

Health New Zealand Te Whatu Ora

Waitaha Canterbury Pānui

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Health New Zealand
Te Whatu Ora



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Cover photo: From left, Director of Allied Health Rose Henderson and Governor General Her Excellency The Rt Hon Dame Cindy Kiro at the Investiture Ceremony at Government House in Wellington

Kupu Arataki – Introduction

New board chair appointed

Professor Lester Levy has been appointed as the new Board Chair of Health New Zealand | Te Whatu Ora.

The appointment was announced last week by Health Minister Dr Shane Reti. “Professor Levy has extensive experience working in the health system and will provide strong leadership to Health NZ through a period of ongoing change,” Dr Reti says.

Lester is currently the Chair of the New Zealand Health Research Council, Professor of Digital Health Leadership at the Auckland University of Technology, and Chair of several healthcare entities as well as an independent advisor on healthcare, leadership, and leadership development.

Lester is a qualified medical doctor with an MBA and is a Fellow of the Royal Australasian College of Medical Administrators. He is registered as a medical specialist with the Medical Council of New Zealand.

Lester has been appointed to serve on 30 Boards of Directors, 17 as Chair, and three as deputy-Chair. He has served as a chair of boards of directors continuously for 27 years and has held seven ministerial health appointments over the last 16 years. Lester has been a healthcare chief executive three times, twice in the public sector and once in the private sector.

Professor Levy will take up the role for a two-year term from 1 June.



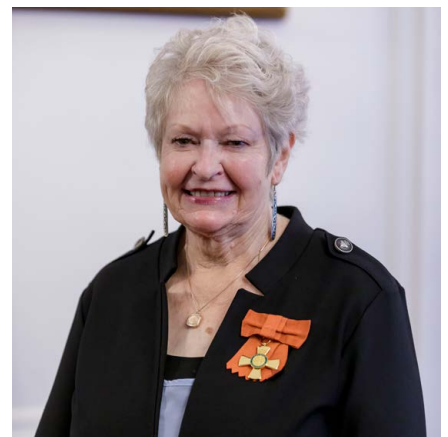
Newly appointed Board Chair of Health New Zealand | Te Whatu Ora Lester Levy

Receiving New Year Honour a “humbling experience”

In January it was announced that Director of Allied Health Rose Henderson had been awarded a New Zealand Order of Merit (ONZM) for services to social work and health.

Rose recently travelled to Wellington to receive her honour from the Governor-General Her Excellency The Rt Hon Dame Cindy Kiro, at an investiture ceremony at Government House – an event she describes as “a humbling experience”.

On [page 6](#) you can read more about the ceremony, and about Rose’s significant contributions to social work as a profession in New Zealand.



Director of Allied Health Rose Henderson

Winter wellness – stay alert for COVID-19

With winter approaching and COVID-19 still active in the community, Health New Zealand | Te Whatu Ora is encouraging everyone to make sure they are protected and prepared.

Immunisation remains effective against COVID-19 and vaccination is free for everyone over the age of six months. Getting vaccinated can help reduce your risk of getting infected, or having COVID-19 symptoms and means you are less likely to fall seriously ill.

An updated vaccine is available for people aged 12 and older if they have not been vaccinated before. Additional doses are available for people aged 30 and over, and for those aged 12 and over who are at higher risk of severe illness from COVID-19, including pregnant people.

If you do test positive for COVID-19, isolating helps prevent other people from becoming infected. It's recommended you isolate for five days, even if you only have mild symptoms. Start your isolation at Day 0, the day your symptoms started or when you tested positive, whichever came first.

Where possible, avoid contact with people in your household. Sleep by yourself, if you can, and limit the time you spend in shared spaces.

Medicines are available to treat COVID-19. Some people with a higher risk of severe illness are eligible for treatment with antiviral medicines. This reduces the amount of virus in your body so you do not get as sick, and you are less likely to go to hospital.

You can get free antiviral medicine if the following applies to you, along with other risk factors:

- › You have confirmed COVID-19 (from a RAT or PCR test) or have COVID-19 symptoms and are a household contact of a someone who has tested positive for COVID-19.
- › You became sick within the last five days.

Talk to your doctor, nurse, pharmacist, or health practitioner about medicine to treat COVID-19, or visit info.health.nz, for information.

- › COVID-19 is still in our communities and is a significant risk
- › Protect yourself, your whānau, and your community by getting immunised
- › COVID-19 vaccines are free and available for everyone aged 6 months and over – [see here for eligibility](#)
- › Keep some Rapid Antigen Tests (RATs) at home



**Free medicines
available to
treat Covid**

Check if you're eligible at info.health.nz

**GO
WELL**

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora

King's Birthday Honour for Jane Cartwright

Congratulations to Waitaha Canterbury health governance leader Jane Cartwright, who has been made a Member of the New Zealand Order of Merit (MNZM) in the King's Birthday Honours List, for services to health governance.

Jane has been recognised for serving the Canterbury community for many years as an experienced chair and director in health, disability and education, in both paid and unpaid roles, prioritising people on the margins who find it difficult to access health services.

Jane has held leadership positions at the former Canterbury District Health Board and Health New Zealand | Te Whatu Ora, and also recently served as Executive Director | Kaiwhakahaere with the former Canterbury Clinical Network. Other roles have included leadership at Healthlink South Crown Health Enterprise, Chief Executive of Partnership Health Canterbury PHO, Director of Christchurch Polytechnic Institute of Technology/Ara Institute of Canterbury, Chair of Brackenridge Services, and Executive Officer of the New Zealand Breastfeeding Alliance.



Jane Cartwright

Aphasia – ‘Until you’ve met it you just don’t get it’

June is Aphasia Awareness Month, and AphasiaNZ needs your help!

Aphasia is the term used to describe the loss of a previously held ability to speak or understand spoken or written language, due to disease or injury to the language area of the brain. It can cause difficulty talking, understanding conversations, reading and writing.

Strokes are the most common cause of aphasia in New Zealand, followed by head injury. It's estimated at least 17,000 people in New Zealand are currently living with stroke-acquired aphasia.

This month AphasiaNZ is running a campaign called “Until you’ve met it, you just don’t get it” – using videos of people with Aphasia talking about the impact of Aphasia, and sharing their stories. These are available on [AphasiaNZ's Facebook page](#) and [You Tube channel](#).

They are also running a fundraising campaign alongside this called ‘Say nothing, give a little’, seeking for donations and also asking young people to do a ‘sponsored silence’. Sign up at the [Givealittle page](#).

Find out more about Aphasia and [AphasiaNZ here](#).



Ā mātou kōrero – Our people

Honour recognises years of dedication to social work and health

Receiving her New Year Honour at the recent Investiture Ceremony at Government House was a humbling experience, says Director of Allied Health Rose Henderson.

Twice a year, the Governor-General Her Excellency The Rt Hon Dame Cindy Kiro holds investiture ceremonies at Government House in Wellington and Government House in Auckland for the people named in the New Year and King's Birthday honours lists.

At the ceremony, the citations for the honours recipients are read out, and the Governor-General presents their insignia, medal or decoration. Rose was one of 10 New Year Honour recipients presented insignia by Dame Cindy this month.

It was announced in January that Rose had been awarded a New Zealand Order of Merit (ONZM) for services to social work and health. Rose has been a Director of Allied Health at Health New Zealand | Te Whatu Canterbury since 2009 and made significant contributions to social work as a profession in New Zealand, both internationally and through voluntary governance roles.

"The investiture ceremony at Government House in Wellington was a very surreal and humbling experience and it was special to have my family with me," Rose says.

"In her address to us Dame Cindy quoted former American President Barak Obama who said, 'in the fleeting time we have on the earth, what matters is not wealth or status or power or fame but rather how well we have loved and what small part we have played in making the lives of other people better'.

"These sentiments align well with my personal and professional values and for all of us who have chosen health as our vocation. I again acknowledge my whānau and the many wonderful colleagues I have worked with. Ngā mihi mahana ki a koutou!"

Executive Director of Allied Health Scientific and Technical Jacqui Lunday says being awarded the ONZM is a testament to Rose's exceptional dedication and unwavering contribution to Social Work in Aotearoa.



Governor General Her Excellency The Rt Hon Dame Cindy Kiro pins the ONZM medal on Director of Allied Health Rose Henderson

"Her commitment to excellence sets a shining example for us all and I am thrilled to congratulate Rose on this well-deserved recognition."

Rose, a former Director of Allied Health Specialist Mental Health Service for the then Canterbury DHB, represented New Zealand in the International Federation of Social Workers (IFSW) where she held several roles, including Vice President and President of the Asia-Pacific region.

As International Vice-President, she supported the formation of the IFSW Indigenous Commission, which strengthens and supports indigenous social work practice and issues internationally.

Rose has been a member of the Aotearoa New Zealand Association of Social Workers (ANZASW) since 1993 and served as National President from 2003 to 2010 and again in 2016. During her tenure, she was instrumental in the establishment of the Social Workers Registration Board in 2003. Rose was awarded Life Membership of ANZASW in 2010.

Rose says she is pleased that through her Honour, the profession of social work as a whole is recognised, and she hopes that all social workers will celebrate this acknowledgement.

One minute with...

Glenda Eggelton, Clinical Nurse Specialist, Nga Kakano (Child, Adolescent and Family Inpatient Unit) and Child Adolescent and Family (CAF) Day Unit, Specialist Mental Health Service, Hillmorton Hospital

What does your job involve?

My primary role is providing care and clinical oversight of children and adolescents with mental health issues, as well as supporting whānau. Education plays an integral part in my day-to-day role. This includes role modelling best/evidence-based practice and ensuring policies and procedures are adhered to, as well as facilitating unit-specific training days and new initiatives. I am involved in the support and orientation of new staff and am a leader in our Multi-Disciplinary Team. My role involves ensuring clients and whānau are equipped with tools to manage their mental health on discharge through education and coaching. I provide a nursing perspective for complex cases, including writing up specific plans to ensure consistency of care. I also support the Dedicated Education Unit and clinical liaison nurses, write performance reviews, and address performance issues. I am a firm believer in giving praise when I notice great nursing care and encouraging nurses to take initiative.

What pathway got you to this Job?

My career began as a general nurse in Timaru. I travelled overseas working in various nursing fields. On my return I worked at Christchurch Hospital in Neurology/Dermatology and then Paediatrics. In the mid-1980s I moved to the Child and Family



Unit, working with children aged 12 and under, mostly presenting with emotional dysregulation with underlying causes. We practised whānau-inclusive care with a strong focus on therapeutic relationships. Nurses took the lead role in provision of care. In 1991 I resigned to care for my children, returning five years later. In the mid-1990s the Child and Family Unit team moved to Burwood Hospital and then to The Princess Margaret Hospital. Our service expanded to include youth up to the age of 15 years and at this point I completed mental health papers to become a Comprehensive Nurse. In 2007 I became a Clinical Nurse Specialist, completing my post-graduate diploma specialising in Child and Family, and Child and Adolescent Mental Health through Otago University. The Child and Family Unit merged in 2013 with the Youth Inpatient Unit to become Child, Adolescent and Family Unit, now known as Ngā Kākano, at Hillmorton Campus.

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

Utilise a holistic approach and recognise the importance of whānau, the therapeutic relationship and consistence of care. Listen to your intuition.

Who inspires you and why?

Child and Adolescent Psychiatrist Dr Bill Watkins who I worked with for years. He encouraged nurses to take a lead in the care of young people and their families and encouraged nursing staff to gain a Certificate in Child and Adolescent Mental Health and Child and Family. I am also inspired by the compassion, skills, and dedication to true partnership of the current team I work with.

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?

Genuine care, empathy, respect, and inclusion of whānau/care givers are integral in the way we nurse to provide positive outcomes for our tamariki, rangatahi and whānau.

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

Santorini watching the sunset with a buttery chardonnay in hand. I love to travel, and this is one of the most beautiful, calming sights I have ever seen.

Who would you want to play you if there was a movie made about your life, and why?

Olivia Coleman, I think she is a brilliant actress who adapts to any role, and she is funny (I like to think I am also!).

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

We are very careful to recycle where we can, taking care to avoid plastics. I ensure I buy from ethical sources and drive a hybrid.

What are your hobbies/interests outside of work?

Travel, relaxing weekends away, eating out, reading, watching a good TV series (usually comedy and drama), spending time with friends and family.

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

Protect against HPV

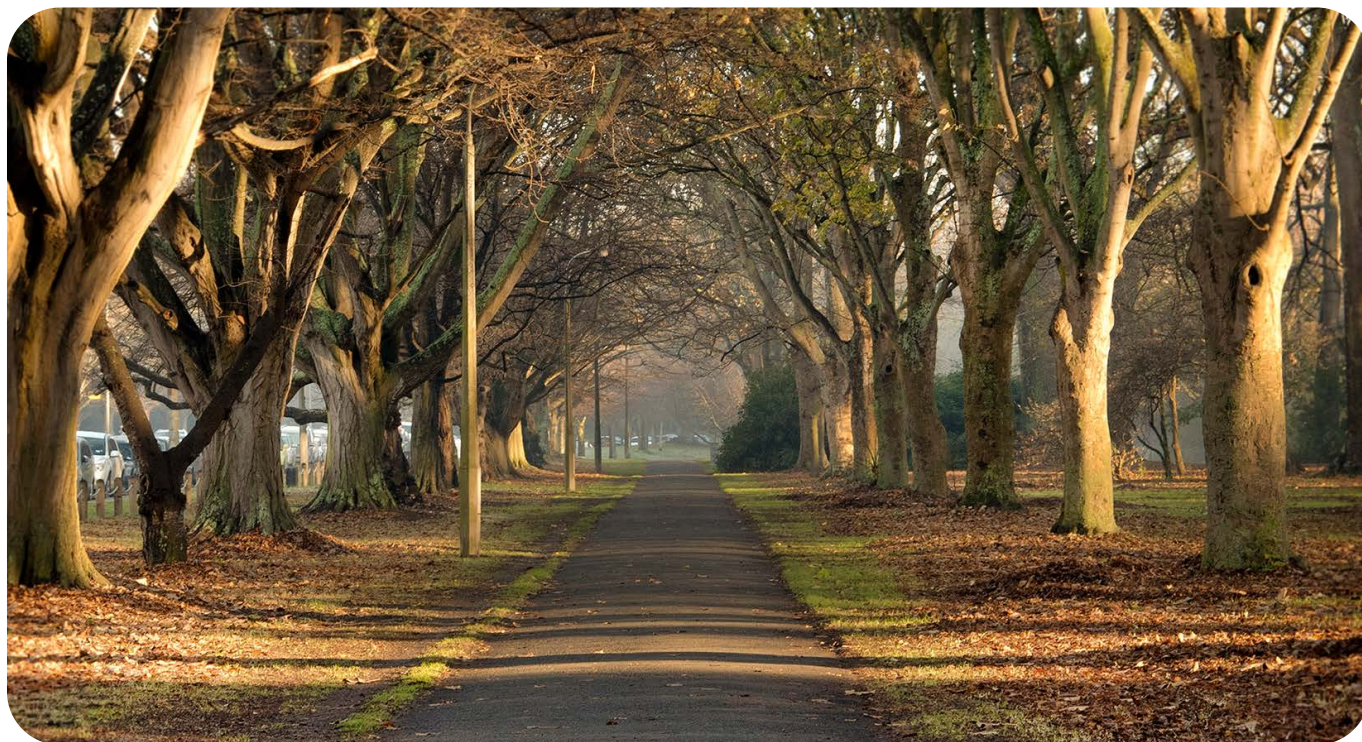
The HPV vaccine is
FREE for everyone
aged 9 to 26

Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand



Whakamihi – Bouquets



Courtney, Sleep Health Services, Christchurch Hospital

For most of last year I was working with Sleep Health Services Team Leader Courtney Jagvik. To say she was phenomenal seems like an understatement. Courtney went above and beyond and then some with my care, and her desire to remedy the concerns I had. I've never been so heard, respected, or validated by any other person within your health system. And right when she thought we had resolved it, I had another non-related medical event that made her look twice and re-evaluate again, finding something else that needed attention. I can't thank her enough for her due diligence, persistence, and professional manner.

Wards A5 and A3, Christchurch Hospital

Thanks so much for the great care! Dad was very happy and comfortable and felt very well cared for. Also loved the food! Nice one, catering staff!

Christchurch Hospital

Great staff, couldn't have been more helpful. The healthcare assistant was so nice and went above and beyond. Your staff are a real asset. Very impressed.

Emergency Department (ED) and Ward A4, Christchurch Hospital

I hear of people complaining about the health sector and how people are not looked after. I've just spent four nights in Ward A4. From arriving in ED, the doctors and nurses were efficient and professional. The doctors I had were caring and were more concerned about how I was rather than if I was taking up a bed. The nurses I had, Max, Emily and Karla, went above and beyond to ensure I was comfortable and had what I needed. As a younger person having a fall, I was embarrassed but Max and Emily made me feel better about this. I cannot commend the staff I have come into contact with enough. The care I have received has been amazing.

Ward B5, Christchurch Hospital

Excellent service. Thank you.

WellFood, Christchurch Hospital

There are a lot of jokes about hospital food, but I have found all the meals to be of high standard and taste. Thanks to the staff.

Emergency Acute and Ward A4, Christchurch Hospital

Amazing kaimahi throughout. Special thanks to Sioli and Jacob. They are a delight.

Sarah, Operating Theatre, Christchurch Hospital

I want to give Nurse Sarah the biggest compliment! My father and I had arrived a little late to the hospital and almost missed seeing my mum before her surgery. I approached Sarah asking if there was somewhere Dad and I could wait as we had no idea where to go. Instead of just seating us, she made sure we got to see Mum before she went in! My Dad is very much afraid of hospitals as my older brother sadly passed of cancer in 2002, so surgeries and hospitals aren't a very nice place to be in, especially this one. The way that Sarah went above and beyond for us even though she had no idea about what my parents have been through meant so much to us. It may have only been a small gesture to Sarah but to us and to Dad it meant so much and it put him at ease! Thank you thank you so, so, much Sarah!

Day Surgery, Christchurch Hospital

Hi team, I don't normally fill out these forms, but I felt compelled to following my day surgery yesterday. The surgeon was Dylan James who I did not get to talk to, well not consciously anyway. I am truly blown away by the treatment, courtesy, respect, and empathy that I received. If I could send everyone involved a bunch of flowers I would. You are all truly amazing people, and I am forever grateful for your professionalism, skill, kindness and empathy. Well done to everyone involved. My sincere gratitude.

Ward A5, Christchurch Hospital

I would like to thank all the staff in Ward A5 who cared for me for 11 days. From Dr Hore and the surgical team, to Dr Gary Lim and the Gastro team that took over my care, you were so thorough, kind, and compassionate. You explained everything to me on a level that I understood, and no question was silly. All your students who interviewed me were lovely and I can see bright futures for them all. My nurses, where do I start to say thank you to you all. You were my guardian angels. To Rica the student nurse I hope you get placed back in the ward as you really were an asset to the team. Also, to the nurses who called the IV techs and avoided putting me through lots of nasty attempts with lures, I thank you so much for these talented staff who showed me what they were doing each insertion. It's the first time I haven't cried from the stress of having lures

inserted. To the WellFood staff who had quite a list with all my food allergies thank you for your daily conversations and willingness to ensure I had a nice meal each time I felt up to eating. Thank you A5 for looking after this very nervous, anxious patient, you all provided me with top level care that, due to your amazing staff, was equal to if not better than some of my private hospital stays that I've had over the years.

Clare Austin, Community Dental Call Centre Representative

Thanks for your help, really impressed how helpful and efficient everyone has been.

Kerry, Christchurch Hospital

After a wrist fracture I was returned to hand therapy. Despite being close to closing time, Kerry offered to see me, and provided me with a brace and advice. Kerry continued to provide hand therapy on a weekly basis. She has been professional and provided me with practical advice. She has always seen me on time and given me goals to achieve which are motivating. Thanks for the great service.

Parkside Ground Medical, Christchurch Hospital

The staff are the kindest, most helpful people I have had the pleasure of knowing. They were so lovely to the COVID-19 patients, it was so nice to witness. Nothing seemed to be a bother for anyone. All working well, supporting each other. Such a happy ward.

Christchurch Hospital

My partner is going through tests for cancer. Every doctor, nurse, health professional and the cleaners have been absolutely wonderful. We have felt like my partner is the only patient you have because of all the information and attention. Smiles, reassurance and just overall fantastic care received from you all. Thank you!

ED and Ward B4, Christchurch Hospital

The staff who attended to me were all excellent in their demeanour and how they treated me with friendly kindness and respect. This was also witnessed by my wife while she visited. They were wonderful and made my stay and dealing with my injury that much easier. My thanks to all of them.

Jess, Ward 10, Christchurch Hospital

I want to pass on my thanks and gratitude to Jess, my afternoon nurse. While I am thankful to all the doctors and nurses who looked after me during my hospital admission, Jess stood out in her level of compassion, kindness, respect, and courtesy. Jess was friendly and professional, clear, and concise, and a real pleasure to deal with. She went above and beyond to ensure my pain was as managed as possible. I'm really grateful to have been under her care during this medical experience.

Catering Assistant, Ward 10, Christchurch Hospital

Thank you to the food service guy on Ward 10. I didn't catch his name, he was always dashing around. Both friendly and funny, he was really lovely to deal with.

Eye Outpatients

How lovely, kind and understanding the Ophthalmology team were when I came in for my eye procedure. I would especially like to thank Dr Nick.

Ward B4, Christchurch Hospital

I cannot speak highly enough of the staff, from the cleaners to the doctors, regarding the care I received during my recent acute stay in Ward B4. I worked in healthcare and could be a great critic but there is no place for criticism here. The staff were encouraging, empathetic, friendly, responsive, and hard working. From the moment I was picked up off the ground by the two wonderful ambulance staff I felt in safe hands. Acute surgery was undertaken within about 13 hours of arriving in hospital. Phew! Very grateful. I could name all the staff but, Simon, Alpine, Kate and Sheeba are stand-outs for me. Thank you so much again.

Ear, Nose and Throat (ENT) Outpatients and Children's Surgical Admissions, Christchurch Hospital

A huge thank you to all the staff for the wonderful care we received recently for our son. Registered Nurse Claudine put both me and my son at ease before and after his procedure, and ENT registrars Ben and Matt kept us well informed throughout. We are very appreciative!

Big Shout Out

To: Christchurch Hospital Registrars Nick, Clare and Emma

I frequently call Christchurch Hospital with patient referrals from 24 Hour Surgery. I speak to a range of doctors of different levels. By far the standout registrars of the last few months are:

Ophthalmology Registrar Nick, who always has helpful advice, a friendly demeanour, and is always thankful for the work up that we have done before calling.

Urology Registrar Clare Whitehead, who despite her busy job is cheerful, collegial and shows brilliant collaboration with us (Urgent care and GP docs).

Paediatrics Registrar Emma, who is always happy to review any child that we have seen and are worried about. No matter how busy she is, she is patient and kind on the phone.

Many thanks to these great folks who make the job of picking up the phone and referring patients that much quicker and more enjoyable. They are an asset to your team, and to the patients of Canterbury.

From, Laura Hamill, Urgent Care Consultant, Pegasus 24 Hour Surgery

#carestartshere

Ā mātou tāngata – Our stories

Te Papa Hauora Health Precinct celebrates its 10 year anniversary



The Christchurch Health Precinct, Te Papa Hauora, is unique in New Zealand, bringing together health, research, education, and innovation in one area.

This month marks its 10-year anniversary and an opportunity to reflect on its successes.

Peter Townsend, who has been independent chair of the Te Papa Hauora Advisory Council since July 2019, is a huge advocate for the Health Precinct and what collaboration has achieved over the past decade.

“Te Papa Hauora is unique in New Zealand. Nowhere else are big and small organisations involved in health research, education and innovation coming together with a common aim – to improve things for their community,” he says.

“The Health Precinct brings together health-related organisations to find clever, pragmatic, and cost-effective solutions to pressing issues in health. It enables connections and ideas that likely wouldn’t have occurred.”

Te Papa Hauora was a product of the post-quake government blueprint that divided the central city into precincts. It was officially established in May 2014 with the formation of an advisory council comprising representatives of the major tertiary institutions involved in health locally and the then Canterbury District Health Board. Mana whenua are represented by Ngāi Tūāhuriri.

In the heart of the Health Precinct is the Manawa building on Antigua Street. Here, thousands of health staff and students study, work and collaborate. It houses almost 2000 nursing, midwifery, and medical imaging students, Health New Zealand | Te Whatu Ora teams, and the University of Canterbury’s Health Sciences Division.

Manawa also hosts Te Papa Hauora-led public health talks, on topics ranging from COVID-19 to ageing well, and leadership programmes for students. Today, almost all sites within the Health Precinct are occupied. Christchurch Hospital has been redeveloped; the Pacific Medical Association occupies a multi-story building on Oxford Terrace;



From left, Te Papa Hauora Executive Officer Pip Griffin and Administration Support Officer Cameron Montague-Ebbs

and the University of Otago, Ōtākou Whakaihu Waka are well underway with construction of a new \$175 million building.

Peter says Te Papa Hauora has helped bring health conferences to the city and supported health workforce initiatives such as a unique nursing qualification developed and offered jointly by Ara Institute of Canterbury and the University of Canterbury. It also supported the Health NZ Waitaha Canterbury Youth Advisory Council to produce videos for young people on mental health and endometriosis featuring medical specialists.

“To maximise limited research funding, Te Papa Hauora supported the establishment of the Research for Children Aotearoa collaboration where experts from different universities and health organisations work together on research that improves the health, education and wellbeing of our youngest citizens.”

Peter says the Health Precinct’s success comes from the concerted effort of the organisations involved.

“People are busy and often don’t have the time to see what others are doing or how they could work together. Those involved in Te Papa Hauora are committed to collaboration and doing things together, and it is this joint mahi that has made things better.”

Te Papa Hauora's Executive Officer Pip Griffin says there are ample opportunities to build on and extend successful initiatives.

New ideas include developing a health and wellbeing space for the community in the Parakiore Recreation and Sports Centre; assisting the Youth Advisory Council to create more health resources for rangatahi; and developing one of the South Island's hubs for a national medical technology initiative.

"It is very exciting to be celebrating a decade of activity, but more exciting is the difference we can make in the future. We are an amazing cooperative group, something to celebrate," she says.



TE PAPA HAUORA - THE CHRISTCHURCH HEALTH PRECINCT

- | | |
|---|--|
| 1. Christchurch Hospital, Health New Zealand Canterbury / Te Whatu Ora Waitaha. Including Christchurch Women's Hospital and Waipapa | 12. Kurawaka: Waipapa Birthing Unit |
| 2. University of Otago Christchurch Campus Including Research, Medical and Health Sciences | 13. Canterbury Health Laboratories |
| 3. Christchurch Outpatients | 14. Bone Marrow Cancer Trust Rānui Apartments |
| 4. University of Otago Department of Psychological Medicine | 15. Bone Marrow Cancer Trust Rānui House |
| 5. Maoate House - Pasifika Medical Association Group (PMA) & Etu Pasifika Canterbury (EPC) | 16. Health Technology Centre Te Matatiki Toi Ora The Arts Centre |
| 6. Manawa Health, Research & Education Facility, including SIM suite and Te Papa Hauora Offices | 17. Canteen Aotearoa |
| 7. Etu Pasifika Medical Clinic | 18. Child Cancer Foundation |
| 8. University of Otago Campus Building (to be completed 2026) | 19. University of Otago Māori Indigenous Health Institute (MIHI) |
| 9. Health New Zealand Canterbury / Te Whatu Ora Waitaha Corporate Offices | 20. University of Otago Department of Surgery |
| 10. Medical Facility (TBD) | 21. Ronald McDonald House South Island |
| 11. New Zealand Clinical Research (CHC) | 22. Whakatata House - Mental Health support Health New Zealand Canterbury / Te Whatu Ora Waitaha |
| | 23. University of Otago Postgraduate Education & SIM Suite |
| | 24. Brain Research Institute and Canterbury Medical Research Foundation |

(As at April 2024)

Founding partners' continued commitment makes a huge difference

A message from Becky Hickmott, Executive Director of Nursing, Health New Zealand | Te Whatu Ora Waitaha Canterbury | Te Tai o Poutini West Coast, and Te Papa Hauora Advisory Council Member

"It is hard to comprehend that it has been 10 years since Te Papa Hauora formed and it is wonderful to see the collective hopes, dreams and aspirations of our institutions now truly coming to life.

"This is one of the most important roles I have held within a leadership capacity and is a pleasure to be part of. Years ago, prior to Te Papa Hauora being formed, some of us travelled to other health precincts to gain insights from their experiences. International colleagues emphasised the need to learn from their experiences.

"They often built big buildings for research, education and simulation but the ongoing challenge was how to bring institutions together to collaborate on an ongoing basis.

"What we can see within Te Papa Hauora is a strong ability, desire and motivation to work

together, to develop a continued deliberate joint strategy between all of our partners around the Advisory Council to ensure our priorities focus as well as engage us more strongly locally, nationally and internationally.

"Steady, consistent leadership to enact these strategies has enabled our health precinct to be a place thriving with students from within our education and health institutes who have collaboration and innovation at the core of our values.

"It is wonderful to see the public, our staff and students engaging in free public seminars, talks, innovation and medtech events throughout the year which have helped to continue to grow the awareness of the work Te Papa Hauora undertakes. It also helps to showcase our connections right across the health and education systems, as well as the research and innovation hubs.

"One of the fantastic programmes we really celebrate is the [Future Leaders Programme](#) which has expanded the boundaries of leadership for health professions to help gain understanding of the wider



Executive Director of Nursing, Health New Zealand | Te Whatu Ora Waitaha Canterbury | Te Tai o Poutini West Coast, and Te Papa Hauora Advisory Council Member Becky Hickmott

health system, to intersect and showcase our industry and business leaders, which helps shape the future leaders and our future health system."

Shared care plans a vital tool for winter

With winter on the horizon the Canterbury Shared Care Planning Team is encouraging service providers to make use of care plans to coordinate care for the region's most vulnerable patients.

The recent increase in COVID-19 activity in the community, along with the expected rise in winter illness, means there will be an increase of very unwell patients living within the community.

Resources will need to be managed effectively to reduce pressure across the system and ensure we can manage our most vulnerable patients as close to home as possible.

Shared care plans, including Acute Plans and Personalised Care Plans (PCP), are used for patients with chronic and/or complex health and social needs who are at a higher risk of needing acute service input.

As winter illness puts pressure on our primary and secondary services, being able to access information relevant to a person's health needs, in a timely and efficient manner, will benefit both those receiving care and those delivering it.

General practices are urged to consider using shared care plans to make it easier to share valuable information about their patient's complex health needs.

An Acute Plan is helpful to highlight to other clinicians any relevant information about the patient's vulnerabilities, comorbidities, and care needs.

Shared care plans are widely utilised across the health sector. Last winter (between May and August 2023) the average number of Acute Plans viewed was 4614 per month.

Shared care plans can be found on Health Connect South and can be shared widely across health services within the South Island.

For more information about the plans visit the [Shared Care Planning page](#).

Other resources available for clinicians include [a webinar](#) and [an accompanying handout](#).

The Canterbury Shared Care planning team is happy to help with further information or education. The team can be contacted at info@sharedcareplanning.health.nz

HOW DO SHARED CARE PLANS WORK?



TALK TO YOUR GP / DOCTOR OR PRACTICE NURSE AND MAKE A PLAN TOGETHER..



YOUR PLAN IS THEN KEPT ON A SECURE COMPUTER NETWORK (ELECTRONICALLY).



YOUR HEALTHCARE TEAM CAN SEE YOUR PLAN.

Acute Plan

- › Consider completing an Acute Plan for patients with complex or specific health needs that are at moderate to high risk of requiring acute service input over the next 12 months.
- › Can support decision-making on the need for admission, investigations, and the appropriate setting for acute and/or ongoing care.
- › Consider only including information that would be useful to acute care teams, for example. This could include patient preferences, baseline functions, clinical risks, other formal or informal supports currently in place and reference to any other care plans that are relevant for that patient's care.
- › Review existing plans to ensure the information captured in the plan is still relevant and up to date.

Personalised Care Plan

- › Aims to support patients to work with care teams to coordinate care around their needs and priorities, making goals and actions visible to other clinical teams.
- › Focuses on a subset of the patient's healthcare, or can be created across a range of different conditions.
- › A care plan which focuses on 'What matters to them, rather than what is the matter with them'.

Which patients to consider

- › Vulnerable patients who might present acutely to emergency services.
- › Those who are at risk of serious infections with COVID-19.
- › Those with a complex or chronic health or social need.
- › Those with a large package of care/service input already in place, who rely on formal supports to live well at home.
- › Patients who you have developed an action plan with, if their health was to deteriorate due to their chronic health condition.

Benefits of using the plans

- › A single place for key information to be shared across health services that can be kept up to date and relevant to the patient.
- › Enables secure sharing of information between hospital, primary and some community care providers.
- › Simple to complete and amend, can assist in streamlining patient care.
- › Provides guidance to clinicians who are unfamiliar with the patient. For ambulance teams and emergency department staff this can potentially improve safety and efficiency when working with patients during an acute episode.
- › Encourages a patient-centred approach when discussing their goals and actions within a PCP.
- › A way to support and advocate for people who do not have support people with them, for example if there was visitor restriction at hospital.
- › The plans are used across other South Island regions.

Partnering with Barnardos to promote healthy smiles

Barnardos Early Learning Services is thrilled to be working with Health New Zealand | Te Whatu Ora to launch the Waitaha Toothbrushing Programme in two early learning centres in Christchurch.

Te Puna Oraka and Hornby Pasifika early learning centres are embracing this initiative, during a time when many whānau are struggling to meet the cost of basic needs. Initially, small groups of tamariki will receive toothbrushes and toothpaste to participate in activities focused on dental hygiene. As these groups gain confidence and establish routines, the initiative will expand to include more tamariki from the early learning centres.

"This is a fantastic initiative, which goes beyond daily toothbrushing and setting up good habits. It is also about breaking down some of the barriers for whānau in accessing dental care by bringing services to them, eliminating the cost of dental products, and empowering the whole whānau," says General Manager Barnardos Early Learning and National Services Heather Taylor.

"Dental hygiene is a significant challenge for many tamariki across the motu, with whānau often facing tough financial choices. We are excited about initiatives like this that support whānau with their oral health," she adds.

The programme also includes the distribution of dental packs to the parents and caregivers of participating tamariki. Additionally, kaiako and Health NZ kaimahi will engage in regular kōrero with whānau about oral hygiene during drop-off and pick-up times.



Children at Barnardos Hornby Pasifika Centre taking part in the toothbrushing programme with Health NZ.

Ongoing support from Health NZ kaimahi will be available to centres and whānau for 12 months.

Health NZ initiated the programme in response to the high rates of dental decay among tamariki in Waitaha Canterbury. It aims to foster positive oral health behaviours in tamariki and establish lifelong healthy habits.

"Teeth brushing can be a challenging time for parents or caregivers, so we hope to provide guidance and tips to help tamariki brush their teeth properly and confidently.

"We are pleased to have the support of Barnardos Aotearoa in rolling out this programme," says National Public Health Service Health Promotion Advisor Early Childhood Laura Brown.

Pānui – Notices

CHIC newsletter

CHIC newsletter the latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by the National Public Health Service in Te Waipounamu. The newsletter highlights new and revised free resources available from your local CHIC office.

[Read it here](#)



Get your FREE flu vaccine

Protect yourself, patients, colleagues, and whānau.

We're fighting flu together

FLU2024

Health New Zealand
Te Whatu Ora



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.

ONLINE REGISTRATION:

<https://www.otago.ac.nz/christchurch/services/simulationcentre/instructor-training-workshop>

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

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

Telehealth 2-day workshop

Friday 12 July and
Saturday 13 July
2024

Whakarongorau
Aotearoa,
25 College Hill,
Freemans Bay,
Auckland

In collaboration with Collaborative Aotearoa and Whakarongorau Aotearoa, the NZ Telehealth Forum is bringing a two-day in-person workshop to Tāmaki Makaurau/Auckland.

Designed for telehealth providers who work in allied health, nursing, paramedic or medical fields, the workshop includes guest speakers from Medical Protection Society, Whakarongorau Aotearoa, Health Navigator, Health Literacy NZ and more.

The workshop will include didactic sessions on day one with plenty of opportunity for discussion and small group breakout sessions on day two, with an opportunity to participate in simulated telehealth scenario-based sessions. The curriculum will cover medicolegal responsibilities, assessing and managing risk, patient selection, tips to enhance physical and psychiatric assessment via telehealth, and key learning points to making a video consultation successful in order to keep both you and your patients safe.

We look forward to hosting you for this event.

Attendance to this event constitutes GP CME points.

Earlybird tickets \$200+gst (\$250+gst after March 31 2024)

REGISTER NOW: telehealth.org.nz/workshop2024



This workshop
is limited to **25 pax.**
Register today to
secure your spot!

