



## A belated Happy Easter to all

**I hope you were able to enjoy some downtime over Easter and managed to spend some time outdoors on what was a (mostly) glorious weekend.**

If the Easter Bunny visited and you indulged in a few chocolate treats, I also hope you brushed your teeth after! The team at the Outpatients Dental department set up a great Easter display (right) last week with a not-so subtle reminder to us all.

For those who worked in any capacity over the past four days, thank you so much. Your hard mahi is greatly appreciated.

### Aged Residential Care facilities

Our Aged Residential Care (ARC) facilities have been hard hit by staff absence due to illness during the Omicron outbreak. Last week a call went out to try and find people prepared to take some shifts over the Easter weekend. Health Care Assistants and Registered Nurses were needed, and I'm thrilled that we got a fantastic response from people offering to work here in Canterbury and on the Coast. Our ECC Staffing team placed Registered and Enrolled Nurses as well as Health Care assistants, into 155 shifts between Friday and Sunday, across Canterbury and the West Coast ARC facilities.

There will no doubt be more opportunities for people to take on some of these shifts so keep an eye on the communication coming from the ECC. Please let your manager know if you're keen to put your hand up to help and contact ECC Covid Staffing [ECCCovidStaffing@cdhb.health.nz](mailto:ECCCovidStaffing@cdhb.health.nz) for more information or call 021 507 254.



The Outpatients Dental department Easter display

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## Move to the Orange Traffic Light Setting

The big news of this past week has been New Zealand's move to [Traffic Light Setting ORANGE](#). For the community, it means a few changes as certain rules are relaxed, such as capacity limits and masking and distancing requirements in some locations.

For those of us working in health, surgical masks are still required in all DHB facilities and we ask our staff and visitors to maintain safe physical distancing. We're also acutely aware that the basic COVID-19 precautions - masking, physical distancing, good hand hygiene, coughing and sneezing into your elbow and staying home if you're unwell - are great habits to maintain to prevent illness.

### Life at Orange

- Take your mask wherever you go.** Face masks are still required for many indoor settings
- Face masks are not required but are strongly encouraged at schools**
- Face masks must be worn on school buses and public transport by children 12 and over**
- There are no indoor or outdoor capacity limits**
- If you have cold or flu symptoms, stay home and take a RAT**
- You must isolate for at least 7 days if you, or someone you live with gets COVID-19**

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Unite against COVID-19**

## COVID-19 figures

The daily reported new COVID-19 cases plateaued at around 1,000 over the past few days before a post-weekend report of 1,466 - but this is much better than the 1,800 we had a week ago today.

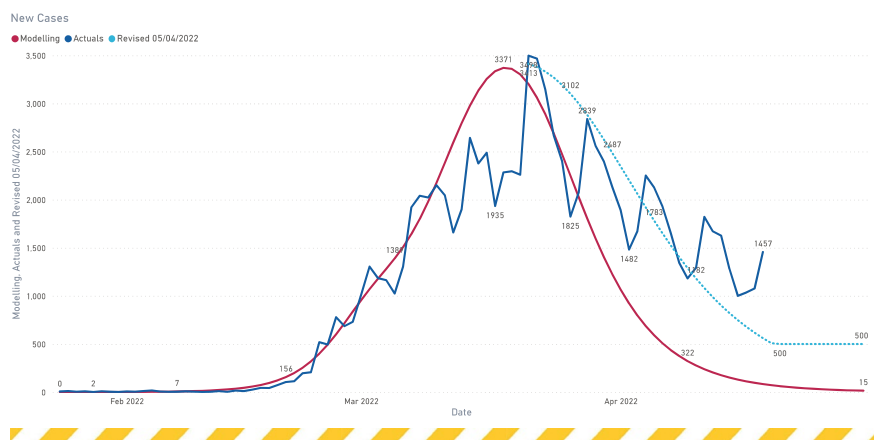
When it comes to COVID-19, I suspect we're all a bit over it after two years of responding to the challenges of the virus. Our teams managing our ECC and EOCs are surely looking forward to eventually returning to business as usual after 64 days of focusing on supporting the Omicron system-wide response. Despite all this, can I please encourage you not to become complacent? At work, at home and in our community, we are all responsible for taking the necessary precautions to reduce the spread of COVID-19, influenza and RSV.

If you haven't already, get your flu vaccination as soon as you can. [Check out Prism](#) for information on where and how DHB staff can get their free flu shot.

Canterbury  
District Health Board  
Te Kaitiaki o Te Aotearoa

COVID Actuals vs Modelling as at 18/04/2022

Decision Support



## Visitor restrictions

We're happy that we've been able to relax our visitor restrictions a little from today. A hospital stay can be stressful and a bit lonely and that's compounded when friends and whānau are unable to visit. To date, our restrictions have worked very well to keep COVID-19 from spreading through our facilities, protecting patients/consumers, visitors and our staff.

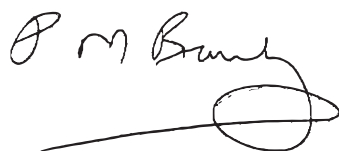
Some highlights of our relaxed visitor policy include:

- › One adult visitor may be accompanied by one child over the age of 12 per patient in the hospital at any given time (there are a few exceptions)
- › Women in labour and in the birthing suite can have two support people, and women on the Maternity Ward are allowed one support person for the duration of their stay in our facilities at Christchurch Women's Hospital

Thanks in advance to those who will be working and caring for others over this upcoming ANZAC long weekend.

ANZAC Day is a special day of remembrance, probably brought into fresh focus for us all as we watch the terrible events unfold in Ukraine. As we reflect on ANZAC day we also thank and recognise DHB staff who have served in our military, past and present.

Kia pai tō koutou rā



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

- › Parents/caregivers are able to be with their child in hospital (except Children's Haematology and Oncology Day patients where only one parent or caregiver is permitted at a time, following a supervised negative RAT result).

You can read the full advice regarding visiting hours and restrictions [here](#). Of course, scanning in is no longer required and vaccine passes have never been mandatory at our facilities. Surgical/paper masks remain a requirement across all DHB campuses and facilities and we remind visitors and support people that they should not visit any DHB sites if they are unwell.

*E kore rātou e kaumātuaia  
Pēnei i a tātou kua mahue nei  
E kore hoki rātou e ngoikore  
Ahakoa pehea i ngā āhuetanga o te wā  
I te hekenga atu o te rā  
Tae noa ki te aranga mai i te ata  
Ka maumahara tonu tātou ki a rātou  
**Ka maumahara tonu tātou ki a rātou.***

*They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun, and in the morning,  
We will remember them  
**We will remember them.***



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](#).



## Bouquets

### **Child Adolescent and Family (CAF) Emergency team, Specialist Mental Health Service**

Heartfelt thanks to the wonderful CAF Emergency team who we had the unfortunate pleasure of meeting. Having an emergency mental health situation involving your most precious taonga is tough, unexpected and traumatic for a parent. I can't speak more highly of the aroha, understanding and care that was extended to our whānau. Our child was their priority, they were made to feel safe, listened to, that they had control, and they were empowered with the tools they needed to start to make sense of their situation. Thank you, Beth Munro, Richard Jenkins and the team. Without your guidance we would feel lost and alone. Instead our child is on the path to resolution and healing. Aroha nui.

### **Burwood Hospital**

I recently had a shoulder replacement done by Brad Stone. He was fantastic – friendly, approachable and the result is fabulous. I am totally in awe of your nurses. All of them gave an exemplary level of care and attention under what I know to be difficult conditions. Everyone I had contact with at Burwood – receptionists, orderlies, the booking clerk – were easy to deal with and went out of their way to help. Thank you. Burwood has certainly earned a 10 out of 10.

### **Emergency Department, Christchurch Hospital**

I was very impressed with the test procedures. I was very impressed with how the problem was pin-pointed. Well done doctors, nurses, Ara Institute of Canterbury trainees, administrators, and those on the front desk.

### **Rose, Ward A5, Christchurch Hospital**

I would like to say what an asset Staff Nurse Rose (mostly night shift) on Ward A5 is. Lovely person. Thank you.

### **Ward A5, Christchurch Hospital**

The attention and endeavour to make me comfortable was first class.

### **Ward 7, Christchurch Hospital**

Such wonderful care from all in Ward 7 (paediatric ward) over the last week with our wee granddaughter. Support for all the family from everyone. She had round-the-clock care when we were aware it is a very busy time for all. Thank you so much to all. Really appreciated.

## *Big Shout Out*

### **To: ISG Field Technician Donna Wright and Kathy**

I want to give a huge shout-out and my sincere appreciation to ISG Field Technician Donna Wright and to Kathy. I asked for ISG to set up a computer for me, something that they didn't have to do and could have asked us to do ourselves. Instead, Donna popped up yesterday and not only diagnosed a fault in one of our other computers but also identified a broken data cable. Then today Kathy set up the computer and made sure all the other computers in the room were running properly. Donna and Kathy went above and beyond, and I know that it is appreciated by the Outreach team for whom they were installing the computer. They are such an asset!

**From: Administrator Lynnaire MacDonald**

#carestartshere

### Ward B8 and High Dependency Unit (HDU), Christchurch Hospital

Congratulations once again to the fabulous 'A' team on Ward B8. You 'click' and make a wonderful team. 'A+' service and care from you all. In these trying times you make it easier to be here. Especially like to mention Nurse Caiti in HDU for her wonderful care.

### Maria, Orthopaedics, Christchurch Hospital

I like how Maria does her job. She is friendly and does her job well. Thank you.

### ED and Dental, Christchurch Hospital

I had incredible care. All the staff were friendly, kind, warm and gentle. I feel very lucky to have had such amazing care. The dental team of Ella and Kerry went above and beyond. I can't thank them enough. Well done Christchurch Hospital, I'm proud of you.

### Cardiology Day Unit, Christchurch Hospital

This ward has the best nurses and doctors. They are the best staff I have ever had. Thank you, you are amazing.

### Christchurch Outpatients

Staff were very friendly and efficient. I was very nervous, but they made the experience a relaxed one.

## Big Shout Out

### To: Canterbury Health Laboratories (CHL)

To Vanessa and all the CHL superstars, all our thanks for your unwavering support on the MIQF journey. MIQF wasn't possible without you! Happy Easter.

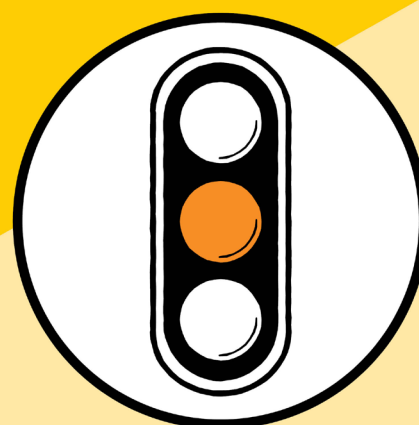
Thank you so much for all of your support of the MIQF service, it has been so appreciated. Every single one of you have had a part to play. Hope you all get some downtime soon.

### From: Managed Isolation and Quarantine Facilities (MIQF) team

#carestartshere

# Currently at Traffic Light Setting ORANGE

*Continuing community transmission of COVID-19 with ongoing risks to vulnerable communities and pressure on the health system.*



## Living our Values: Giving of his time

Simione Tagicakibau is reaching out to Pacific people with COVID-19 in Nelson – many of whom are seasonal workers – checking on their physical and mental wellbeing.

He has been redeployed by Etu Pasifika to Nelson-Marlborough DHB's COVID-19 Hub to provide clinical cover by phone to Pacific people isolating with the virus. Simone has given up his last four weekends to travel to Nelson and did his fifth weekend remotely from Christchurch.

Etu Pasifika is the largest Pacific health provider in Christchurch and has responded by transitioning their vaccination centre to become a COVID-19 Hub for the Pacific community.

Simione is studying full-time for his Bachelor of Nursing degree at Ara Institute of Canterbury and works part time as an enrolled nurse at Etu Pasifika.

During a few spare moments on a break in his shift in Theatre at Waipapa, where he was doing his latest placement, Simone said following up on Pacific people who have COVID-19 had been challenging but rewarding.

"I make about 60 phone consultations (medical and mental health) each day of the weekend. That can be quite draining but it feels good to have helped people, especially those who are quite new to New Zealand.

"The mental health assessments are an important part of my job. Many of those I contact have moved to New Zealand only recently and I check on how they are coping."

For people who have only just received a positive COVID-19 test, Simi does an initial assessment which includes information on underlying medical conditions and any worsening symptoms. He offers welfare support, which many do need, referring them on to Welfare teams who provide packs containing Panadol, masks hand gel etc.

"Most are not aware that welfare pack is free, and they are very grateful for the help," Simone says.

He also checks if they are registered with a general practice. Many aren't and so help is provided with organising that too.

Language can be an issue, with many having limited English, says Simone, who is Fijian.



Simione Tagicakibau who is working as an Enrolled Nurse for Etu Pasifika on a casual basis and studying for a Bachelor of Nursing degree

"We do our best and manage to communicate okay. What I sometimes find is that one person who I have helped talks to others and tells them of the assistance that's available – so the word gets out."

# New name and status for former Māori health unit

The seedling has grown into a mighty kahikatea at the University of Otago, Christchurch (UOC).

The University of Otago Council has approved the transition of the Māori Indigenous Health Institute (MIHI) from a unit within the Department of the Dean of UOC into its own standalone department within UOC, named the Department of Māori Indigenous Health Innovation.

The move will advance MIHI's status within the University and enable further growth and expertise in indigenous health research and teaching.

MIHI Head of Department Cameron Lacey says his team is pleased with the decision.

"This transition will enable us to grow and further cement our status as a productive hub and safe space for Māori staff within our academic campus, embedding the principles of social justice and accountability as our guiding values and allowing us to provide a forum to advocate for Hauora Māori equity."

MIHI's growth over the past 18 years was the main motivation in applying for stand-alone departmental status, assisted by a peer review carried out two years ago, he says.

"After considerable discussion as a roopu we concluded that becoming a department would provide MIHI with appropriate recognition and mana with the university structure, be consistent with our moving towards a Te Tiriti-based campus and also better align with the Māori Strategic Frameworks goal of te arahina me to honohono, or leadership and partnership."

"It will also help align our goals of becoming world leaders in Health Professional Education, building a reputable research portfolio that advocates for indigenous health equity, and fostering an indigenous health workforce."

MIHI was launched in March 2004, originally in the Department of Public health and General Practice, with three part-time Māori academic staff in a single office space, with no specific timetabled Hauora Māori curriculum time and with a limited research portfolio.



Staff of the University of Otago, Christchurch, former Māori Indigenous Health Institute, now the Department of Māori Indigenous Health Innovation

It later moved into the Department of the Dean in Christchurch under Peter Joyce, with subsequent deans providing MIHI with guidance and support. MIHI now enjoys 4.8 FTE core-funded positions and 3.5 FTE external-funded positions, with a growing number of postgraduate students.

Former Director of MIHI and now Dean and Head of Campus Suzanne Pitama says the move marks a substantial milestone in UOC's history.

"This signposts that the Department of MIHI is now more formally an independent entity. It has developed extensive teaching, research and service outputs which continue to contribute to the social accountability, leadership and respect values of our campus."

MIHI has three research priorities; indigenous medical education, Māori mental health and chronic diseases, which all have clear inequity for Māori. The MIHI research team has led six research projects in the last five years, received over \$3 million in competitive research grants including four HRC project grants, and published more than 60 research papers.

It supports undergraduate, postgraduate, masters and Ph.D students, with over 250 annual teaching hours across its medical, nursing and post-graduate student courses.

# Face masks at Orange

There has been a lot of chatter about face masks becoming 'encouraged' rather than mandatory at Traffic Light Setting ORANGE, but there are many places where they remain compulsory.

## Within New Zealand, you must wear a face mask:

- › on domestic flights
- › on public transport, this includes Cook Strait Ferries but does not include passengers within their allocated carriage on specified Kiwirail services or when you are on a ship that does not have an enclosed space for passengers
- › at indoor arrival and departure points for domestic flights and public transport
- › if you are aged 12 years or over on Ministry of Education funded school transport and public transport
- › in taxis or ride share vehicles
- › inside a retail business, for example supermarkets, shopping malls, pharmacies, petrol stations, and takeaway food stores
- › inside public facilities, such as museums and libraries, but not at swimming pools
- › at a vet clinic
- › visiting the indoor area of a court or tribunal — unless the judicial officer does not require them
- › at premises operated by local and central government agencies, social service providers, and NZ Police
- › in the public area of premises operated by NZ Post Limited
- › when visiting a healthcare service, for example a healthcare or aged care facility.

## Face masks are also required by people who work:

- › in close proximity businesses such as hairdressers, beauticians, barbers
- › in food and beverage service
- › at an event

People are no longer required to wear a mask in outdoor settings and employers (outside the examples listed above) in non-public facing businesses can make a discretionary call about their own mask policies.

[Read more here.](#)

Schools are also permitted to decide their own mask policy for staff and students in years 4 to 13.

The mask policy for all DHB and Aged Residential Care (ARC) facilities remains unchanged. Surgical/medical masks are a requirement for all staff and visitors.

Wearing a face mask is both an act of social responsibility and a personal health protective measure. Correctly wearing a mask reduces the spread of COVID-19, from infected people and protects others from exposure. Face masks also help prevent the spread of influenza and RSV, which are both expected to be an issue this year.

We've developed some good habits with face masks and most of us don't leave the house without checking that we have one with us. Even in spaces where they are merely encouraged, keeping up the practise of wearing a mask, especially through the winter months, is a smart move. It's a small thing to do for the sake of our own health and those around us.



## Face masks are required here

Orange settings are currently in place

Find out more at [Covid19.govt.nz](https://covid19.govt.nz)

Te Kāwanatanga o Aotearoa  
New Zealand Government

**Unite  
against  
COVID-19**

# Half a century of caring

It's been more than 50 years since Margaret D'Oliveira finished her midwifery training and embarked on a profession that would take her all over the country.

"I finished my training in May 1971 and have worked as a midwife ever since", says Margaret who recently retired.

"I have always enjoyed my career and felt privileged to be a midwife. I have met and cared for some interesting and lovely women and worked with some amazing colleagues over the years."

Margaret's first job was at National Women's Hospital in Auckland. She worked for several years in the birthing suite there before moving to Waitakere Hospital.

"Both were very interesting but completely different, one being a secondary unit and the other at that time, a primary unit," she says.

After the birth of her first daughter, Margaret moved to Invercargill and worked at the old Dee St Maternity Hospital (now considered to be the oldest public hospital building in New Zealand) and Southland Hospital.

"During this time, I relieved at Winton Hospital which was sole charge. I also relieved at the old Queenstown Hospital and later Frankton Hospital at various times."

In 1992 Margaret became an independent midwife, one of the first in Southland.

"Those were very interesting years with lots of major changes. It was a really challenging time for all those involved but I thoroughly enjoyed it."

At the beginning of 2000 she moved to Rangiora and worked as a Community Midwife at Christchurch Women's Hospital for two years. She then joined the midwives at Rangiora Hospital, working there as a community midwife until 2014, and then as a Core Midwife.

Charge Midwife Manager Rangiora Health Hub Jenn Cunningham says Margaret's calm, professional, and highly organised manner will be greatly missed.



Recently retired Midwife Margaret D'Oliveira

"She has always kept the women and their baby at the centre of her care, and many, many women right across Canterbury have benefited from Margaret's wonderful care and attention to detail through her career as both an LMC and core midwife.

"It has been a pleasure to have Margaret as part of the midwifery team and we wish her all the very best for her retirement."

Need to pick up some RATs? [Click here to find out where.](#)

# Scheme to help reduce bike theft in Christchurch

Every day more than four bikes are reported stolen to Police in Christchurch, with over \$2 million worth of bikes stolen in 2021.

This includes the theft of bikes parked at a variety of locations around the Christchurch Hospital campus.

To help discourage bike thefts in the community, Canterbury Police and Christchurch City Council are teaming up with 529 Garage to provide a free registration scheme for bikes. 529 Garage is a community-powered bike recovery service that began in North America and has recently started operating in New Zealand.

The service works by encouraging bike owners to register their bikes on the 529 Garage app. Users can enter their bike's serial number, details of identifying features, as well as photos of the bike. The record helps Police prove a bike is stolen and enables them to return any stolen bikes they recover to their owners.

If a bike registered on the app goes missing, the owner can also activate an alert notification to 529 Garage, which sends out a broadcast to all app users in the area to be on the look-out for the missing bike.

When people register with 529 Garage they can opt to get a tamper-resistant sticker with a unique registration code to place on the frame of their bike. The sticker provides a visual deterrent to theft by letting any would-be thieves know that the bike is registered with 529 Garage.

Registering your bike on 529 Garage (link is external) only takes a few minutes and it is free. Learn how to do it at: <https://project529.com/garage/organizations/cityofchristchurch/landing>



## Tips for keeping your bike safe:

- › Always lock your bike through its frame to something immovable (the bike rack) and use a sturdy chain or D-lock.
- › Quick release wheels are easy to remove. A cable that's long enough to wind through the frame works well with a D-lock and is an additional deterrent.
- › Use the designated (caged/swipe card access) bike parking where provided. However, remember that these are not completely secure so still lock your bike as well.
- › Do not allow anyone without an access card or CDHB ID into a bike cage unless you know who they are.
- › If you forget your access card do not ask anyone else to let you in to secure bike areas. Don't put others under pressure to let you in. Report to security first to help gain access.
- › If you notice any loose chain link fences or holes in the fence, report them immediately to Security in order to get them fixed. Don't leave it to someone else to report.
- › Take all items off your bike while it's parked (lights, speedo, pump, bags etc).
- › Record your bike serial number (usually stamped into the frame under the pedal cranks).

# One minute with... Katherine King, Breast Cancer Foundation Clinical Nurse Specialist

## What does your job involve?

My job is a brand-new full-time clinical nurse position funded by the Breast Cancer Foundation based in the Oncology department at Christchurch Hospital. This is an exciting opportunity for Canterbury DHB to work in partnership with the Breast Cancer Foundation to improve survival and quality-of-life for breast cancer patients in Canterbury and the West Coast.

I see patients who are receiving adjuvant endocrine therapy for hormone-receptor positive breast cancer. About 60-70 percent of breast cancers are hormone-receptor positive. My role is to provide education about endocrine therapy to improve understanding and self-care. Patients are recommended endocrine therapy for five to 10 years based on their level of disease risk. However, locally, low adherence to endocrine therapy is a clinical concern. Local data shows that by year five, only 50 percent of patients are still taking their endocrine therapy. Reduced survival correlates with low adherence to endocrine therapy, and as noted this is a large patient population with most breast cancers hormone-receptor positive.

It is hoped that a clinical nurse specialist will help equip patients with the information and skills they need to complete their treatment and return to a good quality life. Once patients are stabilised on endocrine therapy, I discharge them to their GP. The goal of this role is also to improve communication pathways between primary and specialist Oncology care so that patients have more responsive care. I will facilitate comprehensive discharge planning and a smooth transition to community care.

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

I love how in Oncology you are continuously learning. It is an exciting specialty and with ongoing research, our knowledge and understanding improves. Oncology demands a truly holistic level of care. I really enjoy this part of it, caring for the whole person. I was drawn to working in breast cancer particularly as I saw it is a fantastic opportunity to specialise further in a tumour stream and be part of establishing a new nurse-led service that will hopefully make a positive difference for breast cancer patients.

## What do you like about it?

Working with patients, supporting them to take their endocrine therapy, and promoting good survivorship care.

## What are the challenging bits?

This is a new role, requiring ongoing assessment to ensure what we are doing is helping patients. Although this is challenging, it's also exciting, and it is great and important to be able to identify ways we can continuously improve the service as we go along.

## 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?

These values are central to quality care for our patients and colleagues and I like to believe I uphold them. I am very interested in increasing my self-awareness and emotional intelligence as these are so important to be an empathetic successful communicator.



## Who inspires you and why?

Patients inspire me through their strength and courage. My family and friends also inspire me, and I have had many good teachers over the years who have inspired me to learn.

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

I am originally from Essex and the Isle of Wight in the UK and I'm a huge animal lover!

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

Back in the UK to see my mum. Due to the pandemic it's been a long time since I was last there.

## What do you do on a typical Sunday?

Getting out for some exercise, and spending time with my cat. Also, studying towards my Master's in Nursing.

## What's your favourite food?

Foods that remind me of my English roots such as fish and chips, roast dinners, and apple pie.

## And your favourite music?

My favourite musician is David Bowie, I have loved him ever since I was a kid and listened to his music all the time. Still do.

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.



### Christchurch Insulation

- 114 Sawyers Arms Road, Northcote

Discounted rates on ceiling and underfloor insulation - mention you are from Canterbury DHB to redeem.



### Edwards & Hardy Roofing

- 9 Halwyn Drive, Hei Hei

Edwards and Hardy are offering 10 percent off all moss treatments for your homes roof to all Canterbury DHB employees - [click here for more details](#).



### Elec Serv

The team of Electricians at Elec Serv would like to offer 10 percent off labour to all Canterbury DHB staff and family -whether you need a small wiring fix or the installation of state-of-the-art smart home. You can contact Oliver Martino at [oli@elecserv.co.nz](mailto:oli@elecserv.co.nz) or phone 022 527 0105. Quote Canterbury DHB when enquiring.



AIR CONDITIONING • VENTILATION • SOLAR

### Gavin Lowe Energy

- 48 Battersea Street, Sydenham

Discounts on heat pump installation and servicing - show your Canterbury DHB ID to redeem, see more information and [vouchers here](#).



### Integrity Plumbing

Integrity Plumbing would like to offer a 10 percent discount to all Canterbury DHB employees for all plumbing and gas-fitting work on presentation of their staff ID card. Contact details are Matt Read-Certified Plumber and Gasfitter 021751239 or email [integrityplumbing@extra.co.nz](mailto:integrityplumbing@extra.co.nz).



### Rentsure Property Management Ltd.

A six percent flat rate management fee for any investor who would like Rentsure to manage their property. They offer no advertising fee for selling properties and get the top buyers in the market by incentivising and working with other agencies - bringing the best buyers in the market to the seller. They also look for rental properties for tenants. Please see [here for more information](#).

**TIPS FOR SLEEPING WELL**  
**GET REGULAR EXERCISE EACH DAY.**



# If you have questions about Fetal Alcohol Spectrum Disorder how do you find answers?



## Are you...

? An individual  
with FASD  
(11 years or  
older) ?

? A Parent/Caregiver,  
including whānau,  
partner or friend  
who supports  
individuals with  
FASD? ?

? A Professional who  
provides diagnostic,  
assessment, or other  
support services  
for individuals with  
FASD? ?



Then you are invited to  
share your thoughts on what  
information on FASD you need  
and, also, your experiences of  
seeking, finding, sharing and  
using information on FASD in  
an on-line survey.

For more information and access to the  
survey, please click on the button below that  
best describes you...

Individuals  
with FASD

Parents /  
Caregivers

Professionals

What if you have further questions or  
if you would like a paper copy of the  
survey posted out?

Contact Joanne van Wyk at:

[Joanne.Van.Wyk1@uni.massey.ac.nz](mailto:Joanne.Van.Wyk1@uni.massey.ac.nz)

**Thanks for taking part!**

This research is being conducted as part of the Doctoral program offered by the Institute of Education at Massey University, under the supervision of Dr. Sally Clendon, Dr. Elizabeth Doell, and Professor Anita Gibbs (Otago University). This project has been reviewed and approved by the Massey University Human Ethics Committee: Northern, Application NOR 21/87 on 14/1/2022

Kia Ora,  
My name is Joanne and I  
am a doctoral student at  
Massey University.  
My research is looking  
at the information needs  
and behaviours of people  
with FASD and those who  
support them to inform  
information development  
and delivery practice.





# Enhance your understanding of child development

- Infant and young child health essentials
- Child and adolescent health essentials

**ADVANTAGE YOU**  
*Kia raka te matau, kia raka te mau*



University of Otago, Christchurch



# Simulation Instructor Workshop

- Date/Time:** Tuesday, 21 June to Thursday, 23 June 2022  
 Start time: 8:30am-4:30pm  
 Participants must be able to attend all days in full and ensure travel arrangements don't require late arrival or early departure.
- Venue:** University of Otago, Christchurch Simulation Centre, Level 1, 72 Oxford Tce, Christchurch
- Facilitators:** An interprofessional team including UOC Simulation Centre staff and invited guests.
- Open to:** Health Professionals with an interest in simulation-based education, all disciplines. While those with no prior experience in simulation will be able to manage the course it is designed for individuals already working in simulation.
- Cost:** \$1,800 + GST per person (catering included). 50% discount for University of Otago staff

**Focus and format of the workshop:** includes **active participation and practise** of all components of simulation-based education as well as presentations and discussions of both theory and practice.

- educational underpinnings of simulation-based education
- principles and practice of scenario writing
- best practice in SBE including focus on safety
- approaches to debriefing
- orientation to the human simulators SimMan3G Plus / SimJunior and the simulation environment
- developing and delivering/running a scenario
- participating in scenarios
- reviewing scenario development and delivery practice
- debriefing a scenario
- reviewing debriefing practice (debriefing the debrief)



**MORE INFORMATION:**

email: [simcentre.uoc@otago.ac.nz](mailto:simcentre.uoc@otago.ac.nz)

**ONLINE REGISTRATION:**

<https://www.otago.ac.nz/christchurch/services/simulationcentre/otago090914.html>

Numbers are limited to 20 participants. Places will be allocated on a 'first-in' basis and only confirmed once payment is received.