



A massive thanks to Team Canterbury Health for the mammoth effort last week by so many working in our health system to support the large numbers of patients needing acute care – both in our hospitals and the community

Winter illnesses hit our system hard right on cue as we officially started winter last week.

Large numbers of people with high acuity medical and surgical issues saw Christchurch Hospital hit 112 percent occupancy on Tuesday last week. And when that happens, our only option is to reduce the amount of planned/elective surgery we carry out to ensure we have beds free for the acute patients turning up via ED and GP referrals 24/7.

The winter health storm hit us hard for a few days, however Team Canterbury, including our general practice partners, the care in the community team, pharmacy and home care providers pulled out all the stops to increase the flow of patients through our system so those in the greatest need could be admitted, and those who could be safely discharged returned to their homes with additional support if needed.

The combination of high numbers of COVID-19 cases and high rates of staff sickness created a difficult situation before influenza, RSV and an increase in other medical and surgical cases added to our challenge. Our urgent care clinics in Canterbury are also experiencing high demand and at times patients are having to wait longer than anyone would like.

The message to everyone who gets sick with a flu-like illness is, please stay home and initially manage the symptoms with medications from a pharmacy. If you haven't had COVID-19 in the past three months, take a RAT test.



Please keep an eye on the danger signs that are listed on our [website](#) and don't hesitate to call Healthline on 0800 611 116 for free health advice any time of the night or day. Someone is available to take your call and if you do need to be seen urgently, they can tell you where to go and what to do.

For tips on caring for anyone with the flu, including what to watch out for when looking after babies/pēpi and young children/tamariki, as well as tips on self-care, this handy [flyer](#) is available online. You can order printed copies by emailing communications@cdhb.health.nz.

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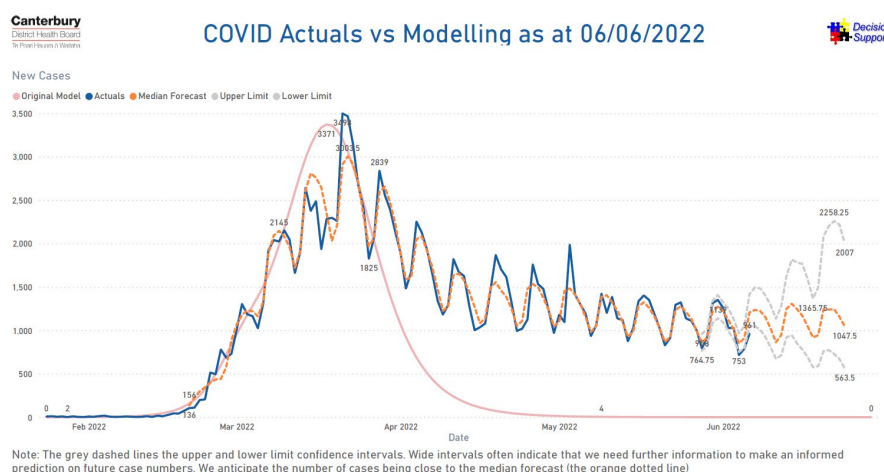
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Unfortunately, today's health system picture is still of a very tight system with occupancy at 105 percent and constrained ability to carry out all planned elective surgery.

- › Today's new COVID-19 case numbers – 949
- › The number of staff off sick today with COVID-19: 191
- › The number of patients seen in ED in the past 24 hours: 367

The latest modelling of COVID-19 cases in Canterbury

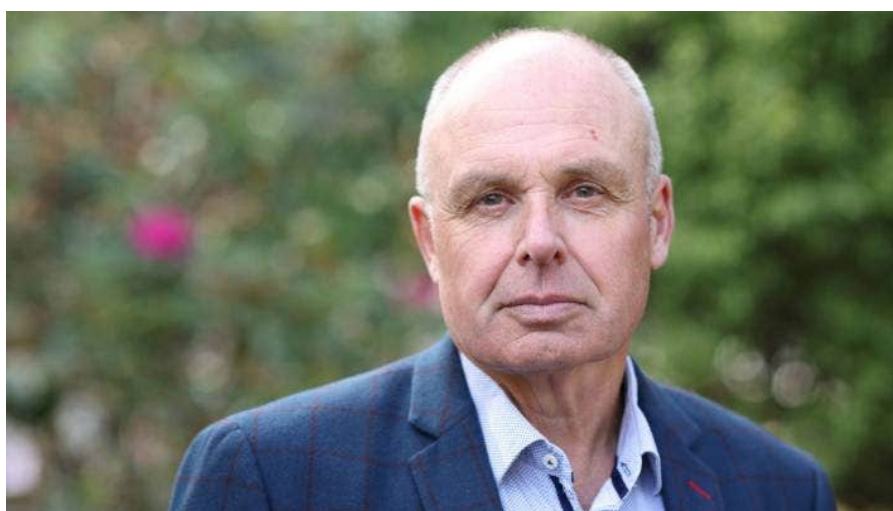
The orange broken line indicates the median forecast, which continues with the current pattern. While today's number is down slightly on last week, we expect to see this increase again tomorrow.



Congratulations to Professor Frank Frizelle on being inducted into the New Zealand Order of Merit in the Queen's birthday honours for services to health

Warmest congratulations Frank for this well-deserved honour that recognises your leadership role nationally and internationally, as well as your research into bowel cancer; training and supervising medical students and researchers; developing national standards for bowel cancer diagnosis and treatment and the national bowel screening programme.

Frank is also involved with the New Zealand Bowel Cancer Charity and volunteers for the Canterbury Charity Hospital. You can read more about Frank's achievements in a [Stuff article](#) written by Cate Macintosh and Sam Sherwood.



Professor Frank Frizelle, awarded the New Zealand Order of Merit in the Queen's birthday honours for services to health (photo courtesy of Stuff.co.nz)

Births mark closure and new beginnings in Selwyn district

The opening of the Oromairaki Maternity Unit in Toka Hāpai (the Selwyn Health Hub) last week coincided with the closure of Lincoln Maternity Hospital.

At 6am on 31 May, the last Lincoln Hospital baby was born to parents Rhiannon and Shayden. Little Micah weighed almost 4kg and is brother to two-year-old Beauden.

Rhiannon described her birthing experience as “nostalgic” because not only were her two children born at Lincoln, but her younger sister was as well, 20 years ago. Transferring to Oromairaki for her post-natal recovery allowed her the “best of both worlds” as Mum and Dad were able to enjoy a night with Micah in the brand-new facility.



Rhiannon, Shayden and baby Micah bid farewell to Lincoln Maternity Hospital

The first Oromairaki baby arrived within hours of the maternity unit opening on 31 May. Baby Colton entered the world weighing 3.6kg. First-time parents Josephine and Raymond live in the central city and never expected to go to Rolleston for the birth, let alone be the first birth in the facility. Josephine tells us they are very pleased to be part of the Oromairaki story.

“Being able to come to this brand-new facility worked out great! With the new motorway down, it was such a smooth ride. I got to christen the tub with my lovely baby boy. My husband was able to stay fairly comfortably with me in our room, supporting all the diaper changes and soothing... everyone was so friendly and welcoming, and so happy to see Oromairaki’s first birth.”

To mark these two significant births, Canterbury DHB presented each family with hand-made woollen blankets and a soft toy with a matching bag. Selwyn District Council also had presents for the new babies, presenting a baby board book and a \$100 voucher for baby sensory classes at Selwyn Aquatic Centre.



Rhiannon and baby Micah enjoying their stay in Oromairaki



Little Colton, the first baby born in Oromairaki, with his mum Josephine

On 1 July 2022 we all become employees of Health New Zealand.

Keep up with the latest on the health system reforms here where we will share news and updates.

hnz.govt.nz | mha.govt.nz | futureofhealth.govt.nz

After 21 years, we will soon bid farewell to Canterbury DHB and welcome the new era as part of Health NZ

On 1 January 2001, 21 District Health Boards came into effect, including Canterbury and West Coast. In 2010 that number was reduced to 20 and from 1 July 2022 all DHBs will become part of one national team of teams when we are all employed by Health NZ. The Māori Health Authority also comes in to being on the same day.

A lot has happened in the past 21 years and a huge amount has changed in health. To mark the end of an era and the beginning of a new one, we would love to share your memories of the major events and milestones in Canterbury DHB history.

From large scale events to new facilities and technology. From changes in systems to recognition and awards.

Please email communications@cdhb.health.nz to highlight any events or achievements you would like to be remembered and acknowledged.

We're also on the hunt for our longest-serving staff member – are you the one? **Please contact us by 20 June.**

On the waka hourua (double-hulled canoe) to Health New Zealand and the Maori Health Authority

As we continue to move closer to the day we all officially join Health New Zealand (HNZ) and its partner organisation the Māori Health Authority (MHA) we know your questions about the future will be increasing. The number of updates coming through to support us on the transition are coming through thick and fast so I thought I'd use today's update as an opportunity to highlight some of the key information you may have missed or want to revisit that might answer some of those questions you have:

- › Have you watched the introductory videos from our new CEOs Margie Apa (Health NZ) and Riana Manuel (Māori Health Authority) [here](#)?
 - › It covers topics like how our organisations will work together, what the top priorities are and a bit more about who Margie and Riana are.
- › All the information about the new organisational structure can be found [here](#).
- › There have been two webinars about the reforms, which you can view [here](#). There's a third webinar taking place between 11:30am and 12:30pm tomorrow, Wednesday 8 June: *Session Three – Strengthening population and public health*, with a fourth in the series scheduled for 23 June entitled: *Session four: Improving primary and community care, and hospital and specialist services*. Anyone is welcome to join these webinars by registering here: <https://myevents.nz/MOH/HealthAndDisabilitySectorReforms>
- › The 26 May [People Pānui](#) written for our health workforce contains some really important information, including:
 - › What is going to change (and not change) on day 1 for us all
 - › The interim national and regional HNZ appointments (including my new role as regional director for Te Wai Pounamu/South Island)
 - › And how we're keeping our stakeholders up-to-date.

Over the next 23 days there will be a lot more important information coming out, including another People Pānui from the interim Health NZ team early next week (which we will also share with you all in a Global Update) and as mentioned in my last update we will be setting up an online staff forum to update you and answer any questions you have.

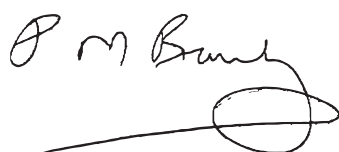
Before 1 July there will be a national public campaign launched to explain the changes to our most important stakeholders - our whānau and communities - and we're thinking about how we can recognise and honour our own DHB journey before we all become part of the new national team of teams.

One of the things we keep getting asked is when will we know what our new name will be, and what the new logo will look like (and what we say when we answer the phone!). We will have more information on that over the coming weeks. In the meantime, keep using and ordering enough DHB branded stationery and forms to ensure you have sufficient supplies to last a couple of months as we transition to Health NZ.

Please remember you can keep up-to-date with the latest updates on the transition by visiting our Health reform hubs on the front page of Prism. If you have specific questions send them through to AskPeter@cdhb.health.nz or the HNZ team direct at hnzmaestablishment@tas.health.nz. The most common questions and answers are published on the HNZ [website here](#).

Huge thanks too to everyone who worked throughout the long weekend and continue to monitor our system and prioritise resources to where they are needed most.

Kia pai tō koutou rā

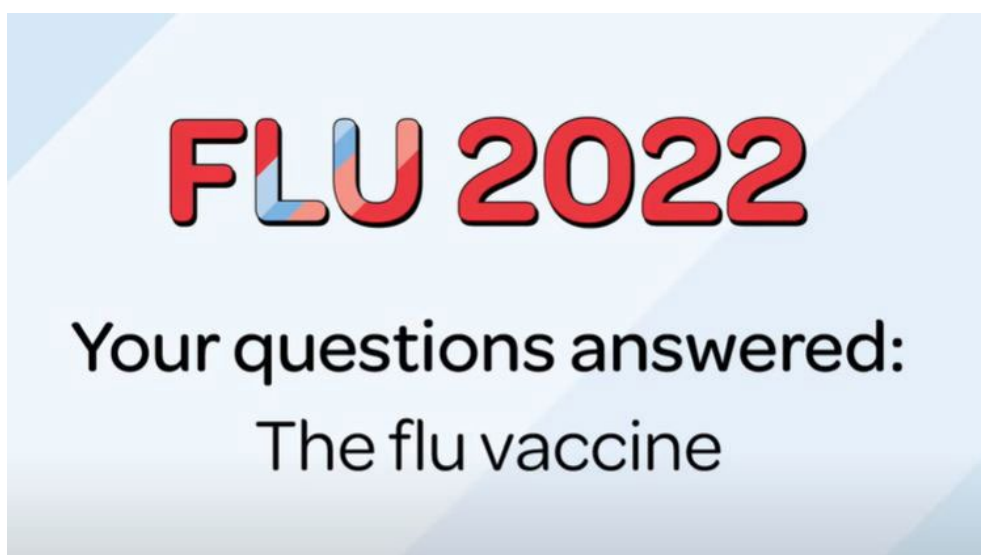


Peter Bramley, CEO
Canterbury District Health Board

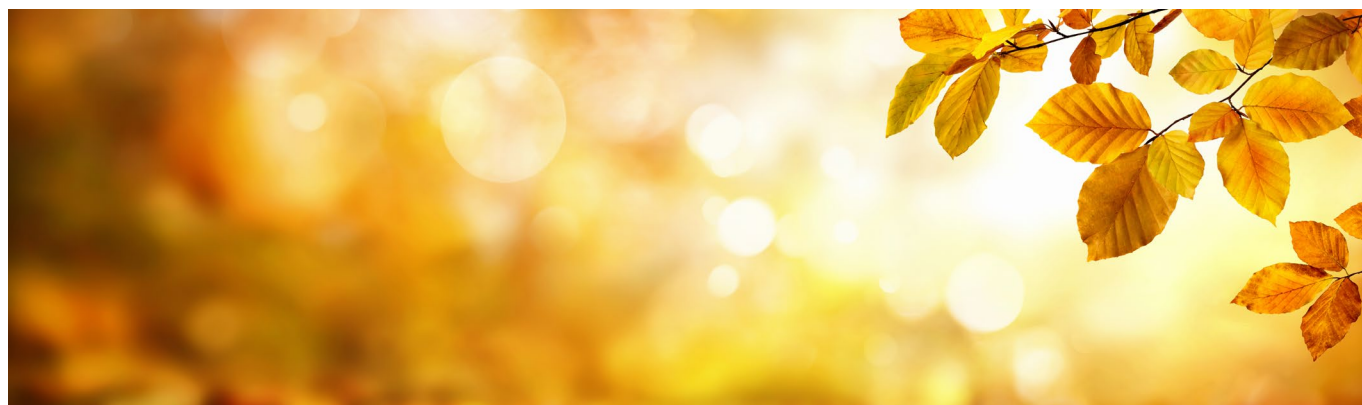
Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

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](#).



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



Bouquets

Child Health Services, Christchurch Hospital

We would like to say a huge thank you to Kiki, the Diabetes team and all the wonderful staff on the Children's ward. They made us feel very welcome, all were lovely and very professional. Special thanks to Page and Angela on Ward B7 for their enthusiasm and sage advice. What a wonderful team!

Neonatal Intensive Care Unit (NICU)

My baby was in NICU for almost five weeks and it was not an easy journey. My husband and I would really like to express our deepest gratitude to all the staff and nurses for their hard work, kindness and patience, especially to Nurses Jilly, Sue, Lauren, Laura, Lucy, Bianca, Joy from room 4, Joy from room 6, and Kayla. My husband and I truly appreciate all your help and comfort during those hard times in NICU. You made us feel that we were not alone and guided us, especially as first-time parents. Your passion for your profession is incomparable.

Emergency Department (ED), Christchurch Hospital

I would like to highly commend the staff in ED. My wife came in with a cardiac problem. While in the ED she had an event and the service from the staff was outstanding. Not only did they attend to my wife in an efficient and professional manner, but they also noticed that I was very distressed. They showed me an impressive amount of courtesy and support. Sadly, I can only remember three names. They are Dr Kate, Nurse Felicity and Social Worker William. These three were accompanied by a number of other staff who were just as brilliant. Finally, I cannot find enough words to express my gratitude for the treatment my wife received.

Gastroenterology, Christchurch Hospital

Excellent care given by staff.

Rangiora Community Maternity Unit

My husband and I want to thank all the incredible staff. The care and support they provided us, as first-time parents, was exceptional. We want to make special mention to Julie and Theresa, who treated us with kindness and took the time to ensure we had everything we needed. Every single person we encountered during our stay was amazing and we couldn't fault anything about the experience!

Surgical Assessment and Review Area and Ward A5, Christchurch Hospital

I came into hospital with suspected appendicitis. I was greeted at the door and walked to the right place and then seen by some amazing people including Dr Jack Vojak. He talked me through the whole process. There was also a nurse named Kokee who joked with me and kept me calm as I was feeling rather nervous. The whole experience was made better by all the people involved.

Big Shout Out

To: Nursing Director Infection Prevention & Control Service Sarah Berger, Medical Specialist Alan Pithie and Clinical Nurse Specialist Infection Prevention & Control Louise Brown

Thank you so much for your advice. Your wisdom, input and considered suggestions for mental health settings have supported Specialist Mental Health Service (SMHS) nurses to reduce infection risks, contain ward outbreaks and manage the environments for consumers and staff alike. We really appreciate your skills, knowledge and quick responses.

From: On behalf of the SMHS nursing team

#carestartshere

Cardiology and Ward 12, Christchurch Hospital

I'd like to express my thanks to Dr McLean and his team in the Cardiology department. The standard of care and concern was exemplary in what was for us a very stressful situation. In particular, I'd like to thank nurses Laura, Sharon and Sunil in Ward 12, whose professionalism and kindness under the pressure of endless worried questions was a huge comfort. Mine was a happy outcome, but obviously that is not always the case and the work that you do, and the staff morale that is shown, is a credit to all.

Ros Rossiter, Occupational Therapist, South West Community Service Team, Older Person's Health and Rehabilitation

In appreciation of the prompt support and kindness you gave us during [patient name's] illness. Many thanks. (From the family of a client who passed away).

Medical Assessment Unit (MAU) and Ward 11, Christchurch Hospital

I was hospitalised this weekend with an acute infection. During this time, I was extremely impressed with two people/things:

1. My meal server was WellFood staff member Margaret. She was extremely helpful to me during my stay, ensuring I received appropriate food for my condition, making really helpful suggestions, and then following up by ensuring those suggestions were provided to me. She was spot-on with her suggestions, and I was extremely grateful to her.
2. I am a severely immunocompromised patient, and all the doctors and staff ensured I was kept in my own isolated room at all times. For me, this was imperative, and I received nothing but respect and care where this was concerned on both the wards I was admitted to. This provided me with peace of mind in this uncertain COVID-19 time and means I can return home without the stress of worrying about whether I may have contracted COVID-19 from a visitor to someone if I had been placed in a ward.

Thanks to all concerned, but I would especially like Margaret to be commended for her expertise and caring attitude during what was a painful and stressful time for me.

Ward 10, Christchurch Hospital

I would like to compliment the excellent staff who have taken care of me. Medical staff were excellent in conveying information in plain language. Nursing staff were excellent in caring and treatments, all very friendly. WellFood staff were excellent, jovial and superb people. They must have a great person leading them. The meals were excellent, well balanced and full of flavour.

Ward 24, Christchurch Hospital

A heartfelt thank you for the wonderful care you gave our Mum in the time she was with you. The support you gave to me and my family is much appreciated and not forgotten. You all do an amazing job and make a difference in a lot of people's lives. A special thanks to Jo, Rae and Joanne. Thank you very much.

Cardiology Day Unit, Christchurch Hospital

The level of service from all staff was excellent, professional and friendly.

Trish, Physiotherapy, Christchurch Hospital

I would like to acknowledge the wonderful kind person I had to help me – Trish. She was so professional in her work while at the same time making me feel relaxed. Nothing was a problem.

Ward 24, Christchurch Hospital

Thank you for all the care you took of our husband and father while he was with you. He felt safe once he arrived on the ward. Our grateful thanks to you all.

Ward B6, Christchurch Hospital

The care my husband received from all the staff was amazing. You are all so caring and professional. He passed away soon after returning home but as a family we wanted to acknowledge the wonderful care he received. Thank you.

Ward B7, Christchurch Hospital

We want to put in a good word for a nurse in practice/training. She showed great care when dealing with our son in his post-op care, paying particular attention to details that really made us feel supported. What we particularly remembered was how much care she put in when assisting with re-applying dressing post epidural removal. Our son was anxious and the stinging sensation during the dressing removal made him cry. This nurse really did well in making our son feel the most comfortable. Thank you and we wish you all the best in your career!

Children's Acute Assessment Unit (CAAU), Christchurch Hospital

I brought my nine-month-old baby in twice last week and I have to say how excellent the staff in the CAUA are – fantastic nurses and doctor.

Gynaecology Ward, Christchurch Hospital

From the very start to the end with my recovery, everything was wonderful. The Anaesthetic team was the best. The way they cheerfully talked to me, helped me with the mask and how to breathe, it was the best ever treatment I've ever had. It was so calming, and I never felt like I was in trouble or triggering to me. Please pass on my thanks for the whole team.

Gift of historic photo

A photo of a nurse injured in a wartime ship sinking has been presented to Executive Director Maternity and Midwifery Norma Campbell by the Nurses' Memorial Chapel Trust.

The original photo hangs in the chapel which was built to commemorate the loss of 10 New Zealand nurses who died in the sinking of the British troop-ship Marquette on 23 October 1915, after it was torpedoed by a German submarine.

Executive Director Maternity and Midwifery Norma Campbell says she is grateful for the special gift which will be treasured.

"Thank you to the Friends of the Nurses Memorial Chapel for this kind gesture, I have already shown a number of people in the corporate office and Christchurch Women's who knew the story of the Marquette but didn't realise the story of the matron of St Helens and her involvement."

Three of the nurses who died in the sinking of the Marquette were trained at Christchurch Hospital. The chapel opened in 1928 and now serves as a tribute to all New Zealand nurses who died in WWI, WWII and in the influenza epidemic of 1918.



From left, Nurses Memorial Chapel (NMC) Trust and NMC Museum Group member Beth Wynn-Williams, Executive Director Maternity and Midwifery Norma Campbell and President of the Friends of the Nurses' Memorial Chapel Pip Mason

Matron Marie Cameron was a Registered Nurse and Registered Midwife and Matron of Christchurch's, St Helen's Maternity Hospital (now Christchurch Women's Hospital) from 1911 – 1915.

She and 35 nurses under her charge were on board the Marquette. Marie was severely injured when the lifeboat she was in was lowered and fell onto another lifeboat.

She was in the water for two hours and not expected to live. Despite extensive injuries, Marie survived, but her life and health was severely compromised.



**Stop the flu
before it stops you**

**Free staff flu vaccinations
available now**

Check PRISM for details

World Smokefree Day

Smokefree May has now come to an end after a variety of activities in Canterbury.

The Canterbury DHB Smokefree team set up two stalls at Christchurch Hospital and another at Burwood Hospital on World Smokefree Day, 31 May.

Smokefree resources, a quiz and prizes were used to engage with staff and visitors.

Another member of the Te Hā - Waitaha Smokefree Support team headed over to the Nga Hau E Wha National Marae and co-located with the visiting Breast Screening service. Wāhine who were there for screening had a bonus korero about the Smokefree Aotearoa 2025 and received some Smokefree goodies!

Of particular interest, were views at Christchurch Hospital around reducing tobacco availability and density – this is one of the actions in the [Smokefree Aotearoa 2025 Action Plan - Auahi Kore Aotearoa Mahere Rautaki 2025](#).

With nearly four times more retailers in low-income communities, those trying to quit are faced with this highly addictive product at every turn. Changing the law to reduce the number of authorised retailers across Aotearoa to 500 and to no longer be concentrated in our most deprived neighbourhoods will be game changing.

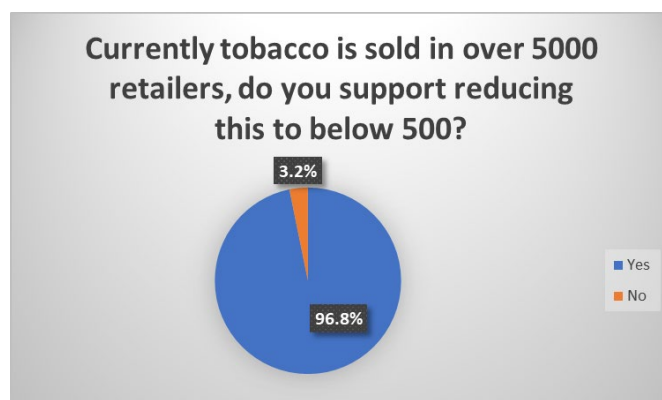
Of the 93 people surveyed – 90 supported this significant decrease, three were not in support.

Canterbury DHB welcomes the opportunity to make a submission on this amendment to the Smokefree Environments Act 1990 when it is introduced to Parliament later in June. Individuals and other groups are also encouraged to do so.

For any support, please contact smokefree@cdhb.health.nz.



From left, Clinical Nurse Educator Rebecca Bell and Te Hā - Waitaha Smokefree Support Programme Lead Christchurch Hospital Maraea Peawini at an information stand at the hospital for World Smokefree Day



Parkside bike park changes

We're making some temporary changes to the Parkside bike park.

We need to make space so that the strengthening of the Parkside building can progress. This means moving some of the cycle racks from under the cover of the building to further out into the carpark for the duration of the work as per the diagram below.

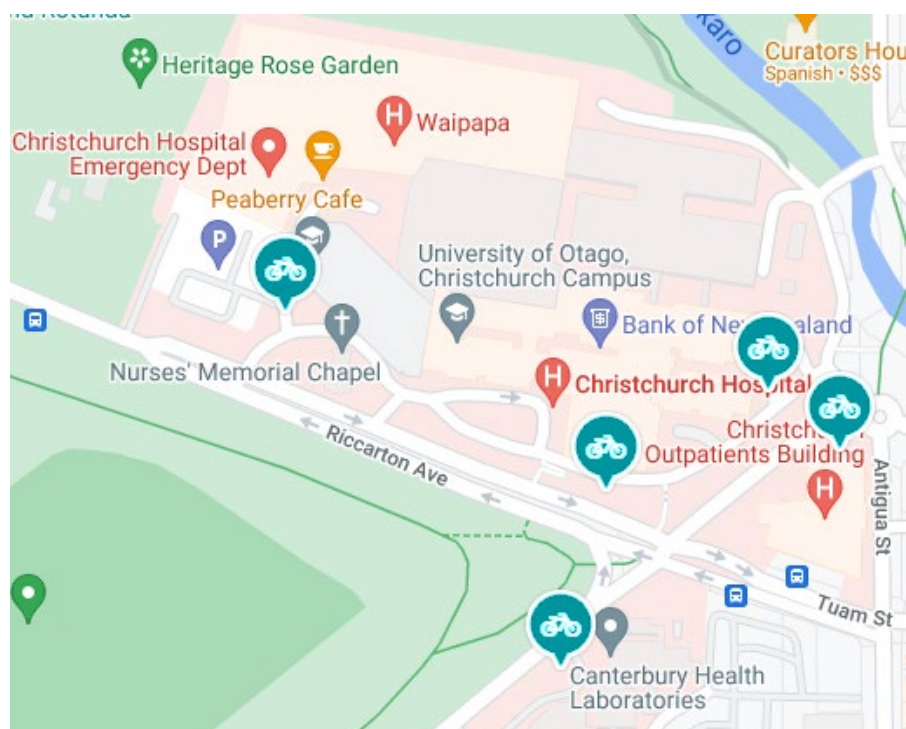
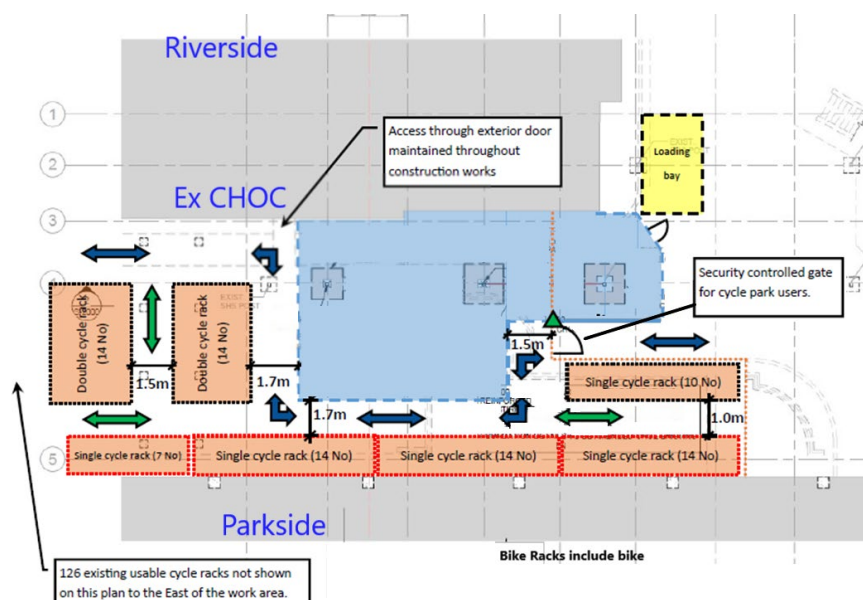
This work will commence on Thursday 9 June between 6.30am and 10am. Please park your bikes near the Parkside entrance if needing to use the bike park from the evening of Wednesday June 8 so there are no issues with the work proceeding in the morning.

Other bike parks can be found across the Christchurch campus.

The strengthening work is expected to take six weeks and then the bike park will be returned to its old position.

Pedestrian access through the bike park will be clearly signposted while the strengthening work is underway, and the access will remain clear at all times. There will also be unobstructed access to the external doors in this area. Extra scree has been installed and compacted to make the surface level.

We appreciate your patience as we continue our work to upgrade and strengthen the Parkside building.



A map showing bicycle parks across Christchurch campus

Move well, Stay well



Ready, steady... slide!

The simple and ubiquitous slide sheet, also known as a Slippery Sam or a Slippery Sally, has had several incarnations in our health system over the years. Now in the form of two blue rectangular sheets, they greatly reduce friction when used to reposition a patient. This translates to far less effort being required from a staff member when moving and handling people.

Each patient who requires a slide sheet is allocated one for their stay in hospital, and it remains in their bed space for their exclusive use.

Slide sheets reduce friction to such a degree that they can take 80 percent of the weight of a patient. Consider a 100kg patient that needs to be repositioned in bed. A slide sheet reduces the effort required to the equivalent of moving 20kg, and when sharing that between two staff members that becomes comparable to moving only 10kg each.

Slide sheets can be utilised in a multitude of other ways, from repositioning a patient in a chair or wheelchair, to helping to seat someone comfortably in a car, and can even be tucked under a patient's legs to reduce friction when bringing their legs off the side of the bed.



From left, Moving and Handling Specialists Aleisha Rusbatch and Vanessa Kaylor demonstrate the correct use of slide sheets with a 'patient', fellow Moving and Handling Specialist Rebecca Neville from the West Coast

1. Slide sheets must always be used in pairs. While one sheet removes a small amount of friction, the full benefits are gained by using two sheets together.
2. Be mindful of keeping your knuckles in contact with the bed when sliding a patient and to not lift the patient with the slide sheet. Separating the sheets as you slide takes away the friction reducing benefits. Keep knuckles down and glide hands along the bed as you slide.
3. When moving a patient up the bed, combine that with the Trendelenburg position where the head of the bed is tilted down slightly, and that friction is reduced even further. Only a slight angle is needed – guidelines recommend a maximum of approximately 16 degrees of tilt.
4. Stagger your stance keeping your elbows tucked in to your sides and use your glutes and quads to shift your weight from the front to back foot to shift the patient. Don't pull with just your arms – this will strain the small muscles in your arms and back and puts you at risk of injury.

5. Consistent communication is key in any moving and handling moment. Consider how you communicate with your team – do you count to three? Do you move ON three or AFTER three? Use the phrase 'ready steady' then the action word instead, for example, 'ready steady slide' or 'ready steady roll'. This enables you and your patient to coordinate your efforts and move in unison.

Slide sheets can be ordered from Canterbury Linen Services (CLS) as part of a linen order. When a slide sheet needs to be laundered, place in a yellow linen bag to be returned to CLS.

Any questions? Please contact the Injury Prevention Team, Health and Safety. Health.safety@cdhb.health.nz.

Taha Whānau: (social wellbeing) with the Canterbury Hauora Hub Administration Team

Ever wondered how COVID-19 positive people get their pulse oximeters, who supports general practice to take care of their patients or who is throwing the most shared lunches? It's the Administration team at the heart of the Canterbury Hauora Coordination Hub.

The team, led by Administration Team Leader Ngahuia Murray, is responsible for coordinating support to primary care teams as well as the distribution and administration of homecare packs to those that need them.

But, it is so much more than that.

Administrator Bob Huzen has described this role as one of the best experiences of his life.

"I like being part of the team, it is very organised, positive and has a human focus. I am proud to be part of this community support"

Administrator Muhammad Ali, who moved to Christchurch recently, describes his colleagues as "part of his family".

The roll out of the COVID-19 Clinical Care Module (CCCM – formerly Border Clinical Management System) to manage clinical care of COVID-19 positive people has come with its challenges as does any new technology.

This has meant the team has had to be solutions-focused and ensure they troubleshoot together to facilitate the smooth transition of information between agencies.

The team all speak of the enjoyment they have working "at the coal face" and the close cross-agency and cross-functional working.

Administrator Alana Harvey described the role as one that means she goes home each day knowing she has played her part in Canterbury's recovery.

She also recognises that it isn't all 'warm fuzzies'



Canterbury Hauora Coordination Hub Administration Team

"Some days are hard seeing more vulnerable people fall ill but knowing that you are helping people to take care of themselves is gratifying".

It isn't all COVID-19 either. The team have found themselves providing end-to-end patient support, including investigating any data discrepancies and going above and beyond the call of duty to seek appropriate help.

All the team emphasise the strong and inspiring leadership provided by Service Manager Jo Lilley and Ngahuia. It is evident the culture of the administration function is led from the top.

Ensuring access to healthcare services

Any time of the year our people need safe, dry, warm homes.

In winter, this becomes even more crucial, because without these basics their health, mental health and wellbeing can be badly impacted, says Manager of the Aranui Community Trust Incorporated Society (ACTIS), which works to develop and support the Aranui community, Rachael Fonotia.

A key focus for the trust is ensuring its community has good access to healthcare services.

"We are led by our community and have identified areas of focus for our work. One of these is health and wellbeing. In partnership with Pegasus Health we can support our people to sort a plan for what they need.

"A lot of mahi goes into getting them linked into health and wellbeing services, such as getting them enrolled with a general practice team. We want our people to be seen at the top of the cliff not the bottom, when they end up in ED."

One way that ACTIS supports its community's health and wellbeing is by having Pegasus Health Partnership Community Worker (PCW) Chrissie Robertson based at its Hampshire Street offices.

Chrissie has a particular focus and skill in supporting people's mental health by helping them access the services they need.

During the winter months it is easy for people's mental and physical health to suffer, and this winter seems to be increasingly stressful, she says.

"We (she and other PCWs based in other community centres throughout Canterbury) work hard to make sure people know about and have access to the healthcare services they need. We want to empower people to manage their own health and wellbeing, but often they don't know what is available or how to get help, so that's part of what we do."

STAY WELL THIS WINTER



Pegasus Health Partnership Community Worker Chrissie Robertson is working with the Aranui Community Trust (ACTIS) to ensure its community has good access to health and mental health services this winter

Being enrolled at a general practice is important and in winter means people can get help before their condition becomes more serious or get their whānau protected against infections such as influenza, MMR and whooping cough.

GPs are also a gateway for people to access mental health services and they have information for people on ways to improve their health and wellbeing, she says.

One minute with... **Fiona Graham,** **Kairuruku Hotaka/Programme Coordinator,** **Kowhai Programme, Burwood Hospital**



What does your job involve?

The Kowhai Programme recruits and trains volunteers to provide person-centred support for vulnerable patients in the Older Persons' Health wards at Burwood. With the support of many others I am responsible for developing the programme which is based on a similar model in Australia. We recruit Kowhai Companions, facilitate training, provide clinical support and mentorship, and oversee the day to day running of the programme.

Priority patients may have some cognitive impairment related to dementia. However, dementia is not their primary diagnosis, they are in hospital for another reason. Their risk of developing delirium (a temporary state of confusion), and the adverse events associated with it – such as falls, dehydration and malnutrition – are much higher. Simple measures achieved by having a Kowhai Companion present, such as improving nutrition, hydration and reducing anxiety, can have a significant impact in delirium prevention. It may appear that they are just having a chat together or completing a puzzle, but it's so much more than that!

Why did you choose to work in this field?

I have been passionate about delirium prevention and the importance of delirium recognition in patient deterioration for many years. Having the opportunity to set up and coordinate a programme for which delirium prevention is a key focus has been fabulous. I am also an advocate for inter-professional education and collaboration. The success of the Kowhai Programme relies on this. All members of the inter-disciplinary team are equally enthusiastic about the programme and share responsibility for training and supporting the Kowhai Companions in their role and identifying suitable patients.

What do you like about it?

Sometimes I just stand and observe the interactions between the Kowhai Companions and the patients, it is so inspiring. I enjoy seeing first-hand results of the training, mentorship and support that goes into growing these volunteers. It's been such a pleasure watching them gain confidence and really flourish in the role. Most of all, I love to see and hear about the positive impact the programme has on patients and whānau.

What are the challenging bits?

Timing. It can be tricky ensuring that Kowhai Companion visits don't coincide with other therapies or when the

patient has a visitor. Sometimes not having enough Kowhai Companions to meet the need can be challenging, but we have just recruited an amazing new cohort.

Who inspires you and why?

My current inspiration is the Kowhai Companions. Who knew such amazing people even existed? I have been blown away by their compassion and enthusiasm, and they are really good fun. However, my whole career has been influenced by my Mum. She was an amazing nurse who sadly passed away six months after I qualified as nurse, I feel her presence everyday making sure that I am doing the right thing!

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 align with everything that the Kowhai Programme aims to achieve. Working together towards a common goal and always 'doing the right thing,' even when it's not the easy path.

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

I was a train spotter in my younger days, I had a note book, anorak the lot! I travelled the length and breadth of the U.K pursuing this passion. It wasn't really MY passion I did it for love, but it was fun!

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

On the West Coast of Scotland watching the sun set over the Isle of Arran.

What do you do on a typical Sunday?

Visiting my in-laws and batch cooking for the week ahead. Living the dream!

What's your favourite food?

Curry, or anything with chilli in it, the hotter the better!

And your favourite music?

It's all about the music in our house. I have a diverse taste in music, but my favourite genre is 1970s/early 80s punk and post-punk.

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.

Please see below limited-time offers for you



Torpedo 7- winter sale 30 May - 12 June 2022

Torpedo7 is offering up to 40 percent off on a huge range of gear for Canterbury DHB and West Coast staff. See this [flyer for the promo code](#) and more information.



Porters Ski Field, Springfield

Porters Ski Field would like to offer Canterbury and West Coast DHB staff season passes at the special rate of \$499. This is available until 1 July 2022. The season pass can be extended to immediate family members of Canterbury DHB staff. There will be no blackout dates on the season passes i.e they can be used during holidays and weekends. This compliments the current offer of 50 percent off lift passes midweek (outside of school holidays). Contact office@skiporters.co.nz for more information and to purchase. See the flyer [here](#).



99 Bikes

- 460a Moorhouse Avenue, Waltham, Christchurch 8011 .

The 99 Bikes team would like to offer discounted bike services for \$99 (original price \$149). Show your Canterbury DHB ID instore to redeem the discount. They also offer a \$20 pickup/drop off for Christchurch Hospital. Contact 03 365 3311 or email moorhouse@99bikes.co.nz for more information. See the flyer [here](#).

A1 Auto4Service garage - 142-146 Fitzgerald Avenue, Christchurch

Pay only \$150 and get \$1,040 worth of car servicing! Please read the detailed service package and terms and conditions [here](#). You can email Craig at: A1auto4service@gmail.com or text/phone 029 778 0052 to arrange a voucher.



Kia ora koutou

With Omicron now spreading widely in the community, Te Aho o Te Kahu, the Cancer Control Agency, continues to monitor the impact of COVID-19 on cancer diagnostic and treatment services. As always, I acknowledge the hard work and dedication of the entire cancer sector in delivering cancer services during this outbreak.

Our [most recent](#) report includes DHB data up until the end of March 2022 with the full series [available on our Cancer care and COVID-19 webpage](#). The report looks at the number of cancer diagnoses and treatments to end of March 2022, compared to the same time period in the previous year/s to understand if the current COVID-19 outbreak has impacted cancer diagnosis and treatment, and created or exacerbated inequities.

FLU 2022





Te Kāwanatanga o Aotearoa
New Zealand Government



Health & Disability Sector Reforms

Session Three

Strengthening population and public health

The Ministry of Health is hosting an informative session on the Government Policy Statement and its direction-setting role in the health sector reforms on 8 June 2022 at 11:30am–12:30pm.

The discussion centres on how the reformed health system will work to strengthen population and public health.

We'll talk about the draft interim Government Policy Statement, which sets out the Government's priorities and expectations for the first two years of the reformed health system.

Panelists include:

- ▶ Minister of Health Andrew Little
- ▶ Associate Minister of Health Ayesha Verrall
- ▶ Chief Executive of interim Māori Health Authority Riana Manuel
- ▶ Chief Executive of interim Health New Zealand Margie Apa

Director-General of Health Dr Ashley Bloomfield will be hosting the session.

The hui will be held online due to high levels of interest.

Register at <https://myevents.nz/MOH/HealthAndDisabilitySectorReforms>

Our health system is being transformed so all New Zealanders have better access to, and outcomes from, health services. The reforms uphold the special relationship with iwi and Māori communities under Te Tiriti o Waitangi.

There is a clear responsibility to improve hauora Māori, and the health and wellbeing of other groups, such as Pacific peoples, ethnic communities, and disabled people including tangata whaikaha, who may not have had equitable care in the past.

The vision for the reforms is a health system that delivers Pae Ora | healthy futures for all New Zealanders – where people live longer healthier lives.

This session is part of a wider series of discussion on the health system reforms.

- ▶ Session One: Embedding Te Tiriti into the reformed system (held 26 April – [Health and disability system reforms | Ministry of Health NZ](#))
- ▶ Session Two: Improving equity in the health system (held 1 June – [Health and disability system reforms | Ministry of Health NZ](#))
- ▶ Session Three: Strengthening population and public health (8 June)
- ▶ Session Four: Improving primary and community care, and hospital and specialist services (23 June).

PUBLIC LECTURE



Department of
Preventive and Social Medicine
Te Tari Hauora Tūmatanui

Spiritual care in 21st century Aotearoa New Zealand healthcare

Associate Professor Richard Egan

What is spiritual care, and how can we do it better?

Spirituality is central to the wellbeing of all people and spiritual care is important for many people facing serious health issues. This includes exploring what helps people make meaning in times of great stress, facing fears or death, which may include cultural and/or religious support.

To understand what this means for our evolving healthcare system, we need to consult with people and whānau about the best ways for them to access spiritual care. This talk will present up-to-date research, and give healthcare professionals and the public the chance to have their say.

Associate Professor Richard Egan

Dr Richard Egan is a director of the Cancer Society Research Collaboration and co-director of the Social and Behavioural Research Unit. He has worked as a mental health promoter in public health, and has been at the Dunedin School of Medicine for 15 years. Richard's PhD thesis explored spirituality in end-of-life care, and he has recently pioneered spiritual care education in nursing and medical teaching.

Certificate of attendance will be provided for professional development purposes.

Please wear a surgical mask and do not attend if you have any cold or flu symptoms.

13 June
5-6:30pm

The Ballroom, Nurse Maude, McDougall House
24 McDougall Ave, Merivale, Christchurch.

Nurse Maude

For further information:
otago.ac.nz/events



YOU'RE INVITED TO A TELEHEALTH WEBINAR:

Lessons Learnt and Highlights - Community Telehealth Initiatives

THURSDAY 30 JUNE, 7-8PM



MODERATOR:
Jess White

*Practice Plus General
Manager/Programme
Director Health Care
Home and Digital Health*

There are some fantastic initiatives and projects for telehealth in the community and this month we feature a great line-up of panellists who are doing some incredible telehealth work in their region.

Facilitated by Jess White and Nicole Redfern, Co-Chairs of NZTF Professionals Community of Practice working group - panellists will talk about their own experiences in telehealth, and share their learnings, including what's working and what's not - along with their highlights and lessons learnt along the way.

Telehealth is not about efficiency, it's about providing accessible, equitable options for healthcare and to give patients more choice to access their health providers. We're excited to bring you a wide range of panellists who are passionate about improving health equity through delivering telehealth in Aotearoa.

Be part of the online conversation and register today!



MODERATOR:
Nicole Redfern

*Facilitator - TeleHealth,
Support and Training,
ISG, CDHB*

PANELLISTS

Jen Coatsworth

Lakes DHB Digital Enablement
Programme Manager

Ani Olson

Pokapū o te Taiwhenua Coordinator

Sue Westbrook

Pokapū o te Taiwhenua Coordinator

Amio Matenga Ikihele

Innovations Lead - Moana Research

Malcolm Kendall

National Māori Advisor - Customers &
Supporters, Hato Hone St John.

REGISTRATIONS REQUIRED

Please use the following link: telehealth.org.nz/initiatives