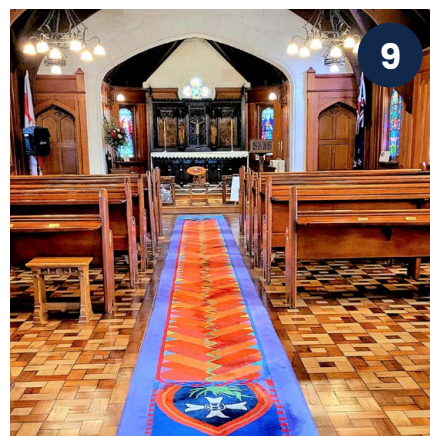


Health New Zealand Te Whatu Ora Waitaha Canterbury Pānui

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Health New Zealand
Te Whatu Ora
Waitaha Canterbury



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Cover photo: The Anzac Day service in the Nurses' Memorial Chapel

Kupu Arataki – Introduction

Meals to say thank you for nurses' day

Sunday 12 May is International Nurses Day – and international charity Rapid Relief Team (RRT) is kindly offering free meals for Health New Zealand | Te Whatu Ora nurses, as a way of marking the contribution of nursing staff.

RRT will be providing meals for nurses at both the Christchurch and Ashburton hospital campuses

Christchurch

In Christchurch the event will be on Friday 10 May and will cover both breakfast and lunch/dinner.

When: Friday 10 May

Breakfast from 6 – 7.30am – this should cover night shift finishing and morning shift starting

Lunch from 12 – 2pm – this should cover all daystay/outpatient/senior nurses. Boxes will be available for PM shift to pick up if they wish to come in early to do so

Where: Lower Ground Floor entrance of Waipapa. There will be one-way pedestrian traffic under the overhang so that rain or shine people can pick up their food under shelter.

Food: Both meals will consist of hot and cold options and will cater for gluten-free, vegetarian etc. Bottled water and barista tea/coffee will also be provided.



**OUR NURSES.
OUR FUTURE.**

International Council of Nurses

Ashburton

The Ashburton event is on Tuesday 7 May. The invitation is extended to include all staff.

When: Tuesday 7 May, 11.30am – 1.30pm

Where: District Nursing parking lot

Food: Gluten-free options will be available

Thanks so much to the team at RRT, we really appreciate this very kind gesture and all the effort you and your team are putting into this nationwide.

Last chance for staff to complete the Pulse Survey – extended to midnight tomorrow

More than 30,000 Health New Zealand | Te Whatu Ora kaimahi have now taken part in the second Ngātahitanga Pulse Survey.

To ensure as many of our busy people are able to fill in the survey as possible, we are extending it until midnight tomorrow, Tuesday 30 April.

This will give those who have taken time off for school holidays, or who may have taken leave around Anzac Day, an extra opportunity to participate.

If you haven't had your say yet, please fill in the survey, it takes only a few minutes and is completely confidential. The more responses we get, the more robust our information and data will be.

Ngātahitanga Pulse Survey

Health New Zealand
Te Whatu Ora



You can take the survey by:

- › Clicking on the unique survey link sent to your work email address
- › Scanning the QR code on our posters and table cards
- › Filling in a paper survey
- › Following this link: <https://feedback.askyourteam.com/TX0mWRV>

Thanks for helping us to make Health New Zealand | Te Whatu Ora a better place to work.

Focus on immunisation continues into winter

World Immunisation Week (24–30 April) finishes tomorrow but we'll be continuing to encourage everyone to make sure their vaccinations are up to date – helping to ensure the best protection from vaccine-preventable diseases.

We desperately need higher rates of immunisation to help stop vaccine-preventable diseases from spreading in our communities.

Together we are working toward achieving our national health targets and protecting our tamariki from preventable diseases with 95 percent of children fully immunised at 24 months old.

As we head into winter, health providers are running local and regional events to promote childhood immunisation, influenza, measles, whooping cough and COVID-19 vaccinations.

Book a vaccine for yourself, a family member, or a group at bookmyvaccine.health.nz.

You can also call the Vaccination Healthline on 0800 28 29 26 – available 8.30am to 5pm Monday to Friday. Calls are free, callers can opt to speak with a Māori clinician, and interpreters are available.



Alternatively or contact your healthcare provider, pharmacy, or GP.

For the latest information about immunisation, see <https://info.health.nz/immunisations/>

Refugees to benefit from Equity Funding project

Christchurch is one of several areas across Aotearoa New Zealand where Health New Zealand | Te Whatu Ora will roll out a new approach to healthcare for former refugees.

The project aims to create better outcomes for former refugees by addressing historic and long-standing inequities around how they access primary healthcare and support services.

These inequities are due to services being commissioned by multiple health entities around Aotearoa New Zealand, using different funding sources.

The project will deliver a new national model of care (including service delivery), to ensure former refugees have equitable access, with fewer barriers, to primary healthcare and support no matter where they are located.

In addition to Christchurch, the project will include all refugee resettlement locations including Auckland, Hamilton, Palmerston North, Levin, Wellington, Masterton, Nelson, Blenheim, Ashburton, Timaru, and Dunedin.

Health NZ is working with current refugee healthcare providers, former refugees with lived experience, technical experts, and teams from across Health NZ to develop the new model.

The new national model of care is expected to be implemented across Aotearoa New Zealand by September 2025, subject to funding availability.

Staff flu vaccination clinics available now

Flu vaccinations are free for all Health New Zealand | Te Whatu Ora staff, contractors, students, and volunteers.

This is one of the most important things you can do to protect yourself, your whānau, your community, your colleagues, and the people we care for this winter.

You can now get your free staff flu vaccination at one of the vaccination clinics being held at Ashburton, Burwood, Christchurch, Hillmorton and The Princess Margaret hospitals, and various West Coast sites.

For details and updates on clinics including locations and times, staff can check the internal staff email, or on PRISM.



Clinical Manager Adult Community Therapy Service and Community Stroke Rehabilitation Service Kelly Robinson receives her flu shot from Registered Nurse Emily Cummins at one of the staff clinics held at The Princess Margaret Hospital last week.



Get your **FREE** flu vaccine

It's the best protection available.

The earlier you get the vaccine, the sooner we'll all be protected.

Visit Prism to find out more.

We're fighting flu together

FLU2024

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Virtual conference for International Day of the Midwife

Next Sunday 5 May is International Day of the Midwife.

This year's theme, 'The workforce we need for a warming world', celebrates our contribution to the continuation of care during local climate catastrophes.

It also acknowledges both the importance of normal birthing, close to home when possible, and the role Midwives play in educating and influencing whānau on sustainability and whānau health.

The International College of Midwives is supporting the event by providing a free virtual conference on Sunday 5 May, and a podcast series from last year's keynote speakers.

Virtual International Day of the Midwife (VIDM) is a free 24-hour online conference centred on 5 May for midwives and anyone interested in childbirth.

The event features a total of 44 presentations over 24 hours, with presenters coming from 20 countries across six continents. Presentations are framed around the 2024 theme 'Sustainable Midwifery'.

Find out more about the Virtual International Day of the Midwife conference [here](#).

Podcasts from the 2023 event are available on the [podcast page](#).

Next week's Pānui will feature more local content marking International Day of the Midwife in Waitaha Canterbury.



Ā mātou tāngata – Our people

Tragic sinking of ship carrying nurses remembered at Anzac Day service

An Anzac Day service was held in the Nurses' Memorial Chapel for the first time since the Christchurch earthquakes and following a \$4 million restoration of the historic building.

Those gathered were welcomed by Friends of the Chapel President Pip Mason, and Trust Chair Robyn Bisset presented a history of the chapel.

The sinking of the ship, the *Marquette*, was recounted by Secretary of the Friends of the Chapel and Historian Cheryl English who is a relative of one of the nurses who died.

"Staff Nurse Margaret Rogers 22/175 was my great, great Aunt and died on 23 October 1915 or thereabouts," Cheryl said in her harrowing message.

In July 1915 a group of New Zealand nurses, including three who had trained at Christchurch Hospital, travelled to Egypt where they were immediately thrust into the realities of war. Margaret's last letter home, posted in October said:

"There is no romance about war; it spells suffering, hunger, filth. How thankful I am every day that I came to do what I could to help relieve our brave boys."

That same month the nurses were told to pack up, move all the equipment from the hospital there, get warmer grey dresses, and leave. They didn't know their destination but travelled by train, reaching Alexandria on 18 October.



New Zealand Army Bugle Player Lolo Tu'uhetoka playing the Last Post at the service



A wreath laid in the chapel at the service



The service sheet in front of a stained glass window in the chapel depicting the *Marquette*

There the nurses boarded the British transport ship, the HMT Marquette, along with over 700 other personnel and 541 animals. Five days later a streak of blue was noticed in the water, and someone yelled "torpedo".

Christchurch Nurse Fanny Abbott was doing some washing at the time, her collar and stockings were both off and she was wearing slippers on her feet. Matron Marie Cameron was badly injured when the ropes on a lifeboat being lowered broke and fell heavily on the first lowered lifeboat of nurses.

"Amid the panic, Mary Gorman, a strong swimmer, had both legs crushed during the bungled lifeboat lowering. Knowing survival was impossible, she gave her lifejacket to her friend Catherine Fox, a non-swimmer, but they were both pushed under the lifeboat and drowned."

Nurses Marion Brown and Isabel Clark were seen hand in hand. They got a few steps down the gangway, jumped into the sea and were not seen again.

Christchurch Nurse Lorna Rattray struggled to get her lifebelt on as she climbed the stairs to the deck. Survivors Edith Popplewell and Mary Walker, together with a British soldier and Lorna, clung to a lifesaving board. Lorna died sometime in the afternoon, and her colleagues said the only thing that made them let her go even then, was the thought that they would be the next.

On 28 October the only bodies recovered from the sinking – two nurses and four soldiers – were discovered in an upturned boat. Cheryl's great, great aunt Margaret's body was the only nurse formally identified, thanks to an engraved wristwatch and numbered nursing badge. All are buried at the British Mikra Cemetery in Thessaloniki; Margaret in a marked grave and the other nurse described as 'A Nursing Sister of the Great War – known unto God'.



Major Brendon Wood of the Royal New Zealand Army Medical Corps and Chair of the Friends of the Chapel Trust Robyn Bissett with the wreath laid at the service



Secretary of the Friends of the Chapel and Historian Cheryl English speaking at the service

In 1915 New Zealand was a nation of around one million, and many people had connections with the dead and injured on the Marquette whether through family, church, sport, work, or friendships. The loss of 10 nurses and 22 men, all medical personnel, and their equipment was an avoidable tragedy that shook a nation.

"The Marquette, leaving Alexandria not marked as a hospital ship, and deprived of the protection of the 1899 Hague Conventions, was 'fair game' for the Germans. In total 167 personnel perished, and the ship sank within 13 minutes," Cheryl said.

Following Cheryl's message, Rick Acland, a trustee of the Nurses' Memorial Trust and descendant of Marquette survivor Sir Hugh Acland, read out the roll of honour.

Vice President of the Friends of the Chapel Stephanie Cook gave a reading from from the book *Anzac Girls*, about the nurses' experience on the Marquette. Canon David Morrell, also a trustee of the trust, said a blessing, and the last post was played by New Zealand Army Bugle Player Lolo Tu'uhetoka.

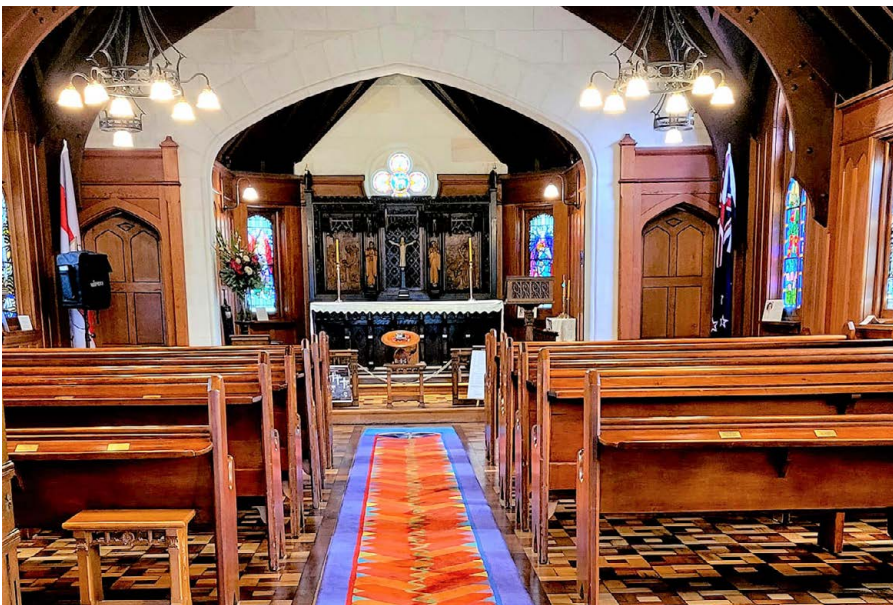
Unique chapel honours nurses lost in Great War

Hospital staff were shattered at the loss of their colleagues and were determined to build the chapel in their memory. The building on Riccarton Avenue, which opened in 1928, features a timbered interior with carvings by Frederick Gurnsey and Jake Vivian, together with stained glass windows by English artist Veronica Whall.

It is believed to be the only purpose-built hospital chapel in the world that commemorates nurses lost in the Great War 1914 -1918.

The chapel especially honours the three Christchurch Hospital-trained nurses, Nona Hildyard, Margaret Rogers and Lorna Rattray, who died in the sinking of the Marquette. Today it is a testament to New Zealand's pioneering nurses and to the thousands of nurses who were called away to battlefields during times of conflict, and to medical personnel who died during the influenza epidemic.

The first service was held in the chapel on Christmas Day 1927, and ever since it's been treasured as a place of quiet reflection and a popular venue for weddings, christenings, and Anzac services.



Interior of the Nurses' Memorial Chapel



A stained glass window in the chapel



The memorial in Greece to the victims of the Marquette sinking

One minute with... Aroha de Bie (Ngāi Tahu, Ngāti Porou, Ngāti Kahungunu ki Te Wairoa), Kaiwhakaako – Māori Nurse Educator (NESP)

What does your job involve?

I tautoko (support) our new neehi (nurses) during their first year of practice in mental health. This includes supporting their integration into their clinical teams, offering pastoral care throughout the year, and facilitating teaching sessions alongside my colleagues. Specific to my role is that I facilitate monthly wānanga with the rōpū (group) that aims to further build their competence and confidence when working with whānau Māori. I'm also an active member of Ngā Toka o te Aratika which is a Māori nurse and Allied Health rōpū here in Specialist Mental Health Services (SMHS) that leads and contributes to initiatives that support our current and future Māori health workforce.

What pathway got you to this job?

Commitment and passion to do my part towards achieving hauora (health and wellbeing) for whānau Māori and saying yes to opportunities as they arose.

I've always enjoyed working with tauira (students) and new kaimahi, so I was privileged to have opportunities such as being a preceptor, clinical liaison nurse and a teaching assistant for the Māori/ Indigenous Health Innovation (MIHI) department. These experiences and support from my colleagues and whānau have been key factors that have led me to this mahi.

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

Working in mental health and walking alongside tangata whaiora and whānau on their recovery journeys is a privilege. If you enjoy connecting with people, are motivated to make a difference and can think and work outside the square, we would love to welcome you to the SMHS whānau.

Who inspires you and why?

The next generation and future leaders. Their mana, energy and contemporary and innovative thinking make me so excited for the future and to see the changes they bring about. At SMHS, we have implemented a Tuakana-Teina programme

where our senior Māori nurses get the privilege of working alongside Māori student nurses who are here on their clinical placement. Inspiration is reciprocal in these relationships.

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

It means asking – am I happy for my whānau to receive this care or be in this space? Or am I happy for my whānau to work with these health professionals? If not, then it's not good enough, so time to step up and do better. Stepping up in my role looks like supporting the development of others so that when whānau access services they are met with clinical and cultural excellence.

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

My whānau are my world so anywhere with them is where I always want to be. Somewhere in the sun would be lush though!

What are some of the ways you and your whānau show their aroha/love for our planet?

Our whānau do our best to reduce, recycle, reuse and shop locally.

What are your hobbies/interests outside of work?

I'm a collector of beginner skills, so enjoyed doing pottery for a while. Currently I'm trying to teach myself to play the guitar and have been eyeing up classes at the Silversmiths' Guild of Canterbury so am keen to give that a go sometime. In our whare we're on our reo journey and that's been so, so awesome for our whānau.



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

Whakamihi – Bouquets



Neurology, Christchurch Hospital

My wife was diagnosed with a form of motor neurone disease. She has had so much help from everyone, from the doctors to the physiotherapists, even the office staff, including the booking coordinator. Everyone has been most helpful. Thank you for a first-class service, we are proud of what you are doing to help her. Thank you and best wishes.

Emergency Department (ED), Christchurch Hospital

The nurses were very nice, the doctor was clear and gave good explanations. He was very kind.

ED, Christchurch Hospital

I am happy and pleased with the service, everyone who helped me – and the result. Thank you all.

Karen, Orthopaedics, Christchurch Hospital

Nurse Karen kept me fully advised about what was happening. Thank you, Karen.

ED Orthopaedics and Wards 18 and 20, Christchurch Hospital

I would like to say a big thank you to all those involved in my treatment. I received very prompt attention and was transferred to a ward. I received very good care from all the ward staff, the orderlies, catering staff and the medical team. Thank you all.

Ward A5, Christchurch Hospital

Staff are looking after my family member so well. We appreciate the professional, caring staff. Thank you.

Surgical Assessment and Review Area and Ward B3, Christchurch Hospital

Thank you for the wonderful care and support provided for my mum during her 19-day stay in Ward B3. We have felt well informed, respected, and cared for. Everyone – from those delivering the meals, to the orderlies, nurses, doctors, and receptionists – has been an absolute pleasure to deal with, making an overwhelming and stressful time for our family much easier. Thank you again. More than likely we will be back here with Mum for further treatment and care but will do so knowing she is in good hands and comfortable.

Christchurch Hospital

Wonderful, thank you.

ED, Surgical Assessment and Ward 11, Christchurch Hospital

I wanted to express my gratitude for the care that I received during my recent stay. I was transported to the hospital by ambulance from Hanmer Springs in the early hours of the morning. From the moment I arrived until the moment I left, the care I received was incredible. Unfortunately, I don't remember the names of all the wonderful staff, but the lovely Nurse Sammy in ED was the first person I saw, and she was just so lovely. I know your staff do a thankless job and get treated terribly by some patients. I overheard some incredibly rude behaviour by some patients. The professionalism and patience that I witnessed from your staff was exemplary. They were so responsive whenever I needed anything. Please pass on my sincere thanks and gratitude to the team.

Heather, Christchurch Hospital

Some nurses are good, some nurses are great then occasionally you get exceptional nurses like Heather. After a very intense painful day with lack of sleep Heather came in and introduced herself, and her radiant, happy, bubbly energy instantly made me feel comfortable. Heather is the type of nurse who cares, is passionate about her job and is for the people. She asked me about myself, comforting me and consoling me when I discussed how stressed I am. Heather listened, made me feel seen and heard. Heather had a calmness and caring energy about her that would light up the room when she came in. After a difficult couple of days with excruciating pain, stress and worry Heather completely changed how I was feeling that evening by lifting my spirits up, making me laugh and giving me space to express myself. Heather needs to be acknowledged for the incredible mahi that she does for Christchurch Hospital, and appreciated for the person she is, because people like her only come around once in a lifetime. Heather - the extraordinary nurse.

Theatre and Recovery, Christchurch Hospital

Thank you all for the great care I received. A special thanks to the theatre orderly who escorted me safely. I appreciate your friendly relaxed manner. Thank you all.

Claire, Patient Information Office, Christchurch Hospital

Claire offered very efficient and diligent customer service. She followed through with an urgent request, and I had an answer to my query within a matter of hours which was fantastic. Keep up the great work you are doing, as this is resulting in positive patient outcomes.



Protect yourself and your whānau from **Flu**

Te Aka Whai Ora
Māori Health Authority

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Canterbury pharmacies trial enhanced care model

Ten pharmacies in Canterbury are trialling a new model of community care – offering assessment and treatment for a range of common health conditions.

Āheitanga, the Primary Care Enhanced Capacity Project, is being piloted as a way to reduce pressure on general practice, urgent care, and emergency departments, by providing some services directly through pharmacies.

Participating pharmacists are able to assess and treat people with specific conditions including skin and soft tissue infections such as cellulitis, infected eczema and boils, as well as chronic obstructive pulmonary disease (COPD).

Patients can self-refer, or be referred from urgent care, emergency departments or general practices, to any of the participating pharmacies.

This means patients who may be struggling to get in to their general practice, cannot afford a virtual appointment, or would otherwise have to wait at an urgent care facility to be seen, can be assessed and receive appropriate medications and education at a pharmacy.

The project has the potential to make access to acute and unplanned care a lot easier for patients, which is increasingly important given the ongoing pressures across our health system.

The pilot, which runs until the end of June, is facilitated by Canterbury Community Pharmacy Group, and has clinical oversight from GPs and pharmacists, with protocols aligned with Community HealthPathways guidelines.

Health New Zealand | Te Whatu Ora Senior Responsible Officer for System Pressures Becky Hickmott says the enhanced care trial is a positive step for the population and for the health sector.

“It makes it easier for our consumers to access care and at the same time it frees up capacity for our urgent care and emergency departments, as well as primary care.

“Enabling this to be a more permanent solution and a more targeted scope towards our priority populations would be desirable as a standard way of operating in the future, especially heading into winter,” Becky says.



Health New Zealand | Te Whatu Ora Senior Responsible Officer for System Pressures Becky Hickmott

Participating pharmacies are:

- › Darfield Pharmacy
- › Life Pharmacy Ashburton
- › Life Pharmacy Barrington
- › Life Pharmacy Hornby
- › Unichem Bishopdale
- › Unichem Eastern Pharmacy
- › Unichem Eastgate Pharmacy
- › Unichem Medical Corner Rangiora
- › Unichem Riccarton Clinic
- › Unichem Rolleston Central Pharmacy

Health talk in Rangiora

The Rangiora community were treated to Te Papa Hauora 'Living well & ageing well' research talks last week, featuring Dr Susannah Stevens (University of Canterbury), Dr Leigh O'Brien (Dietician and University of Otago) and Professor Richard Porter (Te Whatu Ora and University of Otago).

Health talks ranged from discussions around movement and nutrition to the importance of sleep and your circadian rhythm, with plenty of questions followed up by community members.

This is the third in the University of Otago series, co-hosted with the [Canterbury Medical Research Foundation](#), aimed at highlighting Cantabrian health researchers and their mahi with the wider Waitaha community.

For more information about upcoming talks, join the newsletter www.healthprecinct.org.nz



From left, Susannah Stevens, Richard Porter and Leigh O'Brien

Protect against HPV

The HPV vaccine is **FREE** for everyone aged 9 to 26

Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand





Simulation Instructor Workshop

Date/Time: Tuesday, 25 June to Thursday, 27 June 2024

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: \$1,900 + 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)



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

For more information - email simcentre.uoc@otago.ac.nz

This is an approved College of Intensive Care Medicine (CICM) CPD course.



Presented by:

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In Association with



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we're talking hauora...

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Wednesday 15th May, 5.30pm – 7.30pm
Manawa Foyer, 276 Antigua Street.

**For more information on our speakers and their topics, visit our website
www.healthprecinct.org.nz**

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