



## Keep it up Canterbury - vaccinations and maintaining healthy habits are two of the best ways to stay well this winter

**With consistently high numbers of COVID-19 cases, influenza spreading through the South Island and measles just a plane ride away, there's never been a better time to roll up your sleeve and ensure all your vaccinations are up to date.**

COVID-19 and MMR (measles) vaccinations are free for everyone and flu is free for many people – you can check if you're eligible for a [free flu jab here](#).

It's definitely free for all health staff, so if you haven't already, don't hesitate, get your flu vaccination now. It will reduce your risk of catching the flu and greatly reduce the severity of your symptoms if you do contract it.

You're important but it's not just about you. This is also about the people you love, your friends and whānau. It's about protecting your work colleagues and the patients and consumers we care for and support.

Check [Prism for details](#) on when and where you can get your free vaccination as a Canterbury DHB employee.

### New scheme to support employers of health and disability workers to offer free flu jabs for staff

In a bid to encourage all health and disability businesses to offer free vaccinations to their staff, the Ministry of Health will reimburse health and disability businesses who pay for their staff to have their flu jabs. All the details of this new scheme are [here](#).

If any of your whānau run a health and disability sector business, please point this out to them – it's a win win – healthy staff are essential to keep businesses operating.

### Stay home if you're sick

This is one of the most important things you should do if you're sick. Stay home and isolate away from others, especially if you have flu/COVID-19 like symptoms.

If you have symptoms and haven't had COVID-19 in the past 90 days, you should take a rapid antigen test (RAT) – these can still be ordered free online. If you need a hand to order, you can ask a friend to order them online for you. Someone else can also pick them up on your behalf – they will just need to take the order number to their nearest RAT pick up point.

Here's the link to order RATs <https://requestrats.covid19.health.nz/> or call 0800 222 478.

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Whether your test is positive or negative, you should register the results online at [MyCovidRecord](#). Registering a positive result means you'll have access to free COVID-19 related GP care.

Most fully vaccinated people who get COVID-19 will experience a mild to moderate illness. Most will be able to rest and recover at home with over the counter medicines from the pharmacy to ease symptoms.

Call Healthline 24/7 on 0800 358 5453 for free health advice on any aspects of your COVID-19 or other illness.

General practice teams and urgent care centres in Canterbury are seeing a lot of people who are seeking reassurance when they have a cold or flu-like illness. Please call before you turn up at your general practice.

Your local pharmacy staff and pharmacist can provide free health advice along with a variety of over the counter medications to treat a wide range of symptoms associated with winter illnesses.

## If you have COVID-19, influenza or other respiratory illnesses

Please stay home until you are symptom-free. For help treating your symptoms pharmacies have a range of products including lozenges, cough mixture, nasal sprays, and rehydration products.

### Signs that you need to call for help or advice when unwell with a respiratory illness

- Have severe trouble breathing or chest pain
- Feel very confused or not thinking clearly
- Feel faint or pass out (lose consciousness)

### Call Healthline 24/7 on 0800 358 5453 or your own family doctor if:

- You have more trouble breathing than usual – can you finish a sentence when speaking? Can you get up and to the bathroom or make a drink without running out of breath?
- Your symptoms are getting worse
- You start getting better, then get worse
- You have symptoms of severe dehydration such as having a very dry mouth and passing only a little urine (pee/mimi)
- Feeling very light-headed
- Persistent fever and/or chills that you can't manage at home
- Persistent vomiting or diarrhoea which goes on for more than 24 hours

## Volumes of planned care (surgery and outpatients) starting to increase this week

I am very pleased to report that this week we are starting to gradually increase the amount of planned care we're able to provide to our community. It continues to be a fragile balance, dependent on having all key staff available, and that doesn't just include the team in Theatre.

There's a massive team behind the scenes including Sterile Services, cleaners, orderlies, Procurement, Biomedical Engineering, anaesthetic technicians, ward staff, laboratory, administration and booking staff – I'm not going to list everyone but hope you get the gist. Everyone's role is vital and contributes to people getting the planned care they need.

While some urgent surgery has continued throughout the pandemic, we have had to defer planned care for many people over the past two years and we know it is hugely disappointing for people to be told their operation or procedure has to be postponed – often at short notice.

Sometimes surgery has to be postponed due staff sickness and with respiratory illnesses on the rise this is likely to

impact more planned care over winter and I apologise in advance for those who will be impacted by having their surgery deferred.

We have had a consistently high admission rate over the past week with around 36 percent of people coming to the Emergency Department needing to be admitted to hospital. High admission rates also impact our ability to carry out surgery as there are fewer staffed beds available.

Our staff are delighted to be able to get back to their core roles and provide our community with the planned care they've been waiting for.

We work as an integrated health system in Canterbury and will be using any spare capacity in the private hospitals to allow more surgery and procedures to be carried out over the coming months as we work to treat those in the greatest need as soon as possible and reduce the number of people having to wait for extended periods to get the care they need.

## Farewell to Helen Skinner, Chief Medical Officer

This week is the last week with us for Dr Helen Skinner who has been with Canterbury DHB for the past five years. Helen started with us as Chief of Service and Consultant Geriatrician in our Older Person's Health and Rehabilitation Service at Burwood Hospital. She was busy in those roles, however over the past 12 months since taking on the role of Chief Medical Officer, Senior Responsible Officer for all things COVID-19, along with being one of our two Emergency Coordination Centre Controllers during the pandemic, Helen has been managing an extremely demanding workload.

It's a credit to her she has done so with clarity, good grace, an incredible sense of calm- despite an ever-changing and challenging landscape to navigate.

Helen, you have been an inspirational leader and you have justifiably earned the respect of your colleagues for your consistent patient focus, common sense approach and quality improvement focus. I wish you well as you return to the UK to take up your new role in Cornwall.

Helen, please know that your phenomenal mahi has made a positive difference to the lives of so many Cantabrians and we all thank you for that.



## System Wide Operations Centre keeping tabs on trends in our health system

Our System Wide Operations Centre (SWOC) is now operating seven days a week, monitoring demand in primary care and our hospitals, health centres, non-governmental organisations (NGOs) and aged residential care facilities working collectively to ensure access to care for those who need it, along with proactive planning to help us manage increased acute demand due to a range of respiratory illnesses including the flu and RSV, along with COVID-19.

Decisions continue to be made on a daily basis to support resource allocation and the flow of patients through our system.

Special thanks to our Executive Leadership Team, General Managers and health system partners who are playing important roles leading and supporting the Canterbury SWOC to ensure it remains a useful forum to share intel and find solutions to the many challenges that impact equitable access to treatment and care.



**Stop the flu  
before it stops you**

**Free staff flu vaccinations  
available now**

**Check PRISM for details**

## Interim Health NZ and Interim Māori Health Authority CEOs in Canterbury

Last Thursday it was a pleasure to host the new CEOs Margie Apa and Riana Manuel in Canterbury and hear more about their vision for the new national health organisations. They met with a range of stakeholders including clinical leaders, Runanga chairs, Canterbury DHB board members, executive team and general managers.

There is a huge amount of work underway setting up the new structures and transferring some staff to the new interim organisations. We will all become employees of Health NZ on Friday 1 July. Don't expect any radical changes on Day one – but over the following weeks, months and years, Aotearoa's health system will gradually change to ensure more equitable access to consistent quality care.

We've set up a page on the intranet where you can find the latest updates - we're expecting to have more

information to share with you over the next 38 days as we count down to 1 July. Look out for the banner (right) – it's here where we will be posting updates as they come through and highlighting new content in the Daily Global emails.

I've included a link below to a video featuring Margie Apa. While this video was produced specifically for data and digital/ISG whānau, most of Margie's messages are relevant for all staff, and I hope will give you a sense of the excitement and opportunities ahead.

### Updates on the Transition to Health NZ and the Māori Health Authority

For more information on the Health NZ and the Maori Health Authority, look for this banner on Prism.



[Click here](#) to hear from Margie Apa, chief executive of interim Health NZ

## Budget

Last Thursday was a fantastic day for health in Canterbury when the government announced funding for a new acute adult mental health inpatient unit for our Specialist Mental Health Service at Hillmorton. They also announced that all DHBs' deficits would be wiped to enable the new entities to start with a clean slate on 1 July.

You can read all the [details here](#).

## Pink Shirt Day

Friday was Pink shirt day and Canterbury DHB staff marked the day with pink kai, pink hair and plenty of 'pinked-out offices' around our various campuses. While a fun day, it was a reminder to us all to Speak Up, Stand Together and Stop Bullying. Check out the pics on [page 11](#) of some of our pinked out people. Despite the busyness, I am pleased to see so many of you made the effort to go pink and have fun with colleagues.



Pretty in Pink! From left, Executive Assistant Tennille Reid, Executive Director of Nursing Becky Hickmott, Executive Assistant Rochelle Audeau and Executive Assistant Jenna Manahi



## Fatigue Survey

Fatigue is an ongoing challenge for our DHB workforce which needs to be managed to reduce impacts for both our workers and people using our health services.

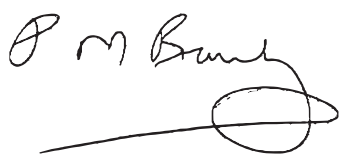
A survey kicked off today to enable the Fatigue Management and Minimisation Steering Group to gather valuable information to better understand the issues of fatigue and ways we can address it. The Group has representatives from DHBs, unions, the Ministry of Health, and the Massey University Sleep/Wake Research Centre. This benchmark survey enables us to gather valuable information to better understand the issues of fatigue and ways we can address it.

The survey is open to all DHB staff, from clinical and support to administration, corporate staff, and managers. This includes those who are employees and contracted and both union and non-union members. The survey is anonymous and is being carried out by an independent researcher from the Massey University Sleep/Wake Centre, who has expertise in fatigue management science and previous experience in conducting fatigue research.

Results from the survey will inform future work on how we can manage and minimise fatigue and a report will be published outlining the key findings.

DHB staff who belong to a union will receive the survey link and information from their respective unions. Those staff who are not a member of a union can access to the survey [through Prism](#) and we will share the link in the Daily Global email.

Kia pai tō koutou rā



**Peter Bramley, CEO**  
**Canterbury District Health Board**

Please email us at [AskPeter@cdhb.health.nz](mailto: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](mailto: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](#).

# FLU 2022

## Your questions answered: The flu vaccine

Click the image above to see a video answering questions about flu vaccination

# RIP Dame Aroha Reriti-Crofts DNZM CBE JP

Te Kahurangi Dame Aroha Reriti-Crofts from the Ngāi Tūāhuriri hapū of Ngāi Tahu died at Christchurch Hospital on Friday 20 May, surrounded by whānau, aged 83.

She had been involved with and championed many Canterbury DHB initiatives and health improvement programmes over the years and this news will no doubt be upsetting to those who knew and loved her. She was a strong advocate for her people and an indomitable force for good.

*Auē te mamae o ngā mate i ngā rangi tata nei. He mihi kau atu ki a koutou, e tangi tonu, me he waipuke te rere o ngā roimata.*

***Kua hinga te taua o Ngāi Tūāhuriri, ko te Kahurangi Aroha Reriti-Crofts. Hoki wairua atu ki ōu maunga whakahī o Te Waipounamu. Rere atu rā ki ōu tūpina. Okioki i te āio.***

Hers was a life of service to her hapū, iwi, community and our country. Educated at Te Waipounamu Māori Girls' College in Christchurch, she returned to study as an adult student at Aranui High School and went on to complete a teaching diploma at Christchurch Teachers' College in 1983.

She was co-tutor of the Māori cultural performance group at the 1974 British Commonwealth Games in Christchurch; and was head tutor of a similar group at the 1975 New Zealand Games, also held in Christchurch.

Dame Aroha joined the Ōtautahi Māori Women's Welfare League in 1968 and served as secretary of the branch in the 1970s. In 1990, she was elected national president. Her involvement in other community organisations included serving as a trustee of our Kaupapa Māori provider, Te Puawaitanga ki Ōtautahi Trust, the Māori Women's Development Incorporated, Mana Waitaha Charitable Trust and Māori Reserve Lands: Tuahiwi/North Canterbury. She was a kaiwhakamana of the Department of Corrections and chairperson of Matapopore – Tūāhuriri Rūnanga.

She was particularly involved with health initiatives in Māori communities, such as Tamariki Ora (well-child), Rapuora (mobile nursing service), outreach immunisation, flu vaccinations for older people, breastfeeding advocacy and the bowel screening programme.

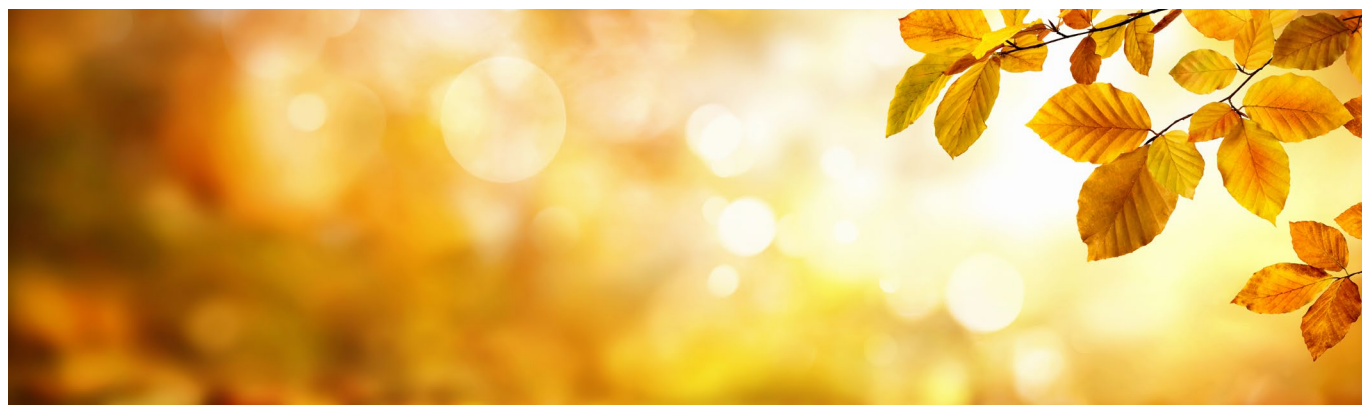


Photo supplied by Te Ngāi Tūāhuriri Rūnanga

In 1972, Dame Aroha was named as Young Māori Woman of the Year. In 1977, she was awarded the Queen Elizabeth II Silver Jubilee Medal, and in 1993 she received the New Zealand Suffrage Centennial Medal.

In the 1993 New Year Honours, she was appointed a Commander of the Order of the British Empire, for services to Māori and the community. In 2016, she was a runner-up for the Māori/Pacific Health Volunteer Award from the New Zealand Ministry of Health. In the 2020 Queen's Birthday Honours, she was appointed a Dame Companion of the New Zealand Order of Merit, for services to Māori and the community.

We mourn the loss of a wonderful servant of the people and we equally celebrate her life and her contribution to Aotearoa.



## Bouquets

### **Ben, Ear Nose and Throat (ENT), Christchurch Hospital**

I'd like to thank Dr Ben Chan in the ENT department. He has a great manner and explains what he's doing. Very reassuring and we are fortunate to have staff of his calibre working for the people of Canterbury.

### **Emergency Department (ED), Christchurch Hospital**

I was admitted to ED and was assessed by Dr Martin and his team. They were thorough and ended up discharging me knowing that my pain wasn't something serious. I just wanted to say thank you. I know the ED teams must be so busy at the moment, but the highly professional team really did a great job.

### **Canterbury Hauora Coordination Hub**

Re the response to my positive COVID-19 diagnosis –thank you, to whoever organises these responses. Living alone, I was anxious on my journey but the responses from both the Hub and my medical centre were really first class. I felt very reassured that any complication would be addressed, and I also felt that I mattered. Thank you for the care.

### **Kowhai Programme, Burwood Hospital**

Grateful thanks to the Kowhai Programme volunteers for taking time out of their day to keep our dad company while he was in hospital. It was a huge help for us.

### **Parkside Ground Medical (PGM), Christchurch Hospital**

Thank you to the kind staff for all that you did for me while I was on PGM. It was much appreciated.

### **ED, Christchurch Hospital**

We received amazing care for our COVID-19 positive one-year-old daughter (especially given we, her parents have also tested positive for COVID-19 this week). All the doctors, nurses and staff treated the three of us so kindly and were very gentle and patient with our wee girl when she was upset. We regularly had other doctors and nurses

check in and say hi during our short time there, just to offer some reassurance. We wanted to thank you so much for making such a stressful and uneasy time so much easier for our family. You do an amazing job and we are so grateful to have such great care available to us in Christchurch.

### **Canterbury Hauora Coordination Hub**

Thank you for providing me with the oximeter. It was really reassuring to have this, particularly as when I was younger I was a regular in the High Dependency Unit with respiratory illness, and I was very sick with my COVID-19 infection. My GP was wonderful at monitoring me remotely on a daily basis and I am thankful that I was able to stay out of hospital and recover. Thanks again for keeping us safe and all your great work throughout the pandemic.

### **Ward 18, Christchurch Hospital**

The best ward in the world! Everything here is so friendly. Thank you for looking after me.

## Big Shout Out

### **To: Kowhai Companions**

A big shout to the wonderful Kowhai Companions at Burwood Hospital. These amazing volunteers have been instrumental in reducing delirium for some of our patients. They are very kind and provide companionship for our vulnerable patients, by taking them outside for walks, doing puzzles and generally just chatting. Our patients and their families are very grateful!

**From: Charge Nurse Manager Ward B2,  
Burwood Hospital Julie Lawson**

#carestartshere



### Intensive Care Unit (ICU) and PGM, Christchurch Hospital

Last week I spent time in ICU and PGM. The doctors, nurses and all those who looked after me were kind and caring, they talked me through all that was happening to me. I could not have had better care. We are so lucky to have such dedicated staff in our hospital. Big thanks to all of you.

### ED and Gynaecology, Christchurch and Christchurch Women's hospitals

Christchurch ED doctors, Nurse Ian in ED and the Christchurch Women's Hospital Gynae ward staff who assisted [patient name] deserve recognition for a job and patient care that was well done.

### Orthopaedic Acute Care, Christchurch Hospital

I want to take the time to pass on how grateful I am for the care my son and I received from the moment we came to the Orthopaedic Acute Care department to the moment we left – actually, before we got there. Linda was in clear phone contact the days prior which was really appreciated. Her clear communication, kindness and wealth of knowledge continued throughout our visit. Nurse Joy was also very kind for the duration and just kept the information flowing throughout our stay. I really felt we were in safe hands. There was also another kind and experienced registered nurse whose name I can't remember. Dr Izzy was

great, clearly explaining all processes and showing genuine kindness. Dr Sam was also super kind and had a great way of explaining and growing trust and rapport with my son, and also, explaining all things to me. I would be so glad if my feedback could be passed on to the amazing people we had the pleasure of being in the care of – they are all fantastic health professionals.

### PGM, Christchurch Hospital

Very well-run unit. Busy and friendly staff.

### ED, Christchurch Hospital

A huge thank you to every single member of your professional team who took care of me in my short visit after an asthma attack. In 50 years, I've never had to visit hospital as an inpatient but all I can say is that my experience of every single person who was involved in my care and treatment was amazing! Obviously a very, very busy department, and I would imagine, a stressful environment, but everyone was kind and caring towards me in my treatment. Thank you for your dedication and help to get me fixed up and sent home.

### PGM, Christchurch Hospital

Thank you to all the lovely staff on PGM. You made my stay a nice experience.

### PGM, Christchurch Hospital

Great staff. Nurses work hard, always cheerful and friendly.

## Big Shout Out

**To: Emergency Coordination Centre (ECC) COVID-19 Staffing Nurse Coordinator Traci Mendiola, Nurse Coordinator - Projects Yvonne Williams, Administrative Services Coordinator Rohanne Compton, Guest Support Team Leader Sara Mahon, Team Leader Rebecca Trathen, Senior Support/Application Trainer Lyn Snaddon and the Orchard Road Team of Covid-19 Administrators Diana de Beus, Lisa Davis, Susan Jackson, Jacqui Goldsworthy.**

I would really like to acknowledge the collaborative team effort to get COVID-19 administrators redeployed to cover roles across the Christchurch Campus e.g. orderlies, ward clerks, administrators etc. A huge vote of thanks to the team – to Traci, Yvonne, Sara and Rohanne for their support and ongoing care and placement of our ward clerk trainees. To Rebecca and Lyn for their help in quickly streamlining the ISG processes to get these folk system access and trained; and to the Orchard Road Team who Traci trained to coordinate redeployments post Emergency Coordination Centre.

A fantastic team outcome, with more than 40 COVID-19 administrators redeployed until the end of their fixed term contracts and now well placed to contest permanent roles as they become available.

**From: Administration Manager Kay Strang**



From left, Emergency Coordination Centre (ECC) COVID-19 Staffing Nurse Coordinator Traci Mendiola, and Administrators Susie Jackson and Lisa Davis. Absent: Administrators Diana de Beus and Jacqui Goldsworthy



**Children's High Care, Christchurch Hospital**

I would like to acknowledge the amazing care we received by two of your staff (a doctor and a nurse) during April. Thank you for providing exceptional medical assessment and care plans for our daughter over the two days. You both demonstrated a real passion in your field of work from the way you conducted yourself, how you engaged with our daughter to make her feel comfortable around you, to the empathy and time you took to answer my questions and explaining things to me to ensure I understood. I also noted the way you interacted with the other nurses who were in the room, you treated them with a high level of respect which was so lovely to observe. You are a real asset to the Paediatric team. Both myself and my daughter valued your time and expertise, thank you.

**Gynaecology Ward, Christchurch Women's Hospital**

Thank you to the wonderful wahine in the Gynaecology Ward. You made me feel at ease with your clarity and kindness. My anxiety dissipated and what I anticipated as being scary was better than expected due to each one of you being very supportive. Thank you all.

**PGM, Christchurch Hospital**

The nursing staff were amazing and kind. Lovely happy atmosphere and nurses were always willing to help.

**Neonatal Intensive Care Unit, Christchurch Women's Hospital**

Just wanted to say thanks to the doctors for their kindness and understanding. The lactation consultant was very supportive and knowledgeable.

**PGM, Christchurch Hospital**

Thanks to all for your wonderful care of patients. Fantastic nurses, knowledgeable doctors. Thanks for your caring helpfulness. Your work is greatly appreciated.

**Heather, Radiology, Burwood Hospital**

Heather was amazing – caring and kind. She talked me through everything and even helped carry my basket and my backpack.

**PGM, Christchurch Hospital**

I have had outstanding care. The nurses are so amazing. I have never had anything less than beautiful care. Nothing is a problem for them, they are so caring. I appreciate the wonderful care and attention I have been given.

**ED and PGM, Christchurch Hospital**

I would like to thank all the staff in ED and PGM who were kind to me during my stay.

**PGM, Christchurch Hospital**

Thank you so much to the lovely staff on PGM. They were so nice. Friendly atmosphere. Please pass on my thanks from a grateful patient.

**PGM, Christchurch Hospital**

The care I have received during my nine days here has been fantastic. Thank you to all staff involved including nursing, testing, doctors, WellFood staff etc. I have been in a busy ward however nursing staff have been available to assist when necessary. The test I have been given allowed speedy diagnosis and treatment to see me well on the road to recovery. Also, the community care arranged on my discharge will be very helpful. Thank you again to everyone involved.

**Radiation, Christchurch Hospital**

I have just completed my final treatment of radiation. I cannot speak highly enough of the care and kindness of the staff and their consideration of my needs, their professionalism, and the way they informed me of what was happening during my treatment. Outstanding. I dealt with the teams in Units three and four. They made a horrible situation far more bearable. This also includes Dr Ward, Dr Chan, Dr Loft and Tash. Thank you.

**PGM, Christchurch Hospital**

I want to thank the staff for looking after me so well when I was recently in PGM with COVID-19. I was really worried, but all the nursing staff were so great, explaining everything to me.

**Ear, Nose and Throat, Christchurch Hospital**

I would like to compliment Nurse Setene for the excellent work she does and how good she is with ears.

**PGM, Christchurch Hospital**

Thanks so much to all staff for your thoughtfulness and knowledge, help and assistance in caring for your patients. Special thanks to Jono for his help in getting the right meds for my dad. You allowed him more comfort in his last days.

**Christchurch Hospital**

Thank you so much for the amazing care. It makes all the difference to have people who genuinely care.

**PGM, Christchurch Hospital**

What a wonderful bunch of nurses you have on this ward. They really made me feel like I wasn't just a number. Each one took the time to explain things to me and not feel silly for asking questions. Everyone, from the hospital aide to the WellFood staff were all wonderful. Canterbury DHB should be very proud of this ward.

## Measles campaign set to launch

With Aotearoa's international borders now open, ensuring our communities are protected from measles as best they can has become (another!) priority for our public health, general practice teams and community pharmacies.

Our measles vaccination (MMR) campaign is set to launch in Canterbury over the next few weeks and will include social media and advertising across community newspapers, radio, and street posters.

We'll be spreading the word wide and far that two doses of the MMR vaccine are safe, free and can be given by your general practice team or if you're a young person/adult, by your local pharmacy too.

We've also asked primary health care teams and other whānau and community facing organisations across our rohe (region) to display posters and share our flyers and brochures.

Some of our key messages this year are:

- › It's really important we all check if our pēpi, tamariki and rangatahi (young people between 17 and 32 years old) need to get their MMR vaccination.
- › Ideally all pēpi should get their two doses of the MMR vaccine when they are 12 and 15 months old – if they didn't, talk to your GP today. Now is the time to immunise!
- › If you have rangatahi in your whānau who aren't sure if they had their MMR vaccination when they were young, contact your general practice team and they can help you to confirm if they need to get their two doses.
- › If you're still not sure, get your MMR vaccination anyway – it's safe to get your two doses again.
- › Rangatahi can get their free MMR vaccination at their local general practice team or pharmacy.
- › The MMR vaccination is safe, free and you can have it at the same time as your flu or COVID-19 vaccination / booster. If you have recently had COVID-19, you can get your MMR vaccination as soon as you have recovered or as advised by your health professional.

More information on measles and how to get your vaccine can be found at: <https://www.health.govt.nz/your-health/healthy-living/immunisation/protect-against-measles>

If you have any questions, feedback or any other great ideas for getting the message out there please contact the public health team through [arna.rathgen@cdhb.health.nz](mailto:arna.rathgen@cdhb.health.nz).

We have lots of posters and brochures so get in touch if you'd like some to share. Please also keep an eye out for our social media campaigns on our [Canterbury DHB Facebook page](#) and share across your own friends, whānau and networks.





# Workplaces go rosy for Pink Shirt Day

On Friday 20 May kaimahi (staff) throughout Canterbury DHB turned out in all shades of pink to support Pink Shirt Day, as part of the anti-bullying campaign.

There was pink attire in all forms, pink desks and pink kai as we celebrated together. The weather was grey and wet in Canterbury, but we didn't let that dampen our spirits.

These are just some of the photos sent in from our amazing kaimahi for the 'Pink Shirt Day Pink it Up!' competition as part of the Canterbury DHB Calendar of Belonging.

Winners of some fabulous pink prizes will be contacted within the week. Thank you to all those who supported this important cause.





## Moody view from up high

An incoming weather front as seen from the helipad on Waipapa.

The man behind the lens, Health and Safety Advisor Gareth Shaw, says the image is a bit of an analogy, flying in from the darkness with a ray of hope on arrival.

Thanks for sharing Gareth.

*Photo credit: Health and Safety Advisor Gareth Shaw*



## Students making a difference

Marian College students Kate O'Halloran and her friend Emily Watts spent some time at Whakatata House recently putting together sensory kits that are offered to children, youth and families.

Kindly funded by the Māia Health Foundation, the 'take home' sensory kits are an introduction to how important our senses are when we want to feel 'just right' and have a variety of items in them such as stress balls, bubbles, and helpful visual information and support numbers.

Whakatata House is a Canterbury DHB facility that provides child, adolescent and family mental health services.

The volunteer work is part of the community service undertaken by Marian College students.

Ka Pai! Thanks Kate and Emily!



Emily and Kate making up the sensory kits



From left, Kate O'Halloran, Occupational Therapist with the Children In Care Team Sarah McLaren and Emily Watts



# Working in health

## “a privilege”

The world of medicine and health has always inspired Mary Gluyas.

Mary, who was born and raised in Auckland, says medicine has been a constant part of her life. Her mother was a nurse; her father an anaesthetist, and her grandfathers and uncles were doctors.

She recalls from a young age, going into her father's office and reading his medical books.

“Even though I was only about nine years old, I found medicine extremely fascinating,” she says.

Mary has held a number of roles during her 32 years with Ashburton and Rural Health Services, most recently as Asthma/Respiratory Clinical Nurse Specialist. She also was Chair of The College of Respiratory Nurses, during this time.

Next week Mary steps down from her 46-year career in health but says she hasn't quite decided if she is ready to hang up her stethoscope for good.

Mary's first job as a registered nurse was at Auckland Hospital, where she was exposed to many different aspects of acute health care. This included as Acting Charge Nurse in the Surgical unit which specialised in liver, pancreatic and major abdominal surgery and working in other acute areas such as Operating Theatre and Recovery.

She worked in acute nursing for over a decade in Auckland and Wellington, as well as London.

“Auckland Hospital provided great opportunities and I thoroughly enjoyed my time there,” she says.

After marrying and moving to Ashburton, Mary went into community-based nursing, initially holding a position working with diabetes patients.

“It was my first time working in a non-acute setting and it was a big learning curve. Jean Jones, the nurse who mentored me, was an excellent role model.”

Other positions that Mary has held at Ashburton Hospital include as coordinator with two large international medical clinical research trials. Working with patients with chronic respiratory disease in her latest role has been extremely rewarding, Mary says.

“I have always strived to make a difference for patients; to see them holistically and in the context of their lives, whānau and honour their individual belief systems. I have always aimed to deliver best practice; reduce inequities and make a difference in the lives of the people of mid-Canterbury. It has been a team effort, and I am extremely grateful for the mentoring and support from the respiratory team in Christchurch.”

Working in health has been a huge privilege and very humbling, walking alongside people in their health journey. Along with that comes huge responsibility. I truly hope I have made a difference.”



Asthma/Respiratory Clinical Nurse Specialist  
Mary Gluyas

A career highlight is the people she has worked with.

“We all work as a team and I appreciate the support I've had over the years from my colleagues.”

Nurse Manager Julie Broker says Mary will be greatly missed by the colleagues both in Ashburton and Christchurch.

“Mary has always put the care and welfare of her patients at the forefront and delivered care to her patients in a kind and professional manner. She has a wealth of knowledge and will be greatly missed by all. I wish her all the best in her retirement.” Director of Nursing Ashburton Health Services  
Brenda Close says

# Tobacco – an environmental killer too



World Smokefree Day (WSFD) 2022 is a global campaign in May that aims to increase the awareness about the environmental cost of the tobacco 'cycle,' from cultivation, manufacture and supply to the contaminated waste it produces.

The campaign also aims to expose the industry's efforts to 'greenwash' itself and to make its products more attractive by promoting them as environmentally responsive.

Tobacco use is destructive at every turn

From start to finish, the tobacco life cycle is an overwhelmingly polluting and damaging process. As well as air pollution caused by smoking, damage occurs across the entire supply chain, and is much more complex.

Across the globe around 3.5 million hectares of land are destroyed to grow tobacco each year. Growing tobacco also contributes to the deforestation of 200,000 hectares a year and soil degradation.

**Tobacco production depletes the planet of water, fossil fuel and metal resources.**

Globalisation of the tobacco supply chain and sales means the tobacco industry relies heavily on resource-intensive modes of transport.

About 4.5 trillion cigarette butts are not disposed of properly every year across the globe, generating 1.69 billion pounds of toxic waste and releasing thousands of chemicals into the air, water and soil.

The WSFD 2022 campaign calls on governments and policy-makers to step up legislation, including implementing and strengthening existing schemes to make producers responsible for the environmental and economic costs of dealing with tobacco waste products.

If you or your whānau want support to stop smoking and contribute to reducing cigarette litter contact [tehawaitaha.nz](https://tehawaitaha.nz).



## Know someone who's unsure about getting vaccinated?

To help inform people who are unsure about whether to get vaccinated against flu this year you may like to share these recent media events outlining why vaccination is so important this year:

- › Stuff panel Covid-19: [Second peak expected to hit as early as June | Stuff.co.nz](https://www.stuff.co.nz/health/covid-19/news/second-peak-expected-to-hit-as-early-as-june)
- › Director General media briefing COVID-19 update, [13 May 2022 1pm | Ministry of Health NZ](https://www.health.govt.nz/media/2022/05/13-may-2022-1pm)

**Move well,  
Stay well**



## Canterbury DHB's sling pool

Canterbury DHB has a largely standardised fleet of hoists and accessories, enabling patients across many sites to be handled safely, whether they are temporarily dependent due to illness or injury, or with an ongoing disability.

The sling pool is a shared DHB resource enabling a wide variety of slings to be available without being purchased and managed by individual areas. This ensures staff can access the right sling for the right patient at the right time.

The Injury Prevention Team will be managing the sling pool, alongside Canterbury Linen Services (CLS).

CLS performs a vital role laundering our slings in line with Infection Prevention and Control (IP&C) protocols, flagging slings with obvious wear that should be replaced and providing vital data to help prioritise what slings need to be purchased each year to continue providing this service to our people.

While it is the responsibility of all clinical staff to make sure slings are undamaged and fit for clinical use before using, CLS provide a back up to this by also checking slings as they are processed.

All patients who require hoisting are measured and allocated their own sling. This remains with the patient for their exclusive use, transferring with them to different areas.

It should also be transferred with them between hospitals. There is a largely standardised fleet of safe handling equipment across our sites, allowing the patient to have access to the equipment they need immediately on arrival to the new area.

This greatly reduces the risk of infection transmission between patients – especially when we consider we hoist people both clothed and unclothed.

There are a few things we all can do to help this system really work well in all areas.

1. All areas with access to the sling pool should have a clearly visible chart with appropriate levels noted for slings most commonly required by that patient group. This is checked regularly and enough ordered to top it up to the usual level. Submit an online order to CLS before 11am for next day delivery.

2. Holding extra slings above and beyond this level compromises access for other areas. Excess slings sitting unused in one area, may mean another area cannot have their order filled. Return any you don't need – it might make a world of difference to another area!
3. When a sling is no longer required, place it in a black linen bag to be returned to CLS for laundering. If it is soiled or used within isolation precautions, place in a water-soluble bag, then a black linen bag. Slings must be reissued after 4 weeks use or when soiled, whichever occurs first. Do not launder any slings yourself.
4. Placing a used sling in the incorrect linen stream (such as a yellow bag) can cause premature damage due to the different laundering process. This reduces the number of slings available.
5. If a sling is damaged or frayed, return to CLS in a clear plastic bag with a note stating why it has been returned, so it can be assessed and removed if needed. This should be assessed prior to every use of the sling. Never throw away a damaged sling – it must be accounted for or it will not be replaced!
6. A sling can be kept on a hook in the patient's bed space – this way it can dry before it is needed again if it becomes wet after showering a patient.

Any questions? Please contact the Injury Prevention Team, Health and Safety.





# An important update to household contact definitions announced last Friday

The Ministry of Health announced the following changes late last Friday, which are important to those living in households with people who have COVID-19.

## Updated household contact definition

The Ministry of Health has clarified the definition of a household contact in light of tourists or New Zealanders travelling around the country. The new points added are in italics below:

You are a household contact if you:

- > normally share a residence with a person who has tested positive (either on a permanent or part time, or shared custody basis),
- > and you spent at least one night or day (more than eight hours) in that residence while the person with COVID-19 was infectious.

It is expected that this includes people who live in shared houses and flats.

You are also a household contact if you don't normally share a residence with the case but have spent a night together in the same room.

*For people who are travelling or holidaying around New Zealand, this would also include sharing non-communal holiday accommodation such as a:*

- > hotel room
- > tent
- > campervan
- > temporary holiday home (such as a bach, Airbnb or similar).

The following people are not considered household contacts, but may be close contacts (unless a medical officer of health deems it appropriate to apply the household contact definition):

- > if they live in the same group accommodation as the case (for instance, halls of residences, boarding houses, hostels, backpackers, transitional housing etc).

[See more here.](#)

\*Also noting that someone who does not normally reside with a case but spends the night with them is considered a household contact.

## New household isolation timeline tool

A new isolation timeline calculator has been created and published on the COVID-19 health hub:

### Do you live with someone who has tested positive for COVID-19?

Use our new household isolation tool to create an isolation timeline for your household.

The isolation timeline confirms who needs to isolate, the dates they need a test, and when they can leave isolation. It will also give you self-isolation dates for those in your house who have COVID-19. There is no cap on the number of people you can add.

The household isolation calculator doesn't save or store any data that is entered. You can use it again if anyone else in your household tests positive while isolating.

You can create an isolation timeline for your household here: <https://covid19.health.nz/advice/household/create-isolation-timeline>

Find more information for household contacts here: <https://covid19.health.nz/advice/household>

Generated on 20/05/22

**Your household today**

- Bob is self-isolating with COVID-19 (Day 0)
- Lucas is not isolating (90 day rule)
- Lucy is not isolating (90 day rule)
- Corrine is not isolating (10 day rule)
- Poppy is isolating as a household contact (Day 0)

[Read about the 90 day rule](#)  
[Read about the 10 day rule](#)

**Key dates**

- Monday**  
Poppy needs a test (Day 3)
- Friday**  
Poppy needs a test (Day 7)
- Saturday**  
Bob can leave self-isolation  
Poppy can leave isolation if their Day 7 test is negative

**Key information**

- If you had COVID-19: if you still have symptoms, we advise you to stay at home until 24 hours after they resolve.
- If you did not have COVID-19: if you have new or worsening symptoms, you should stay at home and take



# Minister of Health Volunteer Awards open for nominations – new COVID-19 category

The Minister of Health Volunteer Awards recognise and celebrate individuals and teams of volunteers who freely share their time, energy and compassion to help improve the health and wellbeing of others.

Since they began in 2013, the awards have recognised 73 teams of volunteers and 116 individuals across our hospitals and communities. In total that's several thousand people demonstrating how individual commitment and dedication makes a positive difference to the lives of others.

Nominations for the 2022 awards are now open for volunteers and teams of volunteers in our hospitals and communities who are helping support our health and disability services.

This year there is a new award category – COVID-19 Health Volunteer – to recognise the great work by volunteers responding to the specific challenges of looking after people and helping to keep them safe during the pandemic.

The Long Service category has been extended for the first time to include team nominations in order to recognise the contribution made over many years by some of our health volunteers.

Nominations close on 3 June and this year's recipients will be celebrated during National Volunteer Week, June 19 to 25. Every nominee receives a letter of appreciation from the Minister of Health.

The awards are scheduled to be presented at the Grand Hall, Parliament, during National Volunteer Week on Monday 20 June, after being judged by an independent judging panel. Recipients will be showcased on the Ministry's website along with the Volunteer Awards booklet we have been producing in recent years.

Categories for 2022 (team and individual) are:

- › Health Care Provider Service
- › Community/NGO Health
- › Māori Health Service
- › Pacific Health Service
- › Youth Health Volunteer
- › Long Service
- › COVID-19 Health Volunteer



Let's celebrate and pay tribute to those individuals and teams of volunteers who make a difference to New Zealanders' health.

## calling for nominations

for the 2022  
Minister of Health

## volunteer awards

Health volunteers make extraordinary contributions, to an extraordinary number of people, in an extraordinary number of ways.

These awards celebrate health volunteers from all walks of life and give New Zealanders the opportunity to recognise and celebrate the inspirational commitment of health volunteers.

**Nominations now open**  
Closing 5 pm Friday 3 June 2022

**Nominate someone today**  
[health.govt.nz/volunteerawards](https://health.govt.nz/volunteerawards)

You can find out more about the categories and nomination criteria, along with previous recipients, at [2022 Minister of Health Volunteer Awards](https://health.govt.nz/volunteerawards) or email [volunteerawards@health.govt.nz](mailto:volunteerawards@health.govt.nz).

# One minute with...

## Siobhan van Dyk – Sonographer

### What does your job involve?

Using advancements in ultrasound technology to scan patients and produce high quality diagnostic images. Ultrasound scans can be used to diagnose conditions, to assess the size and function of some body systems, and to assess and monitor pregnancy. It can also be used in some procedures or surgeries.

### Why did you choose to work in this field?

I wanted the challenge that ultrasound gives with being a highly operator-dependent imaging modality. The fast paced, caring environment with a high standard of achievement, and smaller team environment was also very appealing. You are always learning, always challenged.

### What do you like about it?

My favourite part of my job is the obstetric and gynaecology aspect to our work – the assessment and monitoring of pregnancy – I find it really intriguing and I still get amazed at how much we can see. I love being able to work within the South Island's only Fetal Medicine department and we have a great team environment, working with various healthcare professionals.

### What are the challenging bits?

Working with patients in a time that can range from being exciting to heart-breaking is quite an emotionally challenging experience – especially the obstetric work as we mostly scan high-risk patients.

### Who inspires you and why?

My late Mum. She worked in Christchurch Hospital as a nurse in the Gastroenterology department. I adored coming into her workplace when I was a child and the environment has always felt like a second home. I hope she would be proud that I have ended up in the medical field!

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

I always ensure I give the best of my ability and resources to the patient, making their journey in ultrasound/radiology one of professionalism and kindness.

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

I would love to be on a beach in Rarotonga right now.



### What do you do on a typical Sunday?

Coffee out with my husband and two little girls. Catch up with friends and family!

### What's your favourite food?

A decent cheese platter accompanied by a glass of wine or bubbles is my ultimate favourite!

### And your favourite music?

I probably have the broadest taste of music of anyone I've ever met. Anything from Dean Martin to Adele to Dua Lipa. At this stage of my life, I have definitely listened to the Moana and Frozen soundtracks way too many times.

If you would like to take part in the column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz)

## Something For You



Something *for You* is the Canterbury DHB employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.

Below are some finance-related deals for you:

### BLACK HAIRDRESSING

#### Black Hairdressing

- 363 Colombo Street, Sydenham

Either get \$50 off a full colour service with a senior stylist for your first visit, or \$20 off a cut and blow dry with a senior stylist, or a keratin treatment for \$60 when getting a colour (usually \$150) - show your Canterbury DHB ID to redeem.



#### Headmistress Organic Hair Salon

- 81 Durham Street, Sydenham

Get 20 percent off all services, plus get a free Olaplex treatment on your third colour service - show your Canterbury DHB ID to redeem.



#### Off & On

- 181 High Street, CBD (off Tuam St, near Little High courtyard).

Get 20 per cent off all full paying services - show your Canterbury DHB ID to redeem, see more information [here](#).



#### All about you

- Shop 3, Centaurus Village, Centaurus Road, Huntsbury, Christchurch 8022

Get 20 percent off your first visit and 10 percent off every visit thereafter - show your Canterbury DHB ID to redeem.



embrace

SKIN . BEAUTY . WELLNESS

#### Embrace Skin and Beauty

- 363 Colombo Street, Sydenham (The Colombo)

Get 20 percent off full price treatments - show your Canterbury DHB ID instore to redeem.



#### The Cosmetic Clinic

- Christchurch central and Riccarton

Get 20 percent off skin treatments and laser, this does not include injectables or product - show your Canterbury DHB ID instore to redeem.



# Te Aho o Te Kahu, Cancer Control Agency Update May 2022 is out now.

This update gives an overview of a number of key pieces of the agency's work programme including: monitoring and managing the impact of COVID-19 on cancer diagnosis and treatment; planning cancer services in the context of the health system reforms; the cancer medicines availability analysis; updates on the Quality Performance Indicator programme; ACT-NOW and Structured Pathology; and an introduction to our Pacific Research Project and Cancer Pathways programme.

Read it [here](#).

## Exciting opportunity to learn Te Ao Māori online

We are looking for expressions of interest in a new opportunity to enrol in Education Perfect's online Te Ao Māori for Professionals' course.

Their course has a wide range of activities, it can be completed on any device, at any time and you will receive instant feedback on your answers ([course overview video](#)). Your progress is recorded in real time and you will receive a Certificate of Completion when you finish the requirements of the course.

Key reasons to sign up:

- › Develop confidence, working knowledge and capabilities in various aspects of Te Ao Māori
- › Practice pronunciation privately and get instant feedback on your answers
- › Learn Te Reo Māori but also immerse yourself in aspects of Tikanga and Aotearoa NZ Histories

This is a 12-month license to the programme and you will be expected to commit to 30 minutes a week and at least one kanohi ki te kanohi hui (face-to-face hui).

This opportunity is limited, so if you would like to register your interest please complete [this form](#) before Friday 3 June.

Hei konā mai i roto i ngā mihi





Noho ora pai ana I te korokeke  
Living well with Dementia

## Specialist Dementia Education Series

### Wednesday 1 June 2022

#### Dementia & Delirium

Delirium, or acute confusion is a condition that is common in people who have pre-existing brain disease such as dementia.

There is good news though!

Simple strategies can help with some of the risk factors for delirium, reducing the chance of it occurring. These strategies may also help if a delirium does occur. Find out more about delirium and how we can help prevent it in this session with Dr. Susan Gee, a researcher with the CDHB and Tracey Hawkes, Occupational Therapist at Burwood Hospital.

***Please ensure you register for this popular session.***

***Phone 379 2590 or 0800 444 776 or email  
[admin@dementiacanterbury.org.nz](mailto:admin@dementiacanterbury.org.nz)***

**Date:** Wednesday 1 June 2022

**Time:** 2pm - 3 pm

**Venue:** Via zoom link

**Once you have registered the Zoom link will be emailed to you.**

**Address:** 3/49 Sir William Pickering Drive, Burnside, Christchurch **Postal Address:** PO Box 20567, Christchurch 8543  
**Ph:** 03 379 2590 or 0800 444 776 **Email:** [admin@dementiacanterbury.org.nz](mailto:admin@dementiacanterbury.org.nz) **Website:** [www.dementiacanterbury.org.nz](http://www.dementiacanterbury.org.nz)