreciate you putting your hand up to help where you've been needed most.

I must also recognise the phenomenal work of our colleagues out in the community. The Community Hub supporting vulnerable individuals and primary care practices; our urgent care practices working together to support each other when impacted with staff shortages and CPRG, the Canterbury Primary Response Group, for connecting people and coming up with practical solutions that work to support people in our community, and in primary care.

The strength of our Waitaha health system is due to the collaborative efforts of a collective of like-minded people who work in health throughout our district. The daily kōrero where representatives from throughout our system come together to share intel and discuss solutions to issues is a picture of mahi tahi – team work in action.

A shout out to our award-winning Canterbury GPs

A number of Canterbury GPs were recognised in the Royal New Zealand College of General Practitioners Awards at their Conference held in Christchurch last week. Our warmest congratulations go to:

- › **Dr Joan Allardyce**, Medical Director at the University of Canterbury Health Centre who was awarded a President's Service Medal.
- › **Dr Martin Wilson**, GP and Clinical Leader at Pegasus Health was also awarded a President's Service Medal. You can read more about Joan and Martin's work and [award here](#).
- › **Dr Gayle O'Duffy** – from Methven Medical Centre was awarded a Community Service Medal. You can read more about [Gayle's work here](#).

› **Dr Lauren McGifford** – received the top college honour of Distinguished Fellowship. Lauren has served on the GP College Board for six years, and since 2011 has been the lead Medical Educator for Canterbury based registrars who are in their first year of study to become specialist General Practitioners. [Read more here.](#)

Thank you all for your outstanding service. We are fortunate to have so many passionate and committed GPs in our district as part of Team Waitaha | Canterbury.

Congratulations also to former Director-General of Health, Dr Ashley Bloomfield who was awarded Honorary Fellowship of The Royal New Zealand College of General Practitioners.

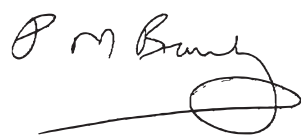
Around the region

Last week I was fortunate to spend time in South Canterbury and was so impressed with the way they are working to protect and care for their community.

It was superb to catch up with the South Canterbury team, and like the rest of Te Waipounamu they are working hard to support great care in the midst of COVID-19, winter illness and floods.

There are some exciting refurbishment projects underway at Timaru Hospital and I look forward to seeing things progress.

Kia pai tō koutou rā



Interim Regional Director Te Wai Pounamu

Interim District Director Waitaha Canterbury and Te Tai o Poutini West Coast

You're Invited...

This week our new Chief Executives Margie Apa and Riana Manuel are speaking on a couple of webinars – there's one for all staff on Thursday this week. The invitation has been emailed to everyone. In case you missed it, here it is again:

We warmly invite you to join our very first all staff virtual hui with Margie and Riana. This session has been scheduled to share information about how Te Aka Whai Ora and Te Whatu Ora are working together, to update you on our progress, and to give you the chance to ask questions.

Make sure you put it in your calendar!

Date Thursday 28 July **Time** 3.15 – 4.00pm

Location <https://myevents.nz/HealthNZ/staffwebinar2>

QUIZ – Waitaha | Canterbury sportspeople

How much do you know about Waitaha | Canterbury sport and sportspeople? There's a lot of talent in our region and some of it comes from our own people. Test your knowledge with the quiz below.

- 1. The mighty Crusaders have won the Super Rugby competition a record 11 times (plus two region-only competitions in 2020 and 2021) since it began in 1996. How many times have they reached the final but lost and taken the runner-up prize?**
 - a. Never
 - b. Three times
 - c. Four times
 - d. Five times
- 2. Te Whatu Ora Waitaha Canterbury Physiotherapist Debbie Hockley CNZM holds what sporting claim to fame?**
 - a. The first woman ever elected President of New Zealand Cricket
 - b. The fastest woman cricketer to reach 5000 runs in One Day Internationals
 - c. The longest serving test cricket captain
 - d. All of the above
- 3. How old was Christchurch swimmer and para-Olympian Dame Sophie Pascoe when she won three Gold and one Silver medal at the Beijing Games in 2008?**
 - a. 13 years old
 - b. 15 years old
 - c. 17 years old
 - d. 19 years old
- 4. Born in Christchurch in 1963, Craig Adair represented New Zealand in what sport?**
 - a. Badminton
 - b. Cycling
 - c. Soccer
 - d. Pole vault
- 5. It was announced in last week's Pānui that Te Whatu Ora Waitaha Canterbury Occupational Therapist/Team Leader Lucy Anderson is taking some time away from work soon. Why?**
 - a. She is preparing for the 2024 Paris Olympics
 - b. She is taking an assistant coaching role with the Crusaders
 - c. She will be joining the New Zealand Black Ferns squad
 - d. She will be joining the New Zealand Kiwi Ferns squad
- 6. This Canterbury rugby star was born in 1982, made his debut for Canterbury at 20 and the All Blacks at 21. As an All Black, he won the World Cup twice and is widely regarded as one of the best ever to play the game. In 2005 he played what has been described as "the perfect rugby game" against the British & Irish Lions. Who is he?**
 - a. Sam Whitelock
 - b. Richie McCaw
 - c. Keiran Read
 - d. Dan Carter
- 7. Christchurch engineer John Britten was the designer of what record-breaking racing vehicles?**
 - a. Motorcycles
 - b. Cars
 - c. Jetboats
 - d. Mountain bikes
- 8. Ashburton-born Valerie Young (née Soper) represented New Zealand at four Commonwealth Games and three Summer Olympics in what sports?**
 - a. Javelin and discus
 - b. Long jump and high jump
 - c. Shot put and discus
 - d. Swimming and water polo
- 9. When was the first Coast to Coast race run?**
 - a. 1981
 - b. 1983
 - c. 1987
 - d. 1989
- 10. Who is currently the longest serving Crusaders coach?**
 - a. Todd Blackadder
 - b. Scott Robinson
 - c. Wayne Smith
 - d. Robbie Deans

Check your answers on [page 24](#).

Ā mātou tāngata – Our people

Goodnight, sleep tight

What do toddlers resist but teenagers would happily do all day?

What can cats and dogs apparently do at any time, and on any surface? What takes up about a third of our time on earth but most of us will experience difficulty with at some point in our lives?

What has the power to make us happier, healthier and smarter?

Sleep.

Sleep is fundamental to wellness and more important now than ever. Many of us are dealing with winter colds and flu, a fresh wave of COVID-19, the stress of a system under pressure, and of course, odd hours and shift work.

Te Whatu Ora Waitaha Canterbury has a [Sleep Health Services](#) team, located in Riverside. Predominantly an outpatient service, Sleep Health Services is primarily responsible for the investigation and treatment of sleep disordered breathing (SDB) conditions, such as obstructive sleep apnoea (OSA).

Nurse Practitioner Sally Powell is part of the team and shared some fascinating insights and advice.

Why is sleep so important?

Researchers are discovering more about sleep all the time and its connection with our physical and mental wellbeing.

The brain is working while we sleep, helping with overall function and to restore and consolidate memory. Sleep influences our ability to fight illness and develop immunity. It affects our metabolism and chronic disease risk.

“We believe that sleep plays an important role in controlling body temperature and regulating metabolism and it’s essential for good immunity function”, says Sally.

Sleep state is when tissues repair, and in children, growth is stimulated. Importantly, good sleep health aids the regulation of appetite and weight control by stabilising the hormones ghrelin and leptin and controlling blood glucose levels.

We all know how miserable a lack of sleep can be, resulting in fatigue, lethargy, brain fog and even headaches and mood swings.



Getting poor quality and quantity of sleep can lead to some quite debilitating symptoms according to Sally.

“Poor sleep can worsen anxiety and depression states. Ongoing poor sleep has been linked to chronic health problems such as obesity, diabetes and cardiovascular disease.

“Reaction times are often impacted, leading to mistakes at work, including accidents with vehicles and machinery. It can trigger relationship stressors due to symptoms (bad mood, excessive snoring) and lack of libido.”

What are the common triggers of sleep issues and insomnia?

There are physical and mental triggers that affect our sleep.

People with certain health conditions, chronic pain or respiratory issues may have difficulty getting to sleep and/or staying asleep. Conditions like sleep apnoea are commonly linked to obesity but Sally says this only paints part of the picture.

Around 25 percent of the sleep apnoea patients supported by the Sleep Health Services team do not have a weight issue.

“There are around 87 recognised sleep disorders. Coupled with environmental and health factors, this can be a complex chain of cause and effect,” she says.

Other triggers include:

- › Short- and long-term mental health issues – anxiety, stress, depression
- › Family violence and relationship issues can create an environment where it is difficult to relax and sleep
- › An irregular or poor sleep schedule – such as shift work, jet lag
- › Stimulants such as caffeine and nicotine in the afternoon and evening
- › Alcohol consumption – alcohol may make you sleepy but tends to reduce the quality of sleep and disrupt the sleep cycle
- › Using electronic devices, television and video games – these can over stimulate the brain or sleep difficulty may be due to the blue light on devices such as your phone or tablet
- › Environmental factors – loud noises, children, pets, temperature can all spoil your sleep
- › Napping – particularly later in the day, can affect your ability to sleep at night
- › Peri-menopausal and menopausal women commonly experience insomnia.

Insomnia describes the difficulty in achieving or maintaining sleep. Most of us will experience it at some stage. Insomnia becomes chronic when it lasts for three months or more. If your inability to sleep affects your ability to function or you develop chronic insomnia, it is important to speak to a health professional or your general practice team.

Tips to improve your sleep experience

- › Set a consistent sleep schedule. Go to bed at the same time and wake up at the same time (whenever possible)
- › Create regular bedtime rituals. This will be specific to you, but it will help signal to your body that it is time for sleep. These may include:
 - » Taking a bath or shower before bed
 - » Drinking chamomile tea
 - » Meditating or stretching
 - » Using a sleep app like [Calm](#) or a soothing playlist
- › Get regular exercise. Increased body tone can reduce interruptions to sleep and aid a better-quality sleep
- › Keep a healthy diet. Allow a few hours of digestion before sleep
- › Limit caffeine and avoid nicotine and alcohol
- › Keep naps short. No more than 20 minutes and early in the day to ensure good nocturnal sleep consolidation
- › Use your bedroom for sleep only. Keep electronics (TV, phones and computers) out of the bedroom
- › If Fido or Fluffy join you on the bed and they affect your sleep, they may need to spend the night in another room or in their own beds.

Sally's parting advice:

"We live in a busy 24-hour day world with so many pressures, be it family, work, relationships and more. Prioritise yourself and the time you need to sleep. Be good to yourself."

Helpful resources:

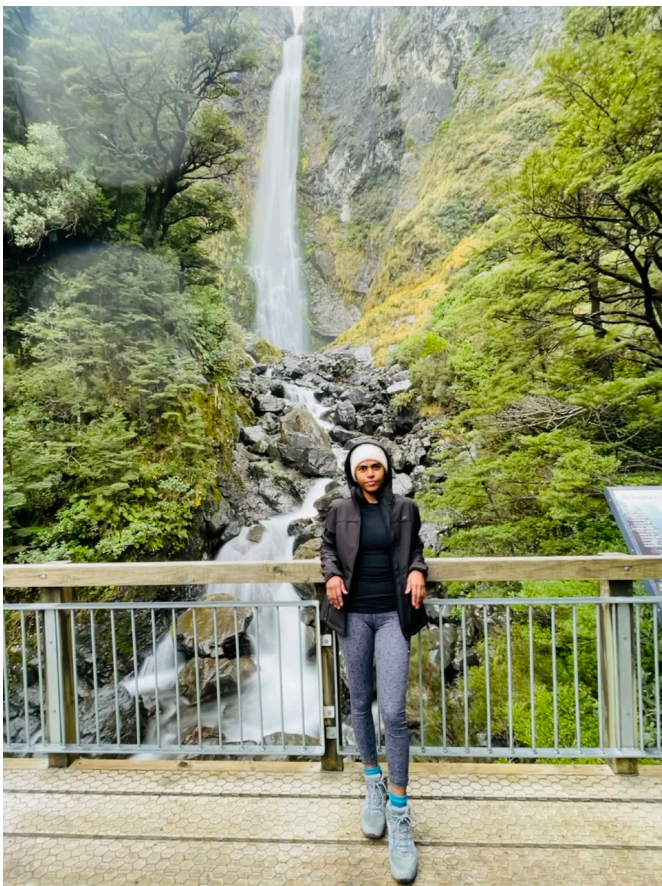
- › [Sleep Health Foundation of Australia fact sheets](#) – (please note the fact sheet for shift workers)
- › [Just a thought](#) – Insomnia (NZ)

What do you do when you're not at work?

Our people are sharing the hobbies and activities that bring them joy when they're not at work.

Prudence Daniel, Administrator, Canterbury Hauora Coordination Hub, COVID-19 Programme

"Recently I started hiking using the AllTrails App, as my goal is to tick off as many hikes as I can by the end of this year. The feeling is great when you're outside with perfect weather (minus the wind)! It's helped me learn to live in the moment, escape daily routines and most importantly it's an inexpensive hobby."



Ashlea Harris, Administrator, Office of the Director of Area Mental Health and Addiction Services

"Outside of work, I spend a lot of time writing about New Zealand music, interviewing New Zealand musicians and travelling for my website, [Welcome to the Gig](#). I also have a podcast on Plains FM. I'm hugely involved in the New Zealand music industry (without being musically inclined!) and adore writing and talking to Kiwi musicians."



So, what do you do when you're not at work?

Do you have a hobby, sport or activity that is important to you? Something that helps you relax, stay fit or challenges you when you're not at work? We would love to hear about it!

Send a photo and brief description of your hobby, sport or activity and why it is important in your life to us and we will share it in an upcoming Pānui.

- › Please keep submissions to 50 words or less and provide high resolution images (1MB + is preferable).
- › Email any submissions to communications@cdhb.health.nz By emailing your submission(s) you agree to have them published in the Te Whatu Ora Waitaha | Canterbury Pānui.

One minute with... **Sandy Richardson, Nurse Researcher, Emergency Department (ED), Christchurch Hospital**



Nurse Researcher Sandy Richardson

What does your job involve?

Identifying and initiating research projects of relevance to nursing and which are significant to emergency nursing and medicine in particular. This means that I am able to act autonomously, while still being part of a larger team, and to respond to patient and nursing-centred concerns. It is a role that emerged as a result of recognising the opportunity and contribution for nursing research – research that is nursing focused, nursing driven and with nursing outcomes. This places it in a unique position, as there are very few such roles in New Zealand, and it has allowed me the flexibility to self-direct my research interests, while developing my skills and contributing to patient and professional health and wellbeing. I am currently working on studies looking at the impact of violence and aggression on nurses; the on-going effects from the 15 March 2019 mass shooting event for first responders, including ED staff; and international studies looking at cultural safety and family nursing.

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

To maintain your passion for clinical nursing while recognising that there are many ways to influence and contribute to the outcomes for patients. Like many nurses, I never thought I would want to move away from the bedside, but I now know that I can make a significant contribution by providing evidence-based knowledge and insight. Research roles require both academic and clinical knowledge, but also a recognition that nurses are able to challenge health inequities and problems – not just recognise them.

Who inspires you and why?

There are three people who come to mind, all quite different. Mike Ardagh – who I have known since he was an ED Registrar and who first developed the role I now hold – for his consistent calmness, respect for all, and professionalism in everything he does. Irihapeti Ramsden, the creator of Cultural

Safety in its initial form as a framework and model for New Zealand nursing, who I had the opportunity to work alongside. She is an inspiring, down-to-earth wahine who changed the way we see nursing. Finally, Florence Nightingale. While some may see her as politically incorrect within today's social vision, she challenged the mores of her time, made significant changes, and created a way forward for nursing based on evidence and logic.

What do Canterbury Health NZ's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

These are core values that I strive to incorporate into the role, they're the essential ethical elements that give rise to responsibility and accountability, and as such, allow a functioning health system, and a commitment to better well-being for those who work within it. As we all face the ongoing challenges of current times, these values matter more than ever, and we need to rest on these as we support our colleagues and ourselves, to enable care for our communities.

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

This is harder – it is a tie between Scotland which I love, and the countries I have always wanted to visit but have never been to – Italy and Greece!

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

Someone interesting and quirky I think, not too worried about their looks! Maybe ending up with Dame Judy Dench!

What are your hobbies/interests outside of work?

Creative things, sewing and craft work, gardening, and spending time with my grandson Benjamin.

A winter warmer – curried kumara soup

Here's the first of some quick and easy recipes to warm up your winter. This one is really simple but super tasty.

Curried Kumara Soup

- › 75g butter
- › 2 cloves of garlic (crushed)
- › 3/4 tablespoon of curry powder
- › 500g kumara (white or orange) peeled and chopped into 1cm cubes
- › 1 ½ cups of water
- › 2 teaspoons chicken (or vegetable) stock powder
- › About 3 cups milk
- › 1/3 cup cream (optional)
- › Salt and pepper to taste (optional)



Place the butter, garlic and curry powder in large saucepan over a moderate heat. Add the kumara, stir and cook, without browning for 2-3 minutes before adding the water.

Cover and simmer for about 10 minutes until the kumara is cooked through and tender.

Stir through the stock then puree, (a hand-held blender works best) and thin with the gradually added milk. You can also add the cream now (if using) and reheat, without boiling.

Serve topped with a dollop of cream and some chopped chives (optional) and a side of crusty bread or toast.

NOTES:

- › This will keep for a couple of days in the fridge and can be frozen
- › If it thickens up, just thin with more milk
- › The water and powdered stock can be substituted with liquid stock
- › Taste it before you add salt as the stock may have seasoned it enough
- › Vegans can substitute the butter with olive oil and use coconut or another vegan milk
- › You can substitute the kumara with parsnip – also yummy

Whakamihi – Bouquets



Urology, Christchurch Hospital

I would like to thank the staff in Urology (Ward 2) who looked after my sister and gave her palliative care. A special thank you to Nurse Marita who was very friendly. Everyone was very kind and compassionate, especially when the whole family was there at the end. Thank you.

Murray Hart, and other staff, Christchurch Hospital

I have been on a waiting list for quite a while for a TAVI aortic valve replacement. During this time all the Christchurch Hospital staff with whom I have come in contact have been helpful, cheerful and caring. One person, however, has really stood out. Murray Hart, TAVI Clinical Nurse Specialist, has been superb and I would be very pleased if there were some way in which his dealings with me and presumably other TAVI patients could be recognised. I have emailed Murray a number of times enquiring about the progress of the TAVI operations and the effect that the COVID-19 outbreak might be having on them. Murray's responses have invariably been prompt, informative, professional yet friendly, and have kept me completely up-to-date with the situation and with the progress of my name on the waiting list, now near the top. If all the people in public positions responsible for keeping their clients, patients, customers, constituents etc informed could do it even half as well as Murray, I am sure the world would be a happier place. Coincidentally, my wife has just had urgent gall bladder surgery at Christchurch Hospital and had to go through a couple of last-minute changes to operation dates

because of the fraught situation of lack of beds and healthy staff. During her stay and procedure, she couldn't speak highly enough of the care and concern she received from all those with whom she came into contact. Keep up the fantastic work hospital staff, you are amazing.

Plastics, Burwood Hospital

Wonderful! Thanks so much for the prompt treatment in these trying times. Take care.

Emergency Department (ED) and Ward 12, Christchurch Hospital

Following my recent unexpected stay in the ED then Ward 12, I would like to express my grateful thanks to Gemma, Jessica and all the staff who attended me during this time. Everyone was so courteous, kind and friendly – no easy job with the health system under such pressure. I also enjoyed the meals, the standard is high, and they are served well, so much better being prepared in-house. Thankyou.

Radiology, Christchurch Hospital

I wish to thank the Radiology team and the receptionist for the kind and courteous manner they dealt with my elderly dad when I took him in to the ground floor Radiology area. We were left very pleased with the help we were given.

ED, Christchurch Hospital

I would like to thank the nurses and doctors who looked after me. They worked quickly and kept me informed and sorted my problem out. I'm so grateful for their amazing service. Thank you so much in very challenging times.

Surgery, nursing, cleaning, and Wellfood teams, and Ward 11, Christchurch Hospital

I want to say a huge thank you for the way you looked after me after neck surgery to remove a cancerous tumour. Everyone who attended to me did it in a compassionate, caring and unhurried way. This was so appreciated and I'm sure it had a positive impact on my recovery. I felt so grateful, that in a time when there is a surging new wave of COVID-19 and enormous pressure on hospitals and the New Zealand health system, that the surgery could actually happen. I really appreciate what you all have done for me and I'm so very grateful for my stay in Ward 11.

ED and Dr Hannah Wright, Urology, Christchurch Hospital

Many staff were impressive but one most outstanding was Dr Hannah Wright. She comprehends the situation an individual patient is in. The world will benefit hugely from her knowledge and enthusiasm to help. Thank you so much to her, and all the staff.

Andrew Sidwell, Christchurch Hospital

Thanks to Consultant Dr Andrew Sidwell. He sat down and spoke kindly to my elderly mother. He was gentle but honest. He was respectful. He was also all those things to me – the daughter of his patient.

Melanie, Christchurch Hospital

Huge gratitude to Occupational Therapist Melanie. She was outstanding. Melanie had to be very busy, but she never made my mother feel she was a bother. She was also interested in family opinion.

Canterbury Hauora Coordination Hub

I'm currently in isolation, having tested positive on Friday night. I had an awesome HUB experience yesterday and though I didn't catch her name I do know her number. Really thorough, really professional and a credit to the HUB service.

Ward B8, Christchurch Hospital

The staff are so helpful, pleasant and give their full assistance. It takes a special person to be in this profession. Thank you all for caring.

Ward 24, Christchurch Hospital

I would like to convey to you all my thanks and gratitude. I would like to bring mention to a nurse who brought such an infectious joy and happiness to our room. A warm and friendly person with a wonderful personality and that extra willingness to assist. To Nurse Karyll Cuevas, a very special thank you for the care you gave to me. You all deserve my thanks and gratitude for many different reasons.



Masks matter

Wearing a mask to protect others is an intentional act of kindness.

Covid19.govt.nz
Te Kōwhiriatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Ā mātou kōrero – Our stories

New Waitaha | Canterbury Suicide Prevention Action Plan and website launched

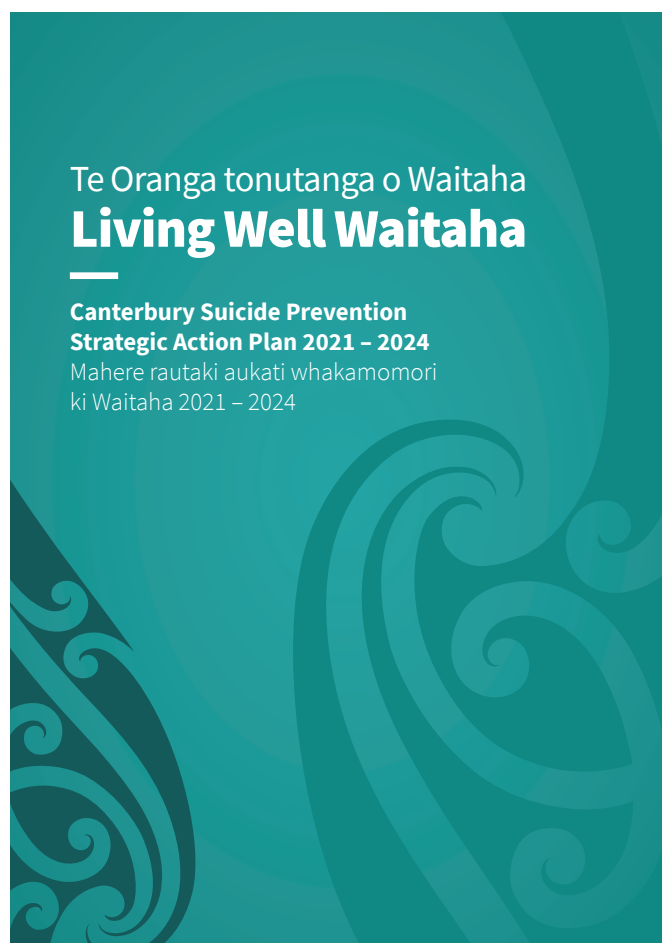
The new inter-agency Canterbury Suicide Prevention Strategic Action Plan, 2022 – 2025 and accompanying Suicide Prevention Canterbury Waitaha website were launched this month.

Te Oranga Tonutanga Waitaha, Living Well Waitaha, Canterbury Suicide Prevention Action Plan and the website were unveiled at a function at Tūranga on 6 July. There was a small inter-agency presence due to the COVID-19 outbreak, including Interim Regional Director Te Wai Pounamu, Interim District Director Waitaha Canterbury and Te Tai o Poutini West Coast Peter Bramley.

In late 2018, Canterbury DHB instigated a cross-sectoral Canterbury Suicide Prevention Governance Committee (CSPGC). The CSPGC met to provide direction, education and support for suicide prevention activities in Canterbury. They began work on creating a cross-sectoral Suicide Prevention Action Plan for Canterbury with an accompanying website that provided information on where to reach out for assistance to strengthen communities and access skills training in suicide prevention.

In late November 2019, a Canterbury Suicide Prevention Forum was held with Canterbury stakeholders to consult on actions required to provide an inaugural cross-agency action plan. A further follow-up forum occurred in 2020. Progress was delayed due to the pandemic however both the action plan and website were completed this year.

The keynote speaker at the recent launch was Victoria University of Wellington lecturer and prominent suicide prevention researcher, Chris Bowden. He applauded the cross-sectoral plan as an evidence-based approach to suicide prevention that set an example for the rest of Aotearoa, New Zealand.



The new Action Plan was printed by the Christchurch City Council and the website was completed and will be maintained by Pegasus Health Ltd, where our Canterbury Suicide Prevention Coordinator Team is based.

You can find “Te Oranga Tonutanga Waitaha, Living Well Waitaha, a Canterbury Suicide Prevention Action Plan 2022” and the Suicide Prevention Canterbury Waitaha website on suicidepreventioncanterbury.org.nz/.

Hand hygiene for patients – making it easy

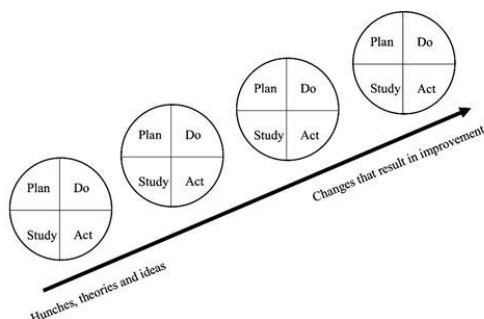
It is important that inpatients who are unable to walk on their own to a hand basin, are still able to clean their hands and maintain good hand hygiene.

In the recent Inpatient Experience Survey, we asked: *'If unable to walk unattended to the hand basin when you needed to clean your hands, were you provided with a suitable alternative?'*

After receiving a low rating for this question (70.6 percent for April 2020) and with COVID-19 and influenza cases continuing to rise, the Hand Hygiene Steering Group began an improvement project.

Plan-Do-Study-Act for testing change ideas and improvements

The Plan-Do-Study-Act (PDSA) cycle is essentially shorthand for testing a change – by planning it, trying it, observing the results, and acting on what is learned. This is the scientific method, used for action-oriented learning.



Seven PDSA cycles were undertaken at Ashburton and Burwood Hospitals and included such hand hygiene methods as providing a flannel, moist hand towel, wet wipes, different sized hand gel products and holders. All these options were provided for patients within reach from their bed space.

The research needed to include a high number of less mobile patients who were dependant on others to access the hand basin for hand hygiene. For Burwood this was the stroke ward (DG) and the orthopaedic rehabilitation ward (D1) and at Ashburton, Wards 1 (General Inpatient) and 2 (AT&R) were chosen for this trial.

The initial trials were comparative, with either an individual 100ml bottle of hand gel or a pack of personal care wipes. Both items received poor

feedback. The barriers were the level of manual dexterity required to either flip the lid or open the flap on the pack of wipes.

The consumers' preference was to use a larger pump bottle of hand sanitiser, but this needed a holder.

A bespoke holder placed alongside the bed space, and/or methods of attaching the hand gel brackets to the tray tables or bedside cabinet were considered but raised concerns around:

- › the patient being able to reach the holder
- › the potential risk of skin tears, particularly with very fragile skin

Fortunately, the hand gel product supplier (Schulke) came up with a basic table-top stand design able to hold a 500ml bottle of hand gel, which can be placed on the patient's tray table or moved to the bedside cabinet when the patient is in bed, or as needed.



This very simple device has been revolutionary in improving our patients' ability to manage their own hand hygiene. Due to its design, even when using only one hand, it is difficult to topple and provides ease of access. Three small silicone pads available for placement on the base stop it from slipping.

The trial feedback from patients and staff has been very positive.

Patient experience feedback results are encouraging with a slight (3 percent) increase in patients responding 'yes' to the original survey question – *'If unable to walk unattended to the hand basin when you needed to clean your hands, were you provided with a suitable alternative?'*

Feedback included comments such as:

- › *Even though I could get to the sink this allows me to clean my hands when my meal arrives*
- › *Very easy to use, even with having had a stroke*
- › *With it sitting in front of a patient it reminds me (staff) to use it and support the patient to do the same*
- › *Right in front of you when you are talking with a patient so reminds me (staff) to do also*
- › *I like knowing I can clean my hands at any time, without having to call someone to help me to the sink.*

The hand sanitiser table-top holder has been rolled out to all the Burwood inpatient areas except for our Older Persons Mental Health service, as well as to Christchurch Campus and Ashburton Hospitals.

This is a reminder to use these table-top holders, with a 500ml bottle of hand gel, for the appropriate patients to ensure they are able to undertake hand hygiene at the right time, every time.

If you have a patient the table-top holder might not be suitable for, remember you can always take the bottle from the end of the bed and offer them a squirt of hand gel to enable them to perform hand hygiene. Return the bottle to bed end bracket when finished.

Sometimes, the best and most effective ideas are the simplest ones.

Contact: [Carmel Hurley-Watts, Waitaha Canterbury Hand Hygiene Coordinator](#).

GetBigPasswordEnergy

How to get Big Password Energy

The Big Password Energy campaign has been set up by the Government-funded CERT NZ – an agency working to support businesses, organisations and individuals who are affected (or may be affected) by cyber security incidents.

Unfortunately, cyber attackers use sophisticated tools and CERT NZ are seeing how these baddies are breaking into accounts to take money, scam our loved ones, or use private information against us. In some cases, the damage they can do can take years to recover from.

CERT NZ has initiated a campaign to encourage people to use a passphrase made up of four or more random words to keep your valuable information secure.

A weak password like 'mittens123' can be cracked in minutes, and this means if you use weak passwords, everything you do online can be at risk. So much of

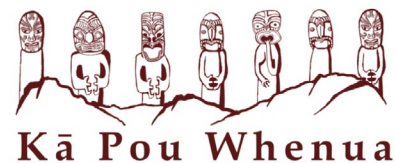
our lives is stored in our online accounts – finances, personal information, private conversations – and are guarded by a password.

- › Use a passphrase made up of four or more random words
- › Avoid using personal information (like your pet's name)
- › Make sure you use a different password for each online account (start with bank, email and social media)

A passphrase is a string of four or more random words. They make the best passwords as they are easy to remember and just as strong as (and usually stronger than) a 10-character password that uses a mix of numbers, letters, and symbols.

<https://www.cert.govt.nz/individuals/guides/bigpasswordenergy/>

Waitaha | Canterbury and Te Tai o Poutini | West Coast Addictions System Design Project



Look up, look forward and see the people and communities of Waitaha and Te Tai Poutini thriving.

In 2021, (the then) Canterbury and West Coast DHBs began collaborative design projects to engage widely with mental health and addictions service users, whānau, providers and communities, using their expertise to inform the future direction of local services.

In partnership with Iwi and aligning with the Te Whatu Ora (Health New Zealand) and Te Aka Whai (Māori Health Authority) model, two workstreams were established and the project leads were identified as Purapura Whetu Trust and The Mental Health Education and Resource Centre (MHERC).

Purapura Whetu Trust is leading the Māori workstream covering both Waitaha and Te Tai o Poutini regions. The Māori workstream has reached across the two regions to bring together Iwi Māori katoa (the entire group), tāngata whaiora (a person who is the subject of care, assessment and treatment processes in mental health), whānau, and other Māori health subject matter experts.

For this reason, the project is called the Kā Pou Whenua project.

All work undertaken within the scope of the project demonstrate the goals of mana whakahaere, mana motuhake, mana tangata and mana Māori, through the engagement of, and partnership with, Ngai Tahu Rūnanga, Iwi Māori, katoa, including tangata whaiora at all levels and stages.

Work undertaken during June and July has included engagement with tangata whaiora and their whānau. This month, engagement with kaimahi (staff) across the entire system is underway including a noho wananga style hui held at Rehua Marae.

Community engagement across Te Tai o Poutini is also happening this month. See more information [here](#).

MHERC has been working alongside a 'Lived Experience' partner to project manage the collaborative design for Waitaha. MHERC has undertaken multiple consultation hui, individual interviews and an online survey, collating the feedback gathered so far into an Interim

Consultation Report. This report details themes emerging from the feedback and a snapshot of supporting comments.

You can access the interim Consultation Report, provide further input and see [documentation here](#).

Several initiatives are already being piloted as a direct result of the consultation findings. Consultation will continue in Waitaha and Te Tai o Poutini throughout July and a workshop for those who have participated in the consultations is being planned. This hui will provide opportunity to reflect on the consultation themes/findings and to identify improvement priorities.

Members of the Oversight Committee, Purapura Whetu and MHERC would like to thank all the community members, lived experience whānau and kaimahi/staff within Waitaha and Te Tai o Poutini who have participated in the consultations.

Your feedback, perspective and insights are invaluable. We look forward to providing you with regular updates on the project as we continue to identify and improve the mental health service and system for all the people and whānau within our two regions.

- › Mana whakahaere – effective and appropriate stewardship or kaitiakitanga over the health and disability system, beyond the management of assets and resources.
- › Mana motuhake – enabling the right of Māori, to be Māori, Māori (self-determination): to exercise their authority over their lives and to live on Māori terms and according to Māori philosophies values and practices, including tikanga Māori.
- › Mana tangata – achieving equity in Health and disability outcomes for Māori across the life course and contributing to Māori wellness.
- › Mana Māori – enabling Ritenga Māori (Māori customary rituals) which are framed in te ao Māori (the Māori world), enacted through tikanga Māori (Māori philosophy and customary practices) and encapsulated within mātauranga Māori (Māori knowledge).

Hikitia helping general practices meet patient needs

Hikitia, is a programme developed by Pegasus Health to help support general practices to become more flexible, efficient, and innovative in how they meet patient needs.

In the past year, 16 Pegasus Health practices have completed the Hikitia programme.

Pegasus Health Practice Relationship Manager Chenoa Walker has been leading the development and roll out for nearly a year.

She says the programme's success lies in its ability to be tailored to each individual practice.

"Every practice is a niche environment. It is fundamentally important to the programme that we, as practice relationship managers, listen to what is going on at the practice and what their pain points are, so that we can focus the core elements of the programme to their needs."

One example of this is with the patient portal module. The online portals that allow patients to book appointments and access their health information are a proven way of improving clinical effectiveness and workforce efficiency.

Practice relationship managers can show the financial and staffing returns to be made by putting in place a patient portal or increasing engagement with an existing portal. All this is considered within the understanding of the practice's enrolled population, she says.

A diminishing workforce of general practitioners, combined with an increased demand for general practice means practices need to be flexible, responsive, and innovative. This is where the Hikitia programme comes in.

"The biggest thing with this programme is the ability to look beyond the day-to-day and see the long-term outcomes. If practices are employing the eight core elements of the Hikitia programme, then they are working in a way that will improve their capacity and efficiency," Chenoa says



What is Hikitia?

Based on the Health Care Homes approach, Hikitia was developed by Pegasus Health to support general practices to become more flexible, efficient, and innovative in how they meet patient needs.

Hikitia is built on eight core elements from telehealth consultations to leadership. A Pegasus Health practice relationship manager supports the practice on their Hikitia journey and ensures that each module within the programme is bespoke to the goals and community of their individual practice.

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 some of the offers related to transport and auto services. You can find [similar offers here](#).

ILAM TOYOTA

Ilam Toyota

– 247 Riccarton Road, Upper Riccarton

Receive a free deluxe car wash and the option of a \$30 warrant of fitness with any service. Show your Canterbury DHB ID to redeem, [see more information here](#).

| Miles Toyota

Miles Toyota

– 221 Montreal Street, Christchurch Central

Receive a free deluxe car wash and the option of a \$30 warrant of fitness with any service. Show your Canterbury DHB ID to redeem, [see more information here](#).

Miles Continental | Driven by Service

Miles Continental and Miles Škoda

Exclusive offers across the new Volkswagen and Škoda range. Let the friendly team at Miles Continental and Škoda take care of your next vehicle purchase and receive a minimum \$2,000 off any new vehicle.



Safe r Brakes

– 87 Fitzgerald Ave, Christchurch Central

Get 15 percent off all parts and labour – show your Canterbury DHB ID to redeem, [see more information here](#).



Mozita Automotive

– 101 Springs Road, Hornby and 42 Hawdon Street, Sydenham

Get 20 percent off all automotive services, repairs and warrant of fitness for all Japanese, European and American vehicles. Show your Canterbury DHB ID to redeem.





News from Pegasus Health

Pegasus 2025 shares stories that celebrate and support the work being done in primary health care.

In this newsletter:

- › Spotlight on education
- › Health reforms update
- › Chomondeley supports tamariki
- › Tips for keeping your whānau warm and healthy this winter
- › Hikitia helping GPs meet patient needs

And much more [here](#).

TE PAPA HAUORA
The future of health

WINTER RESEARCH SERIES

Seminar 2 – 27th July
Improving health in Māori and Pasifika

Come and hear some of the latest research findings, and meet our researchers over tea and coffee. Held every three weeks at Manawa, Wednesday 4-5pm.

For more info: healthprecinct.org.nz

Brought to you by Te Papa Hauora and its partners

UC
UNIVERSITY OF CANTERBURY

Canterbury
District Health Board

UNIVERSITY OF OTAGO

Ara

Te Papa Hauora Winter Research Series

Te Papa Hauora's partners are coming together to co-host a series of research seminars.

Researchers from across the partnership will be presenting their research in five seminars, taking place every three weeks on Wednesdays, 4-5pm in Manawa.

The second seminar 'Improving Health for Māori and Pasifika' is taking place Wednesday 27 July in Room HP108 Manawa.

Format: Three or four presentations of five to seven minutes, a 15-20 minute question and answer session and a 15-20 minute networking over refreshments.

Open to researchers, students and interested health professionals.



Healthcare Innovator Spotlight Series

Our people behind healthcare innovation in Canterbury

Brought to you by Te Papa Hauora
in conjunction with Via Innovations
and ChristchurchNZ



via
innovations™ ChristchurchNZ

Healthcare Innovator Spotlight series

Te Papa Hauora is pleased to launch its Healthcare Innovator Spotlight Series, brought to you in conjunction with Via Innovations and ChristchurchNZ.

There are many incredible innovations happening within health in Canterbury. This video series highlights some of our inspiring people behind some of these innovations.

The fourth innovator of the series highlighted is **Dan Hartwell of Hartwell Simulation**.

Simulation exercises allow clinical teams to practice dealing with rare medical scenarios before they occur. Anaesthetist Dan Hartwell shares details of how he and his colleagues developed a compact and cost-effective simulation system that plugs into existing medical equipment and allows health professionals to practice scenarios in their own environment.

Please keep a look out for the rest of the upcoming series, which you can find on our [webpage](#), [Facebook](#) and [Twitter](#).



Healthcare Innovator Spotlight Series

Our people behind healthcare innovation in Canterbury



Dr. Daniel Hartwell (FANZCA)



Hartwell
Simulation

Anaesthetic Specialist

on Immersive Simulation Tools for Clinicians

QUIZ ANSWERS – Waitaha | Canterbury sportspeople

1. c Four times
2. a The first woman ever elected President of New Zealand Cricket
3. b 15 years old
4. b Cycling
5. c She will be joining the New Zealand Black Ferns squad
6. d Dan Carter
7. a Motorcycles
8. c Shot put and discus
9. b 1983
10. d Robbie Deans (was coach for eight years)

Reminder:
Under our current
visitor policy, all visitors
to our facilities must
wear surgical masks.

**STAY WELL
THIS WINTER**





SPECIALIST DEMENTIA EDUCATION SERIES

Wednesday 3 August 2022

Dementia: Changes and Loss and Response

***Specifically for family members and friends currently
supporting a person with dementia.***

With dementia comes change and loss – both for the person diagnosed, and for families. Elizabeth Hamilton, experienced Social Worker and counsellor in this field, outlines some of the changes and losses for family members and how to live with, and through, them.

Bookings ESSENTIAL due to limited spaces

admin@dementiacanterbury.org.nz

Parking on site

Date: Wednesday 3 August 2022

Time: 1.30 – 3.00 pm

Venue: Seminar Room, BrainTree, 70 Langdons Road, Papanui, Christchurch

Please note Covid Restrictions may apply

Address: BrainTree, 70 Langdons Road, Papanui, Christchurch 8053

Ph: 03 379 2590 or 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz



'MAYBE Later BABY'

A webinar on the fertility preservation
options available for cancer patients

Dr Olivia Stuart
Fertility Associates

21.7.2022
7pm via zoom



SHARING AYA ADVANCES



COLLEGIAL COLLABORATION



AYA INNOVATION



Scan the QR code to register
Zoom Meeting ID: 996 7476 7542

AYA Cancer Webinar Series



KŌRERO WHĀNGAI Ū

PHOTOGRAPHY EXHIBITION

THE EXTRAORDINARY CHALLENGE
OF NURTURING BABIES



3-28 **AUG** | **GROUND LEVEL**
2022 | **TŪRANGA LIBRARY**



PROTECT AGAINST MEASLES

Are your tamariki under 5 **vaccinated against measles?**
It's a serious disease that's highly contagious.



Many children missed their **FREE** measles vaccinations due to the COVID-19 pandemic. Your tamariki needs two doses of the measles vaccine to be fully protected.

Talk to your doctor or visit your local pharmacy.

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

Visit health.govt.nz/children-measles
or call Healthline on **0800 611 116**

Te Whatu Ora
Health New Zealand

HPB1199 | Measles under 5 - A3 POSTER | 20 July 2022