



Acknowledging and celebrating our midwives and nurses

Last Thursday marked International Day of the Midwife and this Thursday is International Nurses Day.



I want to give a massive shout out to our incredible nurses and midwives who do amazing mahi across our health system. At Canterbury DHB we have almost 4000 nurses in a wide variety of roles. Across the wider Canterbury Health System, a further 3000 nurses work for other health providers providing care in a range of settings including people's homes, general practices, aged residential care, NGO providers, prisons and schools.

Thank you from the bottom of our hearts to all nurses for the work you do every day. Thank you for being so flexible and stepping up in all sorts of different settings of care, particularly through the COVID-19 response. The care and the compassion that you show to the people in our community is outstanding.



Opening of Oromairaki is getting closer

Tomorrow is a really special day as we will be blessing the Canterbury DHB facilities at the brand-new Toka Hāpai/Selwyn Health Hub. We'll be celebrating the blessing of the Oromairaki maternity unit as well as the community dental, child, adolescent and family mental health and community public health outpatient facilities. These are amazing facilities, and they're going to be integral to supporting the health care of our community. Selwyn is one of the fastest growing districts in New Zealand, so this birthing unit is well placed. Once the blessing has taken place, we can organise all the furniture and equipment in the facility and get everything ready for its opening at the end of the month.



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Violence and aggression in Emergency Departments (ED) – it's not ok

You may have seen media coverage of a study on violence and aggression in emergency departments last week, which used data gathered in the Christchurch ED and was authored by some of our ED staff. At Canterbury DHB, we acknowledge that workplace violence is a critical risk and our teams are working hard to address safety for both consumers and staff. Although no level of violence is

acceptable in any workplace, sometimes our facilities can be challenging environments. I want to reassure you that we are working on a structured programme to address issues and develop safer processes, for example, for example continuing to work on improving de-escalation techniques, updating security technologies, emergency response plans and risk information sharing.

Thanks received for the work and professionalism of all MIQ health staff

I received a wonderful letter this week from Ministry of Business, Innovation and Employment (MBIE) Chief Executive Carolyn Tremain, thanking our people for all of the support we provided to the Managed Isolation and Quarantine (MIQ) programme. She wrote "You and your workforce have responded with dedication and professionalism to help MIQ play its vital role and navigate

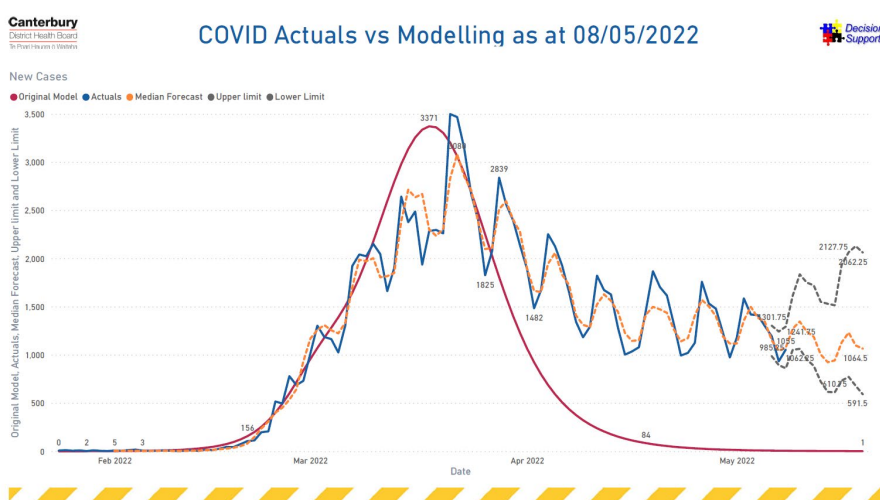
through many challenges...the support your staff provided across Christchurch facilities ensured that all returnees and community cases were tested regularly, cared for and understood the health requirements for both being in the facility and once they left." I am really proud of all our MIQ team who helped keep our communities safe from COVID-19 for so long.

Transitioning from ECC to SWOC – A System Wide Operations Centre

We're going to be stepping down from having an Emergency Coordination Centre next Tuesday, 17 May to a new System Wide Operations Centre (SWOC). So many of you have been putting in long hard hours to support the emergency coordination response for the health system throughout this pandemic, and during this latest Omicron outbreak. People have been doing a fantastic job with everyone covering shifts seven days a week, supporting the whole health system.

Moving forward we will have a smaller dedicated team who will continue to support the integrated response as we continue to live with the ongoing impacts of COVID-19 but also to make sure we are prepared as we head into winter and an anticipated increase in acute demand due to respiratory illnesses, including the flu, and RSV.

As we continue to experience this long tail of COVID-19 in the current Omicron outbreak, please keep yourself safe. Please keep reinforcing all of those basic public health actions and keep modelling them to help our community to stay safe.



- › Total number of cases in this current outbreak (since December 2021): 123,639
- › Total number of cases who have recovered: 114,861
- › New cases today: 1,051
- › Inpatients with COVID-19 as at midnight last night: 69

Get protected if you haven't already – vaccinations work

Please make an effort to get your flu vaccine. If you can, encourage whānau and friends to get boosted if they haven't already. Our best protection from severe symptoms and hospitalisation due to COVID-19 is getting vaccinated and boosted. Whether you have had COVID-19 or not, the booster is vital for your future protection. And the vaccination provides protection over the newest variants.

Other healthy habits such as mask-wearing, handwashing, staying home when you're sick, increasing ventilation and physical distancing all help improve our protection against COVID-19.

Only 53 sleeps until Health NZ (HNZ) and the Māori Health Authority (MHA) become a reality

To help you keep up-to-date we are sharing any new information we receive about the transition or the new entities as soon as possible after we receive it.

We expect the flow of information to increase over the coming weeks as we get closer to 1 July when we will all be employed by Health NZ. There are two newsletters produced by the Transition Unit and the HNZ and MHA establishment teams. You can sign up to receive them both direct to your inbox (see below). We will continue to share them via the Daily Global email and weekly CEO Update.

Further information and presentations are available on their various websites:

FAQs for Health Staff can be found [here](#). They will be updated twice a week. If you have any questions, talk to your manager or email hnzmhaestablishment@tas.health.nz

- › interim Health NZ www.hnz.govt.nz
- › interim Maori Health Authority www.mha.govt.nz
- › Future of Health - www.futureofhealth.govt.nz

Stakeholder newsletter aimed at external stakeholders:

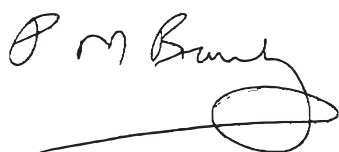
- › Sign up here: <https://govt.us5.list-manage.com/subscribe?u=e5eb2bf3c295a0c45c4700780&id=65de80baa7>

People Pānui aimed at DHB/health staff:

- › Sign up here: <https://govt.us5.list-manage.com/subscribe?u=e5eb2bf3c295a0c45c4700780&id=43be5e7f71>

Take care and be kind to each other. Have a great week.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board

This week
with Peter

9 Haratua 2022

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

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

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

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



Bouquets

Emergency Department (ED), Christchurch Hospital

Your entire team were fantastic today. My son and I were very impressed with everyone who dealt with us – from front reception right through to the security person. All staff were efficient, friendly and very thorough. The nurse (Amy) and her helper were exceptional, and the doctor was excellent as well. I realise that all of you are probably working extra hours and missing your families during these COVID-19 times and my family truly appreciates what you are doing.

Christchurch Women's Hospital

I am really thankful to those nurses who were there to help me and bring my son into the world. They did an amazing job. My partner and I were so happy, especially with how they treated me, and asking if I was ok and needed anything. I wish I could come and give you all a big hug. If I had lots of money I would buy you all a coffee. But my heart, and love, goes out to you all, especially the ladies and nurses on that day and night. You did a really great job with me and my son. I thank you again, well done.

Ward A7, Christchurch Hospital

We cannot thank the staff on Ward A7 enough. Our daughter was there for three nights and all the staff were amazing. From the support staff, to the doctors and nurses, everyone was friendly and attentive. It made a very stressful time a lot easier. Special mention to Corban, the student nurse. While we hope to never be back, we know we would be in the best hands.

Chelsea, Radiology, Christchurch Hospital

I was very apprehensive about going in the MRI machine as I am very claustrophobic. Chelsea put me at ease and made me feel very cared for. Right from the start she kept checking in with me, got me a chair, helped with my walking stick, and asked if I was alright. I have never come

across such a beautiful person, she was exceptional. I have never been so relaxed during a procedure and came out thinking "wow, that wasn't so bad". Thank you.

Interventional Radiology, Christchurch Hospital

I want to thank Rona from Interventional Radiology. She and the other two nurses who attended to me were so kind. I just want to say I appreciate it very much.

Evangelene, Ward 18, Christchurch Hospital

Evangelene who brought me my meals was an absolute angel. She was so thoughtful and thorough with each meal. She really cared about everyone in the room's needs and made sure everyone had the correct food and got them different things if it wasn't right. She was also joyful and so sweet, I looked forward to her coming in each time just to have her lovely personality about.

Ward A5, Christchurch Hospital

What a great bunch of nurses and doctors, so helpful and cheery.

Big Shout Out

To: : Operating Theatre Assistant Benjie Camacho

Benjie is a standout Operating Theatre Assistant. Thanks for your infectious smile and hard work in the Post Anaesthetic Care Unit (PACU). Appreciated by all.

From: Waipapa PACU team

#carestartshere

Belinda and Anton, Christchurch Hospital

I want to highly commend your team. Both Anton (Security) on the initial request for emergency help who practically helped us and showed us where to go, and Belinda, on the information desk who helped calm and reassure me. I was very flustered and distressed. During the next few days on visits to my husband they continued to show personal interest and concern. Well done and all our thanks.

Josh, ED, Christchurch Hospital

All the staff we dealt with in ED were great but a special mention for Josh. He was fantastic – so patient, personable and meticulous. He's a star.

Big Shout Out

To: Pharmacy Technician Peggy

Thanks for helping us nurses on the ward with medications. Much appreciated!

From: Nurses, Ward A5, Christchurch Hospital

#carestartshere

Meaningful May

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Living our Values - Julie Thompson

Social Worker Julie Thompson's secondment to the Canterbury Hauora Health Hub has brought challenges and rewards.

Julie, whose usual role is at Burwood Hospital, where she's been one of the key members of the social work team for six years, began a six-month secondment at the Hub in March.

"It's been busy – and a different way of working – going from ward-based face-to-face client work to computer and phone – they are different types of engagement skills. I've learnt so much coming into this role," she says.

Much of her job at the Hub involves assessing people with welfare needs, making sure they can isolate safely, identify and remove barriers of access including finding out if there are any drug and alcohol or family harm issues and determining any housing needs. Referrals come from variety of places including GPs, COVID-19 discharge nurses, other DHB services and community agencies.

"Depending on their answers, we need to help them safely isolate which may require temporarily moving into self-isolation or managed isolation. Then, when they've recovered, we link them into other agencies to help them get back on their feet.

"We have to work quickly and ask a lot more questions than I am used to. That's because when you're face-to-face with someone you tend to read their body language, as well as listen to them, especially when dealing with family violence, mental health or drug use, but here it's about asking direct questions in order to be able to meet their needs."

Watching this new service, and systems to support it, be created, has been exciting, Julie says.

"Our Clinical Coordinator Jolene Hunter has done an amazing job pulling people together at the right time and creating systems and processes to help staff hit the ground running.

"Jolene and I started at the same time and I have had the privilege of watching her create the roles despite this being a very new service. At the same time, we have also needed to respond to the many and varied new and unmet needs that present. I feel privileged to be working with such a good team and it's been so rewarding."

Canterbury Hauora Coordination Hub Health Clinical Coordinator Welfare Team Jolene Hunter says Julie brought to the team strong experience in working with older people.



Social Worker Julie Thompson

"She has quickly added to her skills, working across the lifespan, as the people we are working with have unmet need and this can range from needing kai, having disability support needs, to having nowhere to live while self-isolating.

"Offering community-based social work support seven days a week is unique, and Julie has brought with her a fantastic attitude and willingness to work across weekends supporting the meeting of needs as we find them.

"Our work here has been focused on responding to those in the community who lack formal or informal supports or resources to allow them to safely self-isolate. We have been working with general practices and our Hub nursing and social work colleagues overseeing the assessment and logistics of people who may require additional support and/or alternative accommodation while self-isolating."

Liaising with colleagues from the Ministry of Social Development and other government agencies, some of whom have been based onsite to ensure wraparound support, has meant cutting the red tape that can exist so often for people with complex issues, Jolene says.

INTERNATIONAL NURSES DAY

Message to our nurses from Executive Director of Nursing Becky Hickmott



On 12 May we celebrate International Nurses Day and reflect on the last year and the incredible work that nursing has been a part of in the health system, locally, nationally and internationally.

In Canterbury and the West Coast, nurses have again stepped up to navigate and provide safe delivery of healthcare and support for our communities during the pandemic, ensuring the provision of infection prevention and control right across the health system. That health support was provided in managed isolation and quarantine facilities and in continued focus on occupational health and safety, vaccination, testing, community hubs.

Enrolled, registered, student and even retired nurses have shown huge perseverance, deploying right across our health systems into new roles. Using their expert nursing knowledge, they have continued to provide their best care to patients and their whānau whether in urban, rural or remote communities, working with patients and clients experiencing health challenges.

From birth to death, non-communicable to infectious diseases, mental health, chronic conditions, in prevention and wellness, in hospitals, communities and aged and residential care homes, nursing has led the way to provide person-centred holistic care.

Working in health means constant change and requires adaptability, now more so than ever, in light of the new health reforms. Nursing has a major role to play in HealthNZ and the Māori Health Authority and you are such vital cogs in our health system in addressing inequities. Nurses are innovators, working at top of scope in many areas to improve access and continue to manage all the new and emerging challenges within these pandemic times.

Technology in nursing also continues to evolve at pace, with increased online learning and the role of Telehealth in urban and rural areas. You have truly raised the bar again in providing access, leadership, improving the health of our communities, and demonstrating your commitment to continue to shape the future of our healthcare.

We also want to acknowledge how vital the role our nurses' whānau and friends play in supporting their loved ones to focus on the health care of our communities, trusting that they will be safe and returning to them at the end of each day.

We acknowledge that nursing is not easy. It's demanding work especially in these days of challenging staff shortages. As nursing leaders, we do see you and your work and believe in the role you play and its value to the community, region and the nation. We are extremely proud of our Canterbury and the West Coast nurses, for who you are and what you stand for.

Nurse Sybilla Maude was described by a local newspaper during the 1918 influenza outbreak as the "hardest worked woman of the epidemic." I think you have all shown equal commitment and determination in some of our most challenging times both in Aotearoa and abroad.

And like Nurse Maude you continue to inspire us, and we just want to thank you for all you are and all you do!

"He toka tū moana" - Your strength is like a rock standing in raging waters.

Happy International Nurses Day 2022



Executive Director of Nursing Becky Hickmott

Stories from nurses – changing roles

In an ever-changing environment, we have seen health professionals redeployed across the health system to ensure the Canterbury Health System has enough staff to work and care for our communities and our most vulnerable during the COVID-19 pandemic.

The Emergency Coordination Centre (ECC) COVID-19 staffing team have been involved in the redeployment of health and nursing staff from Managed Isolation and Quarantine, (MIQ), casual pools (including the ECC Casual

COVID-19 Surge Workforce), rural hospitals, Burwood and Christchurch hospitals, and vaccination clinics – to name a few.

To mark International Nurses Day, we took the opportunity to explore some nurses' thoughts on their changing or deployed roles.

Here are their stories:

Wendy Cox Casual Registered Nurse (RN), COVID-19 Surge Workforce Team

"After a number of years in the operating theatre at Southern Cross Hospital, I retired, then un-retired when COVID-19 broke out in 2020. I finished up at MIQ in October 2020, then put up my hand and joined up again in February 2022.

Over the past 12 weeks I've worked as an RN in aged residential care (ARC), as a healthcare assistant (HCA) in ARC, and for the past four weeks or so in a suburban medical centre doing initial COVID-19 assessments and follow-up calls checking on patients' welfare and health.

When I retired I realised I wasn't quite ready to give nursing away, and with the pandemic, I just wanted to be part of the solution knowing how hard nurses and health professionals in general were working. I knew I could help and take a tiny bit of the pressure off. It has been challenging at times, initially working in a different establishment almost every day.

It has also been very rewarding and added tools to my toolkit that I didn't know I needed. I liked the camaraderie and team work. Where I am now, it's about the patients, talking to them regularly. I enjoy chatting with them, being a point of contact, having a laugh on occasions, and just being a voice on the end of the phone and letting them know that they aren't alone with this – and of course, working with a great team."



RN Wendy Cox

Betsy Ramalasou, Health Care Assistant (HCA,) COVID-19 Student Nurse Surge Workforce Team

"I am a full-time nursing student completing my Bachelor of Nursing degree. Outside of study and COVID-19 times, I work as a beauty therapist and a freelance makeup artist. I love to help women look and feel like a million dollars!

I volunteered to this team as I wanted to utilise all the experience and knowledge I have to assist with my nursing studies and skills. Also, I like to go out of my way to help others, I'm a people person and love to turn a frown upside down!

Knowing that COVID-19 is tough and challenging, I wanted to assist RNs by offering my knowledge and skills and a spare pair of hands with a can-do positive outgoing attitude.

I felt privileged to care for elderly people, you learn a lot from working in Aged Residential Care (ARC), especially about building therapeutic relationships. I've enjoyed starting a shift, witnessing the residents happy to see me, and the care I would provide. This has been very rewarding and given me memories I'll always remember.

I would like to say a massive thank you to the ECC COVID-19 staffing team, they were all so supportive, ensuring my welfare and that I was well looked after and cared for. I loved it and would definitely do it again!.



Student Nurse and Healthcare Assistant Betsy Ramalasou

Sam Grice, RN, Parkside Ground Medical, Christchurch Hospital

Last November I was part of the team who moved from Ward 27 to work in Parkside Ground Medical (PGM) looking after patients who are COVID-19 positive.

Due to New Zealand having a much later outbreak compared to other countries, we have had a lot of time to learn from the rest of the world, the best way to look after our COVID-19 patients. This left us very well prepared for overcoming any challenges including understanding that we would be safe.

Overall, the change has been quite positive, and we have adapted well, as it started off quite slowly, so we had time to adjust. I have had previous experience in my last job with BiPAP (a type of ventilator) and respiratory patients so I have enjoyed the change with getting back to what I used to do, and I have been able to step up and support my colleagues with the training as well which has been nice.

It has been refreshing to look after a different patient demographic, who may not have previously been admitted to the ward, including 17 to 40-year-olds and pregnant women. We have also had the opportunity for additional training in Non-Invasive Ventilation to help better support patients who have the virus.

PGM is more acute in that we accept patients directly into the unit from general practice and via presentation to the Emergency Department. It's definitely improved my skills. The best part of working in PGM is being a part of such an amazing team. We all work so hard but at the end of the day can still get together and have a laugh."



From left, RN Sam Grice and her colleague RN Bri Wright

Hey, I've had COVID! Should I get boosted?

Being fully boosted helps protect you against reinfection and passing the virus on to your whānau and community.

Nursing students highly rate experience at the Hub

In their latest newsletter, enthusiastic third year Ara Institute of Canterbury nursing students have praised their experience working at the Canterbury Hauora Community Hub.

Collaboration with other COVID-19 services gave the students a rich COVID-19 experience, says Nurse Lead Canterbury Hauora Community Hub Roxanne McKerras.

This included collaboration with Managed Isolation and Quarantine, testing, Parkside Ground Medical and the discharge navigators at Christchurch Hospital, along with the nursing, health and welfare, logistics, and administration teams at the Hub.

"We fill the gaps and do the stuff that no one does. If the Hub team can't do it, we will find someone who can. It was great having 14 enthusiastic students get a rich understanding of the COVID-19 community world," she says.

The students' comments include:

- › I am glad to be part of the team during this pandemic now as I used to fear COVID-19 but it has been an amazing journey in terms of the nursing experience. Thank you so much for all the support and effort everyone made for us!
- › Working alongside the RNs, social workers and health care staff at the Canterbury Hauora Community Hub, has been a humbling experience that I will take with me in my nursing career. I've witnessed compassionate care, kindness and consideration to people from all walks of life. The team always maintained their composure in challenging situations like when dealing with distressed clients in Self Isolation Quarantine. I leave this placement experience feeling thankful for the opportunity to work and learn alongside knowledgeable health professionals.

Read more from the [nursing students here](#).



Some of the Ara Institute of Canterbury third year nursing students who worked at the Canterbury Hauora Community Hub

Developing a new model of care for people living with chronic pain

A project to develop a new model of care for people living with chronic pain has been given the green light.

The new model will be co-designed by people living with chronic pain – a long term condition which often starts as an injury, accident, or illness. They'll work with primary care and specialist clinicians to develop clinical and social supports for people suffering from chronic pain in the community.

Clinical Lead for the project Ken Stewart says there's strong evidence that earlier intervention leads to better outcomes for individuals, their whānau and for the health system.

"Intervening early during the development of chronic pain can reduce the risk of long-term disability, which means better quality of life for people with chronic pain and a reduction in their needing acute care and specialist interventions.

"We want to mitigate some of those long-term impacts, including having time off work or school and

consequently feeling isolated from community activities, or having low self-esteem, poor mental health, difficulties in relationships and socioeconomic disadvantage," he says.

The project will explore how to support the Primary care and Allied Health workforce to deliver interventions within the community, so that specialist care is available for those who need it the most.

These evidence-based interventions include:

- › screening and intervening early to manage pain holistically
- › medication management to reduce the development of chronic pain
- › the use of personalised care plans and acute plans to ensure continuity of care for this group of patients
- › psychological and physical activity support
- › developing capability within the primary care and Allied Health workforce, supported by specialist advice and expertise.



Clinical Lead for the chronic pain project Ken Stewart

Developing resources this way means early support will be available for a wider cohort of patients, including for Māori and Pasifika communities where the long-term impacts associated with chronic pain are more prevalent, Ken says.

"While we can't always change the pain itself, we want to establish a support system around the person to help them manage their condition and live the best life they can, in much the same way we do for people with diabetes and heart disease."

The project is funded following a successful bid to the Ministry of Health Planned Care Service Improvement Projects in 2021.

Significant accolade for surgeon

Canterbury DHB Surgeon Oliver Lyons has been awarded a Hunterian Professorship for 2022 by the Royal College of Surgeons of England.

Named after the pioneering surgeon and scientist John Hunter and dating back over two centuries, the Hunterian Professorship is among the most highly-regarded annual awards in the field of surgery.

The award recognises Oliver's work spanning over a decade, examining the molecular pathways regulating the development and maintenance of the valves that ensure a unidirectional flow of our blood.

Oliver completed his PhD at King's College London in 2015, and moved to New Zealand with his family in 2020.

Oliver says he is very honoured to have been awarded the prestigious Hunterian Professorship and extremely grateful to all those who have supported him in undertaking this research.

The Hunterian Lecture is awarded in recognition of a significant contribution to surgical, anaesthetic, or dental science. Since 1810, some of the most famous names in British surgery have given a Hunterian Lecture. Oliver will deliver the lecture to the Vascular Society meeting in the UK in November.



Surgeon Oliver Lyons

Former Project Search intern impresses

Christchurch Hospital Orderly Wiremu Manahi-Holm has only been in the job a short time but is already making an impact with his focus, positivity and work ethic.

The former Project SEARCH intern came to the role after taking part in the programme at Burwood Hospital.

Project SEARCH is an employer-led programme providing a year-long internship to students with learning disabilities, so they can learn new skills in the workplace, supported by a transitional school environment.

Wiremu first came for a tour around Christchurch Hospital to get a feel for orderly work in an acute setting, says Orderly Daniel Mayers.

"He then spent October to December last year with us as an intern. We were so impressed by his work ethic, his determination to learn and do the job correctly that he was hired as a casual. He proved to be reliable, hardworking and willing to learn."

As a result, in February, Wiremu was offered a full-time permanent position.

Wiremu, aged 21, who plays basketball with Special Olympics Canterbury, says the best thing about the job is getting to meet new people – both staff and patients.

"The job makes me happy and I am excited and proud of how far I have come starting with Project Search and now here. I enjoy learning and helping people."

Wiremu is about to commence the New Zealand Qualifications Authority (NZQA) Level 3 orderlies paper, is learning the Vocera communication system so he can work in the Emergency Department hub and has already passed his certificate for Hoverjack lifting device training.

Daniel says Wiremu is consistently in the top two producing orderlies.



Orderly Wiremu Manahi-Holm

"He is enthusiastic and very focused on tasks and wants to learn. He knows all about privacy in relation to patients, he passed a test on that with flying colours, and has learnt Canterbury DHB's core values. Everything that's been thrown at him he is just spot on with it."

Orderlies Manager Alan Heney says Wiremu is a warm and interesting person and the orderlies are impressed by how quickly he has picked things up.

"Some people weren't sure how he would cope working in what can be a pressured environment, but he has absolutely flown. He has a great attitude and continues to grow as a person, to learn, and push himself to be better every day.

"He has a great work ethic, he's never late and always smiling. If it wasn't for Project SEARCH we wouldn't have met Wiremu and he would never have got this opportunity to show to people and prove to people what he can do. We are extra proud, and he has done so well," Alan says.

New Zealand Sign Language is essential

It's New Zealand Sign Language Week.

A week for our deaf hapori (community) to stand and be proud of their identity and to celebrate New Zealand Sign Language (NZSL) as one of Aotearoa's official languages.

It only became an official language of Aotearoa in 2006 when the NZSL Act passed into law.

The vision for NZSL Week is to bring awareness and visibility, to engage with and give visibility to our deaf and hearing-impaired communities. It is a week to encourage us to embrace, learn and break down barriers, fears and misconceptions for our deaf New Zealanders.

This year the theme for 2022 is 'NZSL is Essential!'

"Over the past couple of years, we have learnt to appreciate what essential means, and this year NZSL Week want to put the spotlight on essential workers who are deaf", says Workforce Development Partner Equity and Diversity Akira Le Fevre.

Not only is NZSL essential in education, health, workplaces and home life, for deaf children and their families but also for equity and inclusion and the ability to participate in society. For anyone, no matter their ability, the means to communicate has always been and always will be an essential human right.

NZSL helps give a sense of equity and to be part of the narrative.

"It allows the wider community to look at how we can include others and also how we can adapt our daily lives to give the deaf community the tools and opportunities to not only survive but to thrive," he says.

This week there are lots of events happening across New Zealand and a whole range of resources available to help celebrate NZSL Week. For more information visit: <https://nzslweek.org.nz/>

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Study identifies exact amounts of extra vitamin C for optimal health

If you are carrying a few extra kilos in weight, an extra orange or apple might make a difference in boosting your immune system and helping ward off COVID-19 and winter illnesses.

New University of Otago, Christchurch, research has identified, for the first time, exactly how much extra vitamin C people need to ingest, relative to their body weight, to maximise their immune health.

The study, co-authored by Associate Professor Anitra Carr from the university's Department of Pathology and Biomedical Science, has found that for every 10 kilograms of excess weight a person carries, their body needs an extra 10 milligrams of vitamin C daily, to help optimise their immune health.

Previous studies have already linked higher body weight with lower vitamin C levels, says Anitra.

"But this is the first study to estimate how much extra daily vitamin C is actually needed for people, relative to their body weight, to help maximise their health."

Published in the international journal *Nutrients* and co-authored with two researchers from the U.S.A and Denmark, the study combined results from two earlier major international studies.

Its findings have important implications for public health internationally – particularly in light of the current COVID-19 pandemic – as vitamin C is an important immune-support nutrient and vital in helping the body protect itself from severe viral illnesses, Anitra says.

The findings could potentially help heavier people better protect themselves from such illnesses.

"We know obesity is a risk factor for getting COVID-19 and that obese patients are more likely to struggle to fight it off

once infected. We also know that vitamin C is essential for good immune function and works by helping white blood cells fight infection. The results from this study therefore suggest that increasing your vitamin C intake if overweight might be a sensible response.

"Pneumonia is a major complication of COVID-19 and patients with pneumonia are known to be low in vitamin C. International research shows that vitamin C decreases the likelihood of people getting pneumonia and decreases the severity of it, so finding the right levels of vitamin C to take if you are overweight may help to better support your immune system," she says.

The study determined how much vitamin C is required for people of higher body weight compared to a starting base weight of a 60-kilogram person consuming the average New Zealand dietary vitamin C intake of 110 milligrams per day, which most people achieve from a balanced diet.

Someone weighing 90 kilograms would need to take an extra 30 milligrams of vitamin C to achieve the optimal goal of 140mg/day; while someone weighing 120 kilograms would need at least an extra 40 milligrams of vitamin C daily to achieve the optimal 150mg/day.

The easiest way to increase daily vitamin C intake is by increasing the consumption of vitamin C-rich foods such as fruits and vegetables or taking a vitamin C supplement.

An average-sized apple contains 10 milligrams of vitamin C, so if you weigh 70 to 80 kilograms, achieving the optimal amount of vitamin C your body needs could be as easy as eating an extra apple or two to give your body the extra 10 to 20 milligrams of daily vitamin C it needs.

If you weigh more than this, then perhaps an orange, which contains 70 milligrams of vitamin C, or a kiwifruit with 100 milligrams, she says.

Bike ride celebrates diversity of people and faiths in our city

The 'Peace Train' interfaith bike ride, held recently in Christchurch, seeks to build bridges between various communities and faiths in Christchurch.

"It also acknowledges the diversity in our city while showing collective support and solidarity for unity and peace across all ethnicities, faiths, religions, languages and races," says one of the organisers, Community and Public Health Health Promoter Meg Christie.

The idea grew out of a desire of Mazhar Syed, one of the Linwood Avenue mosque survivors, to have a cycling-related event to promote peace and raise awareness of the devastating effects of the 15 March 2019 mosque attacks.

"Mazhar got in touch with some of his cycling friends, including me, to see what could be done. His original concept was a country-long bike ride but, to make it more manageable, the steering group conceived the concept of a Christchurch-based interfaith bike ride whereby riders visit different places of worship."

The 2019 event attracted over 300 riders. The 2020 event was cancelled due to the pandemic and in 2021 the steering group created four rides from the North, East, South and West to manage numbers to allow easier safe social distancing.

"The 2022 event was again just one ride, starting at Al Noor Mosque on 1 May. Seventy riders visited a Buddhist and Sikh Temple, the Christchurch Jewish Synagogue and the Oxford Terrace Baptist Church."

At each place faith leaders gave riders a brief message of peace and how it manifests in their religion, she says.

The event finished at Aldersgate Centre with afternoon tea and a concluding peace message from the Seventh Day Adventist Church.

"Initially our little steering group sought to amplify Prime Minister Jacinda Ardern's "we are one" message. We've found that, along the way, the rides have brought together people from all faiths. It's given them an opportunity to visit faith-based centres that they normally would not feel they had access to.

"Our event is all about breaking down barriers while addressing prejudice, distrust and misunderstanding. New Zealand as a whole needs more events like these to raise awareness that we are more similar than we are different. The event is totally replicable in other centres and we'd love to see other Peace Train rides around the motu," Meg says.



Cyclists gathered at the Buddhist temple



From left, local cycle advocate and member of the Buddhist Temple Ting Powel, Buddhist spiritual leaders, and Community and Public Health Health Promoter Meg Christie



Cyclists gathering at the Al Noor Mosque for the bike ride

Introducing the Transalpine Safe Moving and Handling Programme

In New Zealand in 2020 there were 31,722 reported workplace injuries that resulted in people having at least a week off work. Of that number, 10,512, or around one third of the injuries, were muscular stress caused by lifting, moving, carrying or handling objects.

The Health and Safety Team have been working hard for the past two years to develop and implement a Transalpine Safe Moving and Handling Programme, and now we have a team of expert trainers with many years of clinical experience and knowledge in the moving and handling of complex patients. Their diverse expertise includes physiotherapy, biomechanics and psychology – all focused on preventing musculoskeletal harm and injury.

The team's workshops on [healthLearn](#) and programmes across the DHB are branded 'Move Well, Stay Well'.

Why are we doing this?

It's about looking after our people and keeping us all well, for work and home.

Canterbury DHB has identified safe moving and handling as one of our organisation's key risks. Musculoskeletal injuries from moving and handling incidents make up over 50 percent of Canterbury DHB's Accident Compensation Corporation (ACC) claims.

Healthcare staff frequently put patient care before their own health, safety and wellbeing.

Under the Health and Safety at Work Act of 2015 (HSWA), Canterbury DHB has a legal requirement to provide a safe work environment with controls in place to mitigate the risk that cannot be eliminated.

A key component of the programme is training staff in risk assessment and safe moving and handling techniques. This will enable us to comply with the HSWA and aligns to the following standards and guidance:



The Moving and Handling team, from left: Injury Prevention Specialist Anila Thankachan, Team Lead Injury Prevention Meredith Rookes, Moving and Handling Specialist Keith Larson, Moving and Handling Specialist Vanessa Kaylor and Moving and Handling Specialist Aleisha Rusbatch

- › Moving and Handling People in the Healthcare Industry, Guidance for PCBUs; WorkSafe May 2018
- › ACC Moving and Handling People Guidelines 2012
- › Code of Practice for Manual Handling; ACC and the Department of Labour 2001

Safer moving and handling improves patient care and outcomes. Staff utilising correct patient handling techniques will lead to a smoother and more comfortable patient experience. Furthermore, healthy and well staff provide better care.

The Safe Moving and Handling Programme

The proposed programme is based on the ACC Moving and Handling People Guidelines which has been successfully implemented across several DHBs.

The core components of the Safe Moving and Handling Programme:

- › Safe Moving and Handling Policy
- › Risk assessment protocols
- › Training including safe moving and handling techniques
- › Equipment procurement and asset management
- › Procurement and facility design

What makes the Canterbury DHB programme a little different is that it is available to all staff, not just those in clinical or patient handling roles.

1. All workers should complete the online moving and handling module via [healthLearn](#). This takes approximately 30 minutes to complete.
2. Face to face training will be provided according to roles and responsibilities and generally grouped as below:
 - a. Corporate and administration (incl. medical secretaries, front of house, telephonists) | two-hour workshops
 - b. Support services (maintenance and engineering, clinical engineering, WellFood, environmental services and supply) | two to four-hour workshops
 - c. Healthcare workers (nurses, allied health, medical staff, theatre staff, hospital aides, orderlies, home based support workers and community teams) | eight-hour workshops

There will of course be some exceptions to the rule and a training needs analysis of an area will allow for tailored delivery content.

3. A competency assessment of each attendee will be completed following the 8-hour workshops.

In addition to the training, our specialists will be available to support staff while working to better understand and assist with moving and handling practices.

Delivery of the programme

Although face-to-face delivery of training is on hold, the team has been able to use online resources to support the COVID-19 response by training staff and volunteers as they prepare for redeployment across service areas and Aged Residential Care (ARC) facilities.

Since January, the Safe Moving and Handling Team has delivered training to Nursing Entry to Practice Programme (NETP) Orientation and Nursing Cluster updates, rural study days (ongoing) and provided continuing support to Wellfood.

Injury data will inform the team of the departments that need assistance and they will engage with these areas as a matter of priority to deliver training.

Online resources:

healthLearn - [Safe Moving and Handling module](#)

Prism - [Injury prevention](#)

World Smokefree May 2022 – We’re backing you!

This year we are celebrating ‘World Smokefree May’, as part of a national campaign for Aotearoa to be Smokefree by 2025.

‘World Smokefree May’ will lead up to the celebration of ‘World Smokefree Day’ on May 31, in line with the annual international day created by the World Health Organization in 1987.

The theme is ‘We’re Backing You,’ with a focus on the team effort to support whānau to quit and stay Smokefree. The key messages focus on whanaungatanga and wrap-around support, who provides it, and how. The theme is matched with a three-word whakatauki;

Taituara, taiwhare, taieke: with backing, even the tallest of oceans waves can be conquered.

For local Smokefree information and support, go to <https://www.tehawaitaha.nz/>

The Te Hā – Waitaha Smokefree Support website contains an intro to some of the team, as well as links and helpful resources for whānau, organisations, and health professionals to be connected and supported.

Smokefree 2025 Aotearoa Action Plan

The Smokefree Aotearoa 2025 Action Plan was launched by Government on Thursday 9 December 2021.

Guided by the principles of Te Tiriti o Waitangi, the plan has bold new measures that will support Aotearoa’s goal of becoming a smokefree country by 2025.

This action plan sets out the actions that will happen over the next four years and beyond to achieve Smokefree Aotearoa 2025.

Smokefree Aotearoa 2025 goal is for a daily smoking prevalence of less than five percent for all population groups.

Outcomes from the plan include:

1. Eliminate inequities in smoking rates and smoking-related illnesses
2. Create a smokefree generation by increasing the number of children and young people who remain smokefree
3. Increase the number of people who successfully quit smoking



To achieve these outcomes, the plans sets out to take action under six focus areas:

1. Ensure Māori leadership and decision-making at all levels
2. Increase health promotion and community mobilisation
3. Increase evidence-based stop smoking services
4. Reduce the addictiveness and appeal of smoked tobacco products
5. Reduce the availability of smoked tobacco products
6. Ensure manufacturers, importers and retailers meet their legal obligations

The local Smokefree Canterbury Coalition group hosted a Smokefree 2025 Action Plan Hui on 3 May with a great Ōtautahi turnout, with members who cover a large part of Te Waipounamu being joined by the Ministry of Health, Hāpai Te Hauora and Tala Pasifika.

It was a day filled with sharing of strategic opportunities, and localised initiatives to achieve New Zealand's Smokefree 2025 goal and to continue the work needed to collectively move Aotearoa into a space of world leading public health measures to end the cycles of death and disease caused by Tobacco.

Topics included: Smokefree Action Plan and the next stages of consultation and Select Committee Hearings, Community mobilisation National updates and the Re-branding of the Smokefree 2025 logo.

Ngā mihi to He Waka Tapu for the venue and kai, and for all those in attendance both in person, and virtually.



James Tawa from Te Puawaitanga Kī Ōtautahi Trust



Attendees at the Smokefree 2025 Action Plan Hui



One minute with... Mary Duggan, Associate Charge Nurse Manager (ACNM), Canterbury Hauora Community Hub

What does your job involve?

The ACNM role at the Canterbury Hauora Community Hub is wide and varied. Crucial components of this role include:

A key focus of nursing team in the hub is to 'detect and connect' – detecting positive cases requiring management by the hub nursing team and connecting cases with community support services.

Building strong working relationships with all stakeholders to ensure holistic health care and health promotion services are delivered to individuals.

Supporting primary and secondary health providers in managing COVID-19 positive cases.

Supporting community providers in managing complex community cases, often in challenging interpersonal and social situations.

Education and health promotion for community providers, individuals and health professionals.

Why did you choose to work in this field?

The heart and soul of my nursing practice for many years has been community nursing. I am passionate about empowering and enabling people to manage their individual health needs with dignity and confidence and ensuring that barriers to accessing and engaging with health providers are addressed/challenged as I believe that everyone has the right to the best health care available.

What do you like about it?

The opportunity to engage with the wider community of health providers in Canterbury to enable access for individuals to the appropriate community services and supports.

I also like ensuring that services are supported and have the resources needed to provide optimum services to their consumers.

What are the challenging bits?

Barriers to accessing support to some service providers. Also, misinformation – the often confusing and conflicting information regarding COVID-19 and risks.

Who inspires you and why?

I have drawn my inspiration from many. To name one person would be a disservice. I am however, inspired by those who face each day despite life's difficulties/challenges/pain. Those who are 'invisible/unseen and unheard' by many but continue to strive to survive another day. To all of these people, I wish to express my gratitude for the privilege of sharing your experiences – thank you – you are the reason I go to work every single day.

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 have been a passionate advocate for the unseen and often unheard members of our community. It is important to me in my nursing practice and nursing leadership to maintain the deepest respect for everyone. Instilling this value in my colleagues is crucial in my daily nursing practice in the Hub. These values also mean delivering best practice at all times and leading with passion and commitment by working in partnership with all our cases in the Hub.



Associate Charge Nurse Manager Mary Duggan (right) and her mother Margaret

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

I am a dedicated mother, an avid fan of most sports and lifelong supporter of the L.A Lakers.

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

In the United States watching the NBA playoffs and final. However, being with family, as I am now, is where I truly want to be.

What do you do on a typical Sunday?

If I am not working, a good gym session, a long walk at the beach, baking or cooking for friends, family or colleagues and spending time with my son/friends enjoying a movie.

What's your favourite food?

I have embraced a plant-based lifestyle in the past five years and have loved developing and creating new plant-based meals. I love Mexican food, so a favourite dish would definitely be my son's tacos!

And your favourite music?

My musical tastes are wide-ranging and cover many genres. Artists such as Elton John, Boyz II Men, Tupac, U2, Six60, to name a few, feature on my gym playlists along with many artists from the last four decades. Wow that makes me sound ancient!

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

Something For You



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

Dell

Get exclusive discounts (20 percent off Dell RRP products and seven percent off Dell online store products) when you buy online with your Canterbury or West Coast DHB email address. Read more about the [offer here](#).

Click [here](#) for detailed instructions on how you can redeem this offer.



Warehouse Stationery

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

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in store - please take a [copy of this letter](#) and your Canterbury DHB ID to redeem.



Microsoft New Zealand – Home Use Programme

The Microsoft Home Use Programme allows you to buy Office 365 subscriptions or the latest version of Office, Visio and Project software to use at home at a substantial discount - see more [information here](#).



Riccarton Shoe Clinic

- Riccarton Mall, 129 Riccarton Road

Get 20 percent off all items instore (which are not already reduced) for Canterbury DHB employees and their immediate family members - show your Canterbury DHB ID to redeem.



Riccarton Athletes Foot

- Riccarton Mall, 129 Riccarton Road

Get 10 percent off shoes (excluding already discounted or sale items) - show your Canterbury DHB ID instore to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you](#) page to get the discount codes.

Enhancing CALD Cultural Competence

Cultural diversity in the New Zealand Population is growing, leading to increasing cross cultural interactions between clinicians and patients and between employees.



The latest edition of the CALD newsletter is out now.

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

Read about an upcoming webinar on Filipino mental health, Indian Origin Pride New Zealand a charitable trust leading the way for LGBTQIA++ Indians and their families and [much more here](#).



News from the Health Quality & Safety Commission (HQ&SC)

The latest edition of the HQ&SC newsletter is out now.

Read the report into whānau Māori experiences of major trauma care and rehabilitation, how emergency service workers are participating in advance care planning, Hand hygiene New Zealand celebrating 10 years, and [much more here](#).

PEGASUS 2025


Kia atawhai ki te tangata



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

In this newsletter read about:

- › Spotlight on education
- › Health Reforms update
- › Moana Vā providing safe space for Pacific Rainbow+ community
- › Right Service Right Time connecting whānau with services, and [much more here](#).



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Long COVID: Journeying together through the fog

Wednesday 25 May 2022, 9:30am–4pm
Zoom webinar
Register at: events.otago.ac.nz/longcovid2022



INTRODUCING OUR SPEAKER:

Professor Fatimah Lateef

Senior consultant, Director of Undergraduate Training and Education; Director of Clinical Service and Quality at the Department of Emergency Medicine, Singapore General Hospital. Adjunct Professor, Dukes-NUS Graduate Medical School, Lee Kong Chian Medical School @ Nanyang technological University and Yong Loo Lin Medical School, National University of Singapore.

Full Biography available at www.nzash.co.nz

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Noho ora pai ana i te korokeke
Living well with Dementia

Specialist Dementia Education Series - Via Zoom

Wednesday 18 May 2022

“Talk dementia with a doctor”

**What is dementia?
Is it hereditary?**

**What types are there?
How is it diagnosed?**

An opportunity to hear Dr Jo Reeves, Psychiatrist of Old Age, Canterbury DHB, talk about dementia.

She will also respond to questions posed by participants. Email or phone your questions to Dementia Canterbury in advance or ask your questions at the time, using the chat function on zoom.

***Please ensure you register for this popular session
Ph 379 2590 or 0800 444 776 or email
admin@dementiacanterbury.org.nz***

Date: Wednesday 18th May 2022

Time: 7 - 8 pm

Venue: Via zoom invitation

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 **Website:** www.dementiacanterbury.org.nz