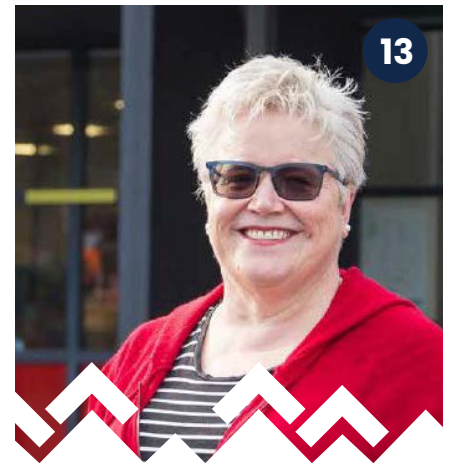


# Health New Zealand Te Whatu Ora Canterbury Waitaha Pānui

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**Health New Zealand**  
**Te Whatu Ora**  
Canterbury Waitaha



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*Cover photo: From left, standing, former Ward 13B Nurse Sue Ryan, former patient Dominique Vallette, Dominique's Christchurch host Helen Doherty, in front, former Consultant Orthopaedic Surgeon Allan Bean, and former Spinal Unit Charge Nurse Beth Spiers, reunited 52 years after Dominique's stay at the Christchurch Hospital Spinal Unit*

# Kupu Arataki – Introduction

## Canterbury surgeon elected Chair of the New Zealand Medical Council

Canterbury Waitaha Otolaryngologist Rachelle Love (Ngāpuhi, Te Arawa) has been elected the new Chair of the New Zealand Medical Council, for the next 12 months.

Rachelle serves as an advisor to the Ear Nose and Throat Training Board within the New Zealand Society of Otolaryngology, Head and Neck Surgery. She holds membership of the Aotearoa National Committee and the Māori Health Advisory Group for the Royal Australasian College of Surgeons, and is a Trustee for the Hearing Research Foundation.

Effective communication, relationship-building, and adaptability are crucial for navigating the evolving medical landscape, says Rachelle. "I am enthusiastic about contributing my energy to lead the Council.

"I would like to add my heartfelt acknowledgment of my colleagues in Otolaryngology (ORL), ORL Service manager Nat King, and the Māori/Indigenous Health Innovation (MIHI) team for their unwavering support of my governance roles alongside my clinical work. There are important opportunities ahead of us to serve the Waitaha Canterbury population and to continue our health equity work to improve outcomes for our people. Mauri ora."



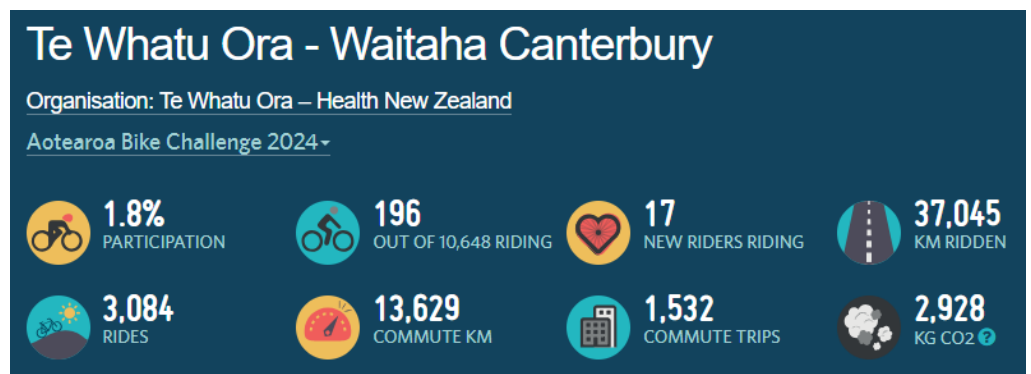
Newly elected Chair of the New Zealand Medical Council Rachelle Love

## Waitaha Canterbury a top performer in Aotearoa Bike Challenge

Well done to all who got involved with the Aotearoa Bike Challenge 2024 during February!

Health New Zealand | Te Whatu Ora reached first place out of all registered New Zealand organisations, with Waitaha Canterbury coming first for health sector workplaces over 2000 employees.

The top rider in Waitaha Canterbury during the challenge was Registered Nurse Delia Omalley, who pedalled a total of 1,486 kilometres across 37 trips over the month. Radiology Administrator Tracey Klatt recorded the highest number of trips with 109.



Overall 196 kaimahi from Health NZ Waitaha Canterbury took part in the Challenge, including 17 new riders. Participants made a total of 3,084 rides, covering 37,045 km – and saving the equivalent of nearly 3,000 kilograms of CO<sup>2</sup>.

Across Health NZ nationally a total of 1,182 riders took part, completing 210,000 km.

Workplace champion for Aotearoa Bike Challenge at Health NZ Canterbury Waitaha Meg Christie was full of praise for her co-riders. "Canterbury Waitaha has the highest proportion of women cycling in New Zealand which goes a long way to help a female-dominated workforce such as ours to really shine in the Aotearoa Bike Challenge! But well done everyone in all our varied worksites for this fantastic achievement."

The fun doesn't end now that the challenge is over! We hope that many of you will continue to cycle to work throughout the year. Riding a bike is a great way to reduce emissions, improve your health, and save money – even once a week makes a difference.

Check out the [Sustainable Travel page](#) on Te Haerenga for tips to support your commute by bike, and visit [Love to Ride](#) to find out more about Aotearoa Bike Challenge.

## Clinical coding team marks milestone

The Canterbury Waitaha Clinical Coding team have marked a significant success, meeting the second quarter coding inputs dates for Health New Zealand | Te Whatu Ora requirements.

Meeting the targets meant a lot of work including extra hours for the team, according to Health Information Manager Sandra Pugh.

"Clinical coders read the entire clinical record of all inpatient events and convert all the diagnoses, injuries, external causes of injuries and procedures to ICD-10-AM 12th Edition classification codes,

"This supports planning of service capacity, understanding variation – both warranted and unwarranted – and supports research and policy development," she says.

Canterbury Waitaha has 22 staff in the Clinical Coding department, equating to 17.7FTE coding around 2500 events a week to meet the targets set by Health New Zealand. Most discharges are coded electronically.

Hospitals are required to report these events to the National Minimum Dataset (NMDS) in the national collections within 21 days of the end of the month of discharge.



The Clinical Coding team, along with special guests, celebrates the successful completion of second quarter coding inputs

Chief Medical Officer Richard French congratulated the team on their efforts.

"Our health system has a lot of unsung heroes, so it was great to meet with the Clinical Coding team and hear about their successes and challenges.

"Clinical coding is an essential part of making sure our clinical care is delivered safely and that we are recognised for the work that we are delivering. We were struck by the commitment and passion shown by the team, and the imaginative flexible work practices they have developed," he says.

## Remembering the Christchurch Mosque attacks

Friday 15 March marks five years since the terror attacks on the Al Noor Mosque and Linwood Islamic Centre, where 51 people were killed and many others were seriously injured and traumatised.

We join with the wider community to remember with sadness those who lost their lives or were injured, their family and friends. We also recall and are grateful for the work of first responders and our own Christchurch Hospital staff who treated many who were injured in this unprecedented event which shocked our community.

In Christchurch [Unity Week NZ](https://www.unityweek.co.nz) is a community-led initiative to remember and honour the lives lost, while also promoting a socially cohesive society. Find out more about local events, resources and information at [unityweek.co.nz](https://www.unityweek.co.nz).

## International Women's Day 8 March

Friday 8 March was International Women's Day - a day to highlight the achievements of women and bring awareness to gender inequalities and the unique struggles women face.

It's also an opportunity to reflect on the progress we are making towards equitable outcomes for women. Following on from last week's pānui, we continue to shine a spotlight on some of the many inspirational wāhine toa Health New Zealand | Te Whatu Ora invests in, who are making a difference for their colleagues and communities. Read their stories starting on [page 13](#).

## World Kidney Day 14 March

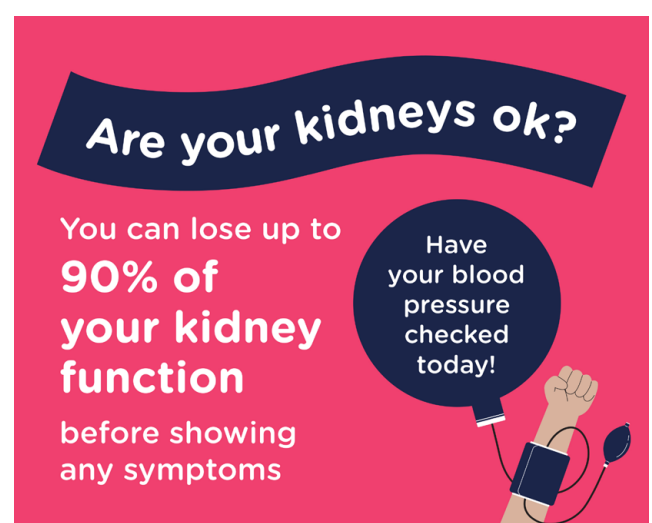
Thursday 14 March is World Kidney Day, and Health New Zealand | Te Whatu Ora is encouraging people to take simple steps to check on their kidney health.

Diabetes and high blood pressure are key contributors to kidney failure. Managing diabetes, weight and blood pressure help to protect kidney function.

Regular simple checks can reduce the chance of developing kidney disease or ever needing dialysis or a transplant.

In Aotearoa New Zealand it's estimated around one in 10 people have kidney disease. More than 5,000 New Zealanders are currently being treated for kidney disease, with around 3,000 on dialysis. More than 2,000 people are living with a kidney transplant.

Find out more about kidney health at [www.kidneysociety.org.nz/](https://www.kidneysociety.org.nz/)



Health New Zealand  
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## Ōtautahi Christchurch Pride 2024

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Christchurch Pride (15 – 31 March) kicks off this Friday with more than 50 official community events happening throughout the city through to the end of the month.

The event is an invitation for everyone to celebrate who we are, our diversity and our city. It aims to be a family celebration, inclusive for all, and to bring together the diverse groups within the LGBTQIA+ community.

There are events of all sorts – from the Pride dog walk to the popular Rainbow Ride, music events and dance parties, quizzes, the Pride flea market and much more.

You can see the [full programme here](#) or check out [www.chchpride.co.nz](http://www.chchpride.co.nz)



## New health targets announced

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Health Minister Dr Shane Reti has announced five key health targets as part of the coalition Government's 100-day plan.

- › Faster cancer treatment – 90 per cent of patients to receive cancer management within 31 days of the decision to treat.
- › Improved immunisation for kids – 95 per cent of children to be fully immunised at 24 months of age.
- › Shorter stays in emergency departments – 95 per cent of patients to be admitted, discharged or transferred from an ED within six hours.
- › Shorter wait times for first specialist assessment – 95 per cent of patients to wait less than four months for an FSA.
- › Shorter wait times for treatment – 95 per cent of patients to wait less than four months for elective treatment.

The targets come into effect on 1 July 2024. Health New Zealand | Te Whatu Ora will report progress regularly with the first quarterly results to be published for July–September 2024.

Find out more about the [health targets](#) and read the [Minister's release](#).

# Wellbeing spotlight: Steps to energising your mind, body and soul this autumn

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As we head into autumn, think about taking the opportunity to pause for a moment to slow down, relax and rest your mind, body and soul. Kevin Walls from our Career Transition team shares some practical steps and strategies to relax and reenergise your mind, body and soul over the coming months. More tips next week.

## 1. Get into nature

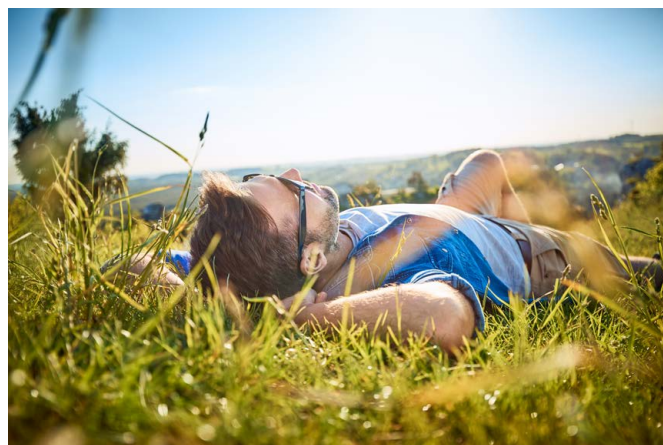
Many research studies have proved the positive impact that nature has on our nervous system and on our minds. Just taking time to get out into nature is known to reduce stress, anger, and fear, reduce our blood pressure, heart rate, muscle tension, and the production of stress hormones.

## 2. Read a great book

When was the last time you got lost in a great book? The power of getting lost in the pages of a terrific book can allow the mind to imagine, explore and focus. The power of focusing on one thing at a time gives the brain the ability to find peace at the same time as keeping it occupied. Reading a book can not only relax your mind but can improve your attention span, increase blood flow to different areas of the brain and gives your brain a workout in multiple complex cognitive functions.

## 3. Be active in autumn

Exercise or movement of any kind is one of the simple things you can do as part of the “5 Ways to Wellbeing”, whether it is dance, yoga, playing touch or football, walking, or running, or working out or whatever you enjoy the most! Research shows that being active increases the mind’s ability to process information as more oxygen flows to the brain, allowing the body to release a myriad of happy hormones to the body and mind. This not only helps you feel happier and healthier but provides a nourishing environment for the growth of new brain cells and improves our memory.



## 4. Finding calmness through meditation and silence

Research shows that meditation improves attention, focus, stress management, impulse control, and self-awareness. It changes the structure and the function of the brain in a positive way and supports self-control. Many studies show that regular meditators have more grey matter in the prefrontal cortex. It gives you the ability to think clearly, make decisions, solve problems, learn, and retain information. If meditation is not your thing, then try finding time for silence. The less the brain has to process the more relaxed it can feel.

*Courtesy of Kevin Walls, Career and Transition Centre Manager*

## Ashburton nurse retires after 50 years of service

From a private hospital in London to a surgery bus in Ashburton, it's been a varied and rewarding career for Ashburton Hospital Staff Nurse Rosilyn (Ros) Gibb, who has retired after 50 years.

Ros started her nursing training at the Christchurch Technical Institute in 1974, among the earliest nurses to be trained outside the hospital, which was a challenge, she says.

"We were stigmatised and looked down on in the early days, but times have changed and now it's the norm."

After training Ros's first job was at Timaru Hospital, initially on a surgical ward and then on an orthopaedic ward. Her next move was overseas, as she decided to go travelling and obtained her English and Scottish nursing registrations. In 1981 she worked for the Reliance Agency in London doing home nursing and also worked at Cromwell Private Hospital.

In 1982 Ros returned to New Zealand and started working in the orthopaedic ward at Dunedin Hospital. The following year she started at Ashburton Hospital, where she has stayed for 41 years.

Over the years Ros has worked in a variety of areas including Ward 4, Ward 1, Ward 3, Ward 2 and theatre. A role she is particularly proud of was being one of the first two nurses in Ashburton trained to give chemotherapy to bowel cancer patients. During her time as a theatre nurse Ros also worked as an anaesthetic nurse, and she has worked with patients both pre-op and post-op.

Since 2005 Ros has been working in endoscopy, coping with interruptions from earthquakes and COVID-19, and working on the surgical bus that visited Ashburton after the theatres were demolished post-earthquakes. Ros has also been a Health and Safety representative for 32 years and was recognised for this service last year.

Ros says she's seen a lot of change over her 50-year career.

"We've gone from being task-orientated to being much more patient-focused, and from a staff of student nurses to a fully qualified staff.



Ashburton Hospital Staff Nurse Ros Gibb

The introduction of technology has also been a big change, going from hand-written notes to computer programmes for notes and medications, and software for documenting procedures in endoscopy.

"We've also seen the introduction of laparoscopic techniques in theatre, machines to clean the scopes instead of manual cleaning, and the use of hoists in the wards and other mobility aids – these have all made things easier in many ways."

Ros recalls she had a slightly shaky start to her theatre nursing career.

"I was very nervous starting work in theatre, thinking I would not be able to cope and that I was going to faint. But surgical nursing and theatre nursing, along with endoscopy became my favourite roles over the years.





“Working with my colleagues has been a highlight. It’s the people, both staff and workmates, that have made the job so memorable.”

Clinical Nurse Co-ordinator Rachel McEwan paid tribute to Ros as an important member of the Endoscopy team.

“She is taking a lot of knowledge with her. She will be missed, but we wish her all the best in her retirement, and hope she gets to spend time with her family and do some of the things she has been putting off because of work!”

Although she officially retired late last month, Ros is still helping out working casual shifts at Ashburton Hospital for a few more weeks.



Second to top row, second from left, Ros Gibb with her colleagues after completing nursing training at Christchurch Technical Institute in 1976

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# Run of endurance and inspiration

Two of our kaimahi who took on the gruelling 85km Old Ghost Ultra running event say they found inspiration from the other competitors.

The run, which was held on 22 February, traverses the stunning Old Ghost Road, about 50km from Westport, and includes more than 2,700 metres of ascent offering competitors the ultimate test in backcountry running.

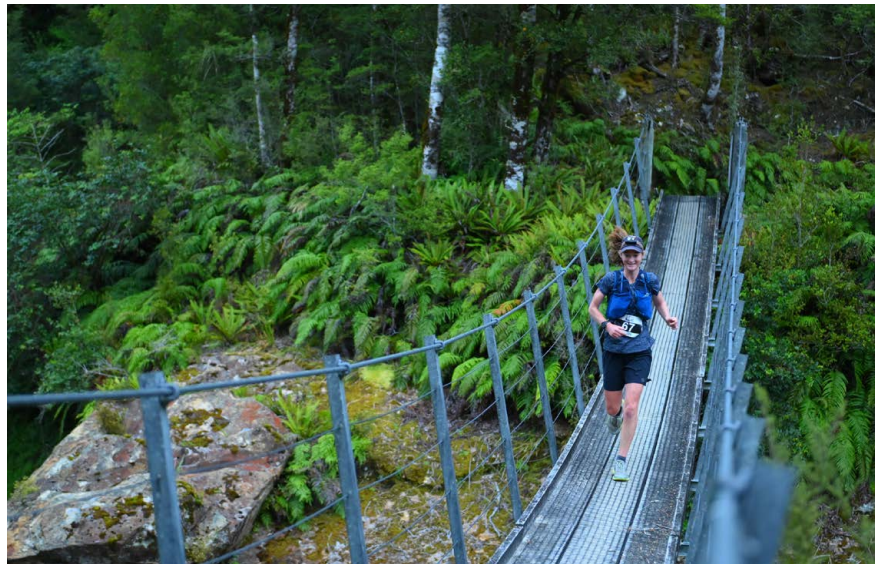
Physiotherapist Kate Loye won the Open Female category completing it in a time of seven hours and 32 minutes, winning the women's open category and earning her fourth overall place. People Partnering Lead Kelly Randall was 14th out of 63 women competing in the women's veteran category.

The Old Ghost Ultra is a creation of the not-for-profit Mokihinui-Lyell Backcountry Trust – the community group that built The Old Ghost Road, a mountain bike and tramping trail on an old miner's road between Seddonville and Lyell. The initiative is one of the projects of the New Zealand Cycle Trail system in the Buller District.

The aim of the event is to introduce people to a beautiful part of New Zealand and fundraise towards volunteer-led efforts to sustain the road which passes through native forests, tussock tops, river flats and valleys with magnificent views of the Mōkihinui Gorge.

Kate says the first half of the run included lots of chatting to people along the way, enjoying the scenery and embracing the true legends of the race – the volunteers.

"In comparison to other events, this one I feel was up there in terms of a 'sufferfest'! The last 20km was tough, I had to dig quite deep into the mind to keep on moving forward and I guess I was just really lucky that my feet held up all the way to the finish in one piece and I managed to be just a touch before some of the other amazing runners out there.



Physiotherapist Kate Loye competing in the event

"I was in awe of all the people who were out on that track, everyone was tackling their own battle and their 'why' – very inspiring stuff. The organisers of the event and volunteers were something that will forever make the Old Ghost Ultra a very special event."

People Partnering Lead Kelly Randall says she was completely in awe of the competitors, which included those who had travelled from other countries to take part, and their inspirational stories for competing, they are amazing athletes.

"At the pre-race briefing my running buddy and I were starting to think we really were bonkers, and could we make those cut-off times?!"

However, seeing her neighbour on the bus at 4am on the way to the start line was an inspiration and motivation.

"He suffered a stroke five years earlier that left him paralysed and now here he was with the rest of us nervously anticipating the day ahead."

One of the highlights was meeting many other Canterbury health professionals running the course, including a colleague from Hillmorton who she chatted to during the event.

The prizegiving the next morning celebrated three 71 year-old competitors and a woman in the over 55 years old category who ran the course in just over 11 hours.

“She is my hero! And a super mention to the top eight competitors who came in hours ahead of the rest of us.... noting three of these were women. It was an amazing event, supported by fabulous volunteers and an epic trail steeped in history, what a privilege. As for race learnings? Apart from having too much caffeine - yes I would do it again”, Kelly says.

Kate says she feels lucky that she has the choice to “dig into that physical and mental suffering by choice, when so many other have that choice taken away from them.” She would like to return to the Old Ghost Road again, but this time run the normal course so that she doesn’t miss out on the beautiful scenery.

“At the moment, I have nothing else planned but I am very much a spur-of-the-moment person when it comes to doing events, if it looks cool then I might sign up last minute.”



People Partnering Lead Kelly Randall at the end of the run



Physiotherapist Kate Loye at the finish line of the Old Ghost Ultra

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation  
mauri tu, mauri ora  
OF NEW ZEALAND

# Heartwarming reunion for Spinal Unit patient

In a heartwarming reunion at Burwood Hospital last week, Dominique Vallette, a French national, caught up with the team who helped her on her remarkable journey to recovery, which began over half a century ago.

Dominique's life took an unexpected turn on 12 June 1972, when a car accident on Haast Pass left her in traction at Christchurch Hospital's spinal unit, which later relocated to Burwood Hospital.

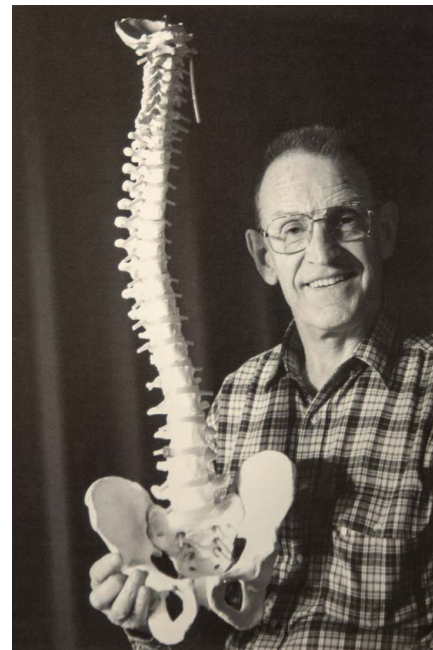
Thanks to the dedicated care of the medical team that included former Consultant Orthopaedic Surgeon Allan Bean, former Spinal Unit Charge Nurse Beth Spiers, former Ward 13B Nurse Sue Ryan (nee Osborne), and many others, Dominique eventually regained her mobility.

Returning to Christchurch last week after 52 years, Dominique sought to reconnect with the individuals who had played pivotal roles in her recovery. Allan, now in his 90s, was a key figure in her treatment team and made an indelible impact on her journey to healing.

Dominique was delighted to reunite with Sue and Beth, who provided invaluable support during her time in the hospital. Their compassionate care and dedication left a lasting impression on Dominique, who fondly recalled the moments they shared.

Beyond the medical professionals, Dominique also sought out the family who had welcomed her into their home during her outpatient recovery. The support and kindness she received from Helen Doherty and her family not only aided her physical rehabilitation but also nurtured her mental and spiritual well-being.

For Dominique, it was an opportunity to express her gratitude and appreciation to those who had played instrumental roles in her journey to recovery. She gave each one of them a souvenir symbolising her healing journey at Christchurch Hospital.



Former Consultant Orthopaedic Surgeon Allan Bean in the early days of his career (photo from the book 'A New Way of Living')



Former Consultant Orthopaedic Surgeon Allan Bean and his former patient Dominique Vallette

# International Women's Day



8 March was International Women's Day – and we continue our series of profiles on some of the outstanding work being done by women throughout Health New Zealand | Te Whatu Ora Canterbury Waitaha, to make a difference for their colleagues and communities.

## Cheryl Brunton Career devoted to public health

Medical Officer of Health, Te Mana Ora, National Public Health Service Cheryl Brunton has devoted her career to disease prevention, protecting public health and seeking to promote better health for all.

Cheryl's career in medicine began in general practice and emergency medicine more than 40 years ago. Eventually, her work in emergency medicine led her into public health, in part because so much of what she saw there was preventable.

Cheryl is well known for taking on unpopular public health issues and doing everything she can to improve the health of people affected by them. This has included research into hepatitis C nationally and advocating for the needle exchange programme as a public health measure. Much of this work also involved helping to break down stigma and discrimination towards injecting drug users.

From 1991 to 2022, Cheryl was a senior lecturer in population health at the University of Otago, Christchurch. In 2009, she was named the Public Health Association's Public Health Champion. During the COVID-19 pandemic, Cheryl helped oversee the job of tracking, tracing, and stopping the spread of COVID-19 in Canterbury, the West Coast and the Chatham Islands.

"COVID-19 was the ultimate public health crisis which I don't think I could have managed as well if I hadn't been involved in the Christchurch earthquake response and other emergency responses on the West Coast. These experiences were very different, but equally full-on, both professionally and personally," she says.

"In the aftermath of the earthquakes, I learnt that I had the capacity to lead which was a surprise as I didn't think that leaders looked like me. I have always worked as part of a team, in fact the Māori



Medical Officer of Health, Te Mana Ora, National Public Health Service Cheryl Brunton

whakatauki 'Ehara taku toa i te toa takitahi, engari he toa takitini – My success should not be bestowed onto me alone, as it was not individual success but success of a collective' resonates strongly with me.

"However, early on in the pandemic I realised that I needed to be the kind of leader who could get stuff done. Interestingly, during this time, I met lots of other women from other agencies who were doing the same.

"It was an exceptionally fast-moving environment where we often had limited information especially at the beginning. We had to adapt quickly, which I was capable of doing, and more importantly, I was well positioned to use my knowledge and experience to lead the way. As my work in medicine and public health has been primarily about service, I aspire to being a servant leader."

The most important role of her life is being a mother – something she always knew she wanted along with a career.

"I am incredibly proud of and enjoy my relationship with my 30-year-old son Phil. As a child, he

encouraged his friends to get vaccinated (and some family members to stop smoking!) and he loved coming to the West Coast with me as, according to him, I had the coolest job ever as the Medical Officer of Health. I agreed with him then and I still do.”

Looking to the future, Cheryl says there are exciting things ahead.

“Especially when I reflect on the goals of Pae Ora (Healthy Futures) which are really about public health. There is so much potential around addressing inequities as well as engaging with our communities.

“This is what keeps me engaged and helps lift me up when things are hard. I am looking forward to dedicating the remainder of my career to realising the potential of the reforms.”

## Julie and Heidi

### The dynamic duo offering vital support

Health New Zealand | Te Whatu Ora Canterbury Waitaha opened its Birth Afterthoughts Clinic in 2022.

This service is available to anyone who has given birth to their baby in a Health NZ Canterbury facility and offers a safe and confidential environment to talk through any unexpected events that occurred during a baby’s birth.

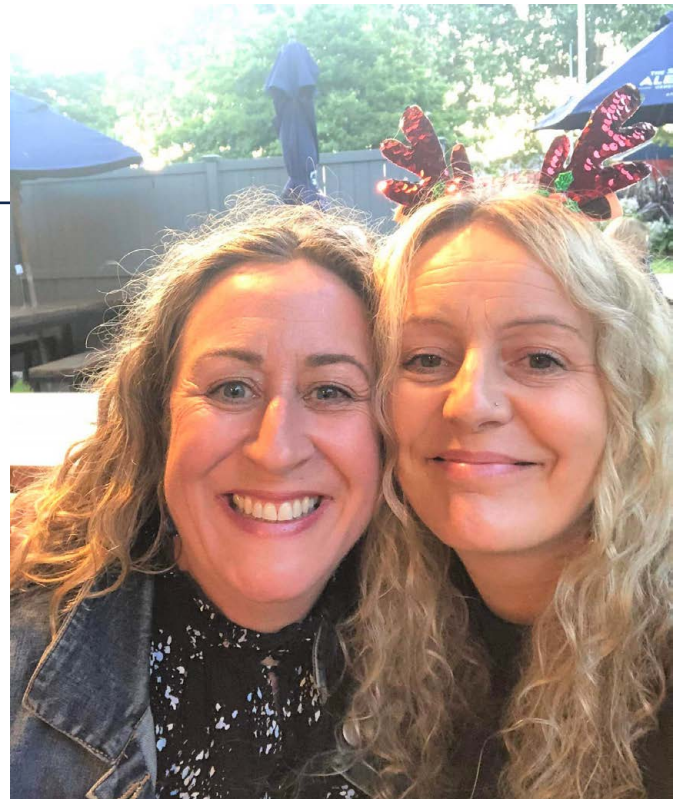
The clinic was a consumer-led initiative in response to the feeling that birth trauma and birth dissatisfaction was not being addressed for mothers and whānau.

Highly experienced Midwives Julie Edlin and Heidi Goebbels are at the heart of this clinic which they run on top of their day-to-day jobs, offering their time every Friday for women to share their experiences.

Julie and Heidi say there was an identified need, and the realisation of the clinic has brought to light the support women need at what can be a challenging period of their life.

“It is important for people to be able to talk about and gain a better understanding of their birth experience and the information they share is essential in helping us to improve services and the way we work in the future”, Julie says.

They both jumped at the opportunity to run the clinic. The COVID-19 pandemic offered its challenges in setting it up and due to several factors, the clinic’s open date was set back. However, once it got going, the duo knew it was exactly where they should be.



From left, Midwives Heidi Goebbels and Julie Edlin who manage the Birth Afterthoughts Clinic

Before they took on leadership roles Julie worked as community midwife for many years and Heidi, who had returned from the UK in 2010 to work as a midwife, worked in Christchurch Women’s Hospital before moving on to be a lead maternity carer (LMC) for seven years.

While their roles are challenging it is extremely rewarding to have the opportunity to validate birthing experiences and answer questions. It also assists in earlier recognition of any follow-up health needs women may have and means women can be linked into other services as appropriate, Heidi says.

In the year the clinic has been open, Julie and Heidi have listened to and supported over 140 women and would love to increase this number in coming years by expanding the clinic's hours and days of operation and bring on more staff.

Julie and Heidi are both very passionate about the work they do and undertake as much outreach with community organisations as possible to ensure more people know about the clinic and can utilise the service.

The duo uses their vast experience to identify issues and have been proactive in sharing these with health practitioners, including presenting at management meetings and education sessions outlining improvements that can be made.

Their vision is for a service that recognises the unique needs of every woman who attends, and they are motivated by a desire to ensure that we focus on continuing to improve the quality and responsiveness of our maternity services to ensure we are meeting the needs of all women.

## Sharyn MacDonald Making work better for staff is positive for patients

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There are common traits among women in health who have been nominated by their peers as extraordinary leaders: supporting and enabling others to be their best and challenging the status quo.

Both attributes feature highly in a day in the life of Health New Zealand | Te Whatu Ora Chief of Radiology for Canterbury Waitaha, and National Radiology Network Co-lead Sharyn MacDonald.

With a staff of more than 400 in Radiology in Canterbury, building and maintaining a positive team culture is something Sharyn and her colleagues in the service prioritise.

"We have been on multi-year journey to grow a more distributed leadership model, where compassion and support feature highly. We really want our kaimahi to be involved with leading and co-designing how our services get delivered and how they do their work as much as possible. Over the years I've learnt that makes a big difference for our people and ultimately benefits our patients."

"When you look at the evidence for what improves joy in work and helps prevent burn-out, having some sense of control over your work, and getting to spend some of your time doing work that you find enriching and satisfying makes a difference. Connections to colleagues and feeling valued also matter".

One of the challenges for Radiology, and a 'work on' for this year, is trying to keep its big team connected.

"It's not easy – our service is spread over 11 sites, but we know it's important for the wellbeing of our service

and everyone in it. We also want to keep working on our relationships with other services."

A few years ago, Radiology and Christchurch Hospital's Emergency Department (ED) participated in the EDGE (ED Get Exercising) and RAGE (Radiology Get Exercising) challenge where staff challenged each other to see who could clock up the most exercise during the challenge.

"It was great on an individual level, but also for relationships between two very busy services. Something I learned from ED Senior Medical Officer Jan Bone during the challenge, was the power of introductions.



Health New Zealand | Te Whatu Ora  
Chief of Radiology for Canterbury  
Waitaha, and National Radiology  
Network Co-lead Sharyn MacDonald

She would make sure we always did a quick round of introductions before any activity, including sharing a little bit about ourselves. It was a great icebreaker – it helped everyone learn who was who and sometimes led to surprise connections being made.”

Around seven years ago Sharyn helped lead the establishment of a networking group for female colleagues – the group is called SWIM (Supporting Women In Medicine). Initially set up for female senior doctors and dentists, its focus is on peer connections, support, and wellbeing. The group now includes female advanced trainees and primary care colleagues. Over the years SWIM has had various networking events covering a range of activities from purely social to off-road driver training to help people build connections.

“SWIM events have been a good way to put faces to names and get to know people. I’m really delighted that others are now leading SWIM, it’s in great hands.”

Harnessing the power of gratitude and appreciation is also something Sharyn really believes in.

“Despite all the changes that are happening, the busyness and ever-increasing volumes, gratitude and appreciation are simple things that can positively influence our own experience at work, and the experience of others. We often get focused on negative things like complaints or delays and forget that everyone is working hard, and that a lot of amazing care is delivered. Just saying thank you can make a big difference to someone’s day”.

“On a national scale I feel extremely privileged to be co-lead of the National Radiology Network. Radiology kaimahi from around the motu have been working together for a while now. The pandemic helped unify us. We have a great opportunity to work together on the things that are causing many services to struggle at the moment, with the goal being to enhance the care we provide to our community.”

“Radiology needs to work well for our health system to work well. A good rule of thumb is probably that Radiology is doing a great job when no one is talking about Radiology.”

“Having things outside of work to look forward to definitely helps me to keep a positive outlook, and I think helps make me a better leader” says Sharyn.

“In the past couple of years hiking has been a fantastic cup-filler. Taking to the hills on weekends with friends for a bit of forest bathing is great for making me appreciate the good things in life. I’m booked to do the Routeburn track in Fiordland with a group of them later this month. I have also challenged myself to learn to crochet amigurumi animals.”

One of Sharyn’s favourite quotes is from British writer Vivien Greene: “Life isn’t about waiting for the storm to pass... It’s about learning to dance in the rain.”

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# Katherine King

## Empowering women through specialised care

At Christchurch Hospital, a dedicated healthcare professional stands at the forefront of breast cancer support and advocacy. Clinical Nurse Specialist Katherine King embodies compassion and commitment in her role, offering hope to women navigating the complexities of breast cancer treatment.

"My primary responsibility is to provide specialised support to women undergoing adjuvant endocrine therapy for breast cancer, working in collaboration with primary care," Katherine says.

Funded by the Breast Cancer Foundation in collaboration with Health New Zealand | Te Whatu Ora, Katherine's role is instrumental in filling a crucial gap in patient care. Before her intervention, many women undergoing endocrine therapy found themselves grappling with daunting side effects and lacked the necessary support to navigate their journey effectively.

"I saw this role as an opportunity to shape and develop a completely new service. I could see the need for specialised support and wanted to make a real difference."

Katherine's role focuses on patient-centric care, along with empathy, understanding, and support. She supports patients to navigate their way through the next phase of their breast cancer journey as they transition back to the care of their GP. Her holistic approach addresses not only the physical but also the emotional and psychological aspects of healing.

Reflecting on her role, Katherine expresses a deep sense of satisfaction in forging meaningful connections with her patients. "I find the most satisfaction in connecting with patients on a personal level. Being able to listen, reassure, and make a difference in their lives—it's incredibly fulfilling."

With a Master's in Nursing nearly within reach, Katherine channels her academic pursuits towards a noble cause—examining the impact of survivorship care plans on patient well-being and adherence to endocrine therapy.

As the world celebrates International Women's Day, Katherine's story serves as an important reminder of the power of compassion, resilience, and unwavering dedication in transforming lives.



Clinical Nurse Specialist Katherine King

# One minute with... Louise Rutherford, Occupational Therapist, West Adult Acute Inpatients, Hillmorton

## What does your job involve?

Where to start! I work on a 16-bed acute mental health ward for adults. My job involves supporting tangata whaiora during acute mental distress as part of a multidisciplinary team. An occupational therapy focus is about looking for meaningful engagement in everyday life that can support a person's recovery. We are also involved in completing cognitive, functional, and sensory assessments with whaiora which can help to plan appropriate interventions. We support the wellbeing programme which provides structure and purpose to the day, provide education and coping skills and we support community integration upon discharge. Occupational therapy work is all about building therapeutic rapport and working in collaboration with tangata whaiora to empower them, so whaiora really drive most of the work we do in regard to what's important to them at this moment in time and how to re-engage them in their lives.

## What pathway got you to this job?

I have completed a Bachelor's degree of Occupational Therapy at Otago Polytechnic and a Postgraduate Diploma in Vocational Rehabilitation and Mental Health and Addictions through Auckland University of Technology (AUT). My background was working in private practice with ACC rehabilitation and some sensitive claim work which led me to working in mental health.

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

Just to remain open minded, it's what I tell my first-year students when they come on placement. Occupational Therapy is a role where we frequently work with people who are having a difficult time, whether that is mental or physical wellbeing. You need to remain compassionate, resilient, and curious. Occupational Therapy really is the best career!

## Who inspires you and why?

My colleagues every day. Fellow occupational therapists, nurses, OT assistants, social workers, ward managers, doctors, and psychiatrists.

Their compassion, patience, and kindness in the line of work we do is something that I admire every day.

## 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?

The Occupational Therapy profession embodies these values and these values are kept at the forefront when we are working with tangata whaiora directly. People don't care what you know, until they know you care.

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

Probably up a mountain or ski field somewhere, but in New Zealand because its beautiful and why would you want to be anywhere else?!

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

Martin Freeman because I'm basically a hobbit.

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

My whānau live near a lot of wildlife, so we always try our best to respect nature in its natural habitat, leave no traces kind of thing.

## What are your hobbies/interests outside of work?

I love being outdoors, its where I find my peace. So up a mountain hiking or tramping, snowboarding in winter, or attempting to surf in summer. Alternatively, I'm also a big advocate for a day on the couch with snacks.



If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

# Whakamihi – Bouquets



## **Ward 11, Christchurch Hospital**

All doctors and staff were fantastic, especially Dr Butler and team. I had excellent one-on-one care after surgery. The shuttle service was also excellent.

## **Hand Clinic, Christchurch Hospital**

I would like to thank the entire team at the Hand Clinic, from the receptionists to the superb therapists for their efficiency and friendliness. I have been extremely well looked after over these few months after breaking my wrist. My therapist Olwyn has been exceptional. I am especially grateful to her. Today was my last appointment so I would like to extend my thanks to the fabulous Hand Clinic team.

## **Sarah, Occupational Therapy, Christchurch Hospital**

I am writing to say how pleasant and helpful Sarah the Occupational Therapist has been to both my husband and me. She talked to me at length about my husband and the services provided when he is discharged, she wasn't in a hurry to finish the call, I felt cared for. She must be a very valued member of your medical team. Thank you, Sarah.

## **Ward A7 and B7, Christchurch Hospital**

The staff have been fantastic, caring, responsive and helpful. It is clear they really care about their patients and job. They made our daughter (two years old) very comfortable and happy. Alex, and all the nursing staff need a special mention. They also looked after her mum well. Thank you for caring so much and making our family's stay as good as could possibly be.

## **Children's Surgical Admissions, Christchurch Hospital**

I wanted to express our gratitude for the care provided by those in the Children's Surgical Admissions. Our nurse Mason in pre-care was fantastic and Megan in recovery was so great. They made my son feel at ease and were great at reassuring me as the parent. Thank you.

## **Jordan, Obstetric Registrar, Birthing Suite, Christchurch Women's Hospital**

I would like to convey some extremely positive feedback about Jordan, the Obstetrician Registrar who was present at the birth of my baby. Jordan showed both excellent clinical skills and empathy throughout my labour and birth. I appreciated that Jordan waited between contractions to explain my current and next options, and (while it was a very intense situation for me) remained calm and composed. Please pass on to Jordan a very huge thank you on my behalf. Health New Zealand is extremely lucky to have Jordan as an employee, and I am grateful that Jordan made my birth a much more empowering experience than it otherwise would have been. Nga mihi.

## **Acute Services, Christchurch Hospital**

I was attended for a gash on my shin which required five stitches. The care I received was outstanding! My thanks to the nurse practitioner and the other staff.

## **Radiology, Christchurch Hospital**

The radiologist was lovely, courteous and listened to me and answered all my questions, an asset to the hospital, thanks.

### **Mothers and Babies Unit – Whāngai Aroha, Hillmorton**

My daughter started school today. We were in your care when she was a baby and continued with the birth of her brother. I thought you would like to know she is a very clever, extroverted wee girl who can already read, write, and do maths; and I am a happy stay at home mother. I'm sure you guys had something to do with all that!

### **Te Awakura Inpatient Unit, Hillmorton**

I couldn't be happier with my treatment, and my choices being respected by these staff. I miss home but still feel at home to a certain degree. There is no better place for me to be safe, well, and intact. Thank you to all, my prayers are with you.

### **Ashleigh, Child, Adolescent and Family (CAF), South Community Team, Hillmorton**

Ashleigh Titheridge is the best case manager; I love her so much. She has literally saved my life, in every way possible. She has never stopped being there for me, and I am so grateful for this, and her kindness.

### **Ward FG, Burwood Hospital**

I was admitted to Burwood Hospital for an operation on my face and leg to remove skin cancer. On arrival from the friendly admission desk, I was instructed to go to the ward. I noted the beautiful design of the building with wide corridors and plenty of windows. At the ward I was warmly welcomed and taken to my individual room. Everything was explained in a warm and friendly manner. I stayed for eight days, the service I received from everyone was professional, nothing was any problem. This includes the meals (which were delicious) service, the morning and afternoon tea all was done with a warm and caring smile. The cleaning staff apologised for having to clean around me. The total service was five gold star treatment.

### **Dee, Kaikōura Health (Te Hā o Te Ora)**

Recently a family member and her young son were admitted after they had been in a car accident. Her nurse, Dee, showed nothing but care and compassion, absolutely no judgement. I absolutely applaud her nursing approach. I am a nurse myself and seeing nursing care like this makes me extremely proud of my profession.

### **Emergency Department (ED) and Urology, Christchurch Hospital**

Recently I had the misfortune to be struck down with kidney stones. I presented at ED vomiting and in a

right mess. I can only imagine the delight of staff when I turned up in that state, and in excruciating pain. I would like to acknowledge the initial nurse who saw me extremely promptly and provided me with pain relief which helped no end. Her manner was terrific and I'm very grateful to her. I'd also like to acknowledge Dr Nicole Avery, from Urology. She was thorough and helpful. These two staff really helped with the experience and are clearly very well suited to their job. I'd like to pass on my real gratitude to Dr Avery and tell her that I appreciate her approach and skill very much.

### **Phlebotomy, Christchurch Hospital**

I was at an appointment with the Cardiologist recently and was asked to get some blood taken. I got there about 2:30pm and saw it was quite busy, so I took a number and settled down to wait. I was pleasantly surprised at how quickly we were moved through, and it was just a short time before it was my turn. That was excellent, but I may not have been moved to write to you except the staff phlebotomist was an exceptional young man and deserves to know that one of his customers appreciates his good humour along with his skill and professionalism.

## *Big Shout Out*

### **To: Philippa O'Neill, Operations and Administration Services Manager, Ashburton and Rural Health Services**

The Public Health Nursing team would like to thank you for supporting the service to make a space for a vaccine fridge at the Selwyn Health Hub. Philippa's proactive backing will now enable the service to support tamariki in Selwyn to complete their immunisation schedule. It will also support the service to provide the school-based vaccination programme, opportunistic childhood and whanau vaccinations locally reducing significant travel time for staff.

### **From: Tricia Connell, Clinical Coordinator, Public Health Nursing Service**

#carestartshere

## Staff benefit from dedicated wellbeing support

Supporting the welfare and wellbeing of Specialist Mental Health Service (SMHS) staff is the aim of a role dedicated to this purpose, based at Hillmorton.

The Welfare Advisor role is held by Simone Kinley, a Registered Psychiatric Nurse with 30 years' experience in the SMHS, who connects staff working in any area of the SMHS to appropriate care.

"The foundation of supporting the mental health of others is to have a team who are well themselves so that they can deliver the best patient outcomes. This role supports staff in a confidential manner who maybe struggling mentally at work or at home," she says.

Support is offered in several ways, such as developing a confidential care plan, facilitating staff seeing a GP, linking the staff member with appropriate clinicians who can provide therapy sessions, or referring them to the Employer Assistance Programme (EAP).

The role has strong relationships with Health and Safety, ACC and People and Capability which means that Simone can help coordinate people getting the help they need.

The role was first piloted 2021 and after positive feedback it was rolled out permanently after one year, Simone says.

"I bring to the role a deep understanding of the culture of the hospital due to over 30 years of clinical practice in mental health and am passionate about helping our staff members. I am there for everyone, from the cleaners to senior medical officers and kitchen staff, and while I do

not provide therapy for staff my clinical background has been useful helping link staff to the appropriate care.

"These skills allow me to identify issues for staff and teams, working collaboratively with them to access the right care and I have strong relationships in the hospital due to my clinical background."

SMHS was the first local service within our system to trial having an in-house role dedicated to staff support and the feedback has been very positive she says.

Staff can self-refer, and managers or leadership teams can refer with the consent of the staff member. Workshops are offered to teams supporting wellness and resilience, understanding burnout and change management.

Contact details - [simone.kinley@cdhb.health.nz](mailto:simone.kinley@cdhb.health.nz)  
Phone number in staff directory  
Usually available Monday -Tuesday 8am - 4.30pm,  
Wednesday 8am - 12pm.  
For urgent mental health difficulties contact Crisis Resolution 0800 920 092.



Welfare Advisor and Registered Nurse  
Simone Kinley

# New midwives welcomed

Six new graduate core midwives from across Aotearoa and Australia have been welcomed to the Midwifery First Year of Practice programme (MFYP) at Christchurch Women's Hospital.

Their warm welcome, through mihi whakatau, also included new graduate lead maternity career (LMC) colleagues who will be providing care to wāhine, pēpi and whānau across the Canterbury Waitaha region.

Kaimahi hauora (Māori health workers) as well as midwifery educators, managers, lactation consultants, LMC liaison, clinical coaches and obstetric colleagues joined in the welcome.

Kaiako (tutors) from Ara Te Pūkenga were present to formally hand over their former taura (students). More graduates will be welcomed throughout the year.

"We are thrilled to have these midwives on our team and acknowledge the essential mahi they will provide", says Clinical Coach Anna Egden.

"Midwifery is an incredibly rewarding career and nearly all wāhine in Aotearoa will have contact with a midwife sometime in their pregnancy and birth journey."



New midwives and their colleagues enjoy lunch following their welcome to Christchurch Women's Hospital

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# Pānui – Notices

## Something *For You*

Something *for You* is the Health New Zealand | Te Whatu Ora 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 offers for you.**



**GARDEN BOX** – 57 Lunns Road, Middleton

Receive five percent off bark, mulch and decorative stones or contact [ask@gardenbox.co.nz](mailto:ask@gardenbox.co.nz) if you are building a house or have a large renovation project for trade rates. Show your staff ID to redeem.



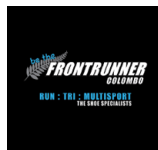
**CASTROS TAPAS AND BAR** – 100 Oxford Tce, Riverside Market, Christchurch Central – [Castro's Tapas & Bar](#), Spanish Food, Steak, Tapas, Cocktails. Get 20 percent off food only, and special deals on large gatherings or events (enquire within). Ensure tables are [booked online](#) or by phone and mention Health New Zealand Canterbury at the time of booking. Show your staff ID to redeem.

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# How do you get a Good Night's Sleep?

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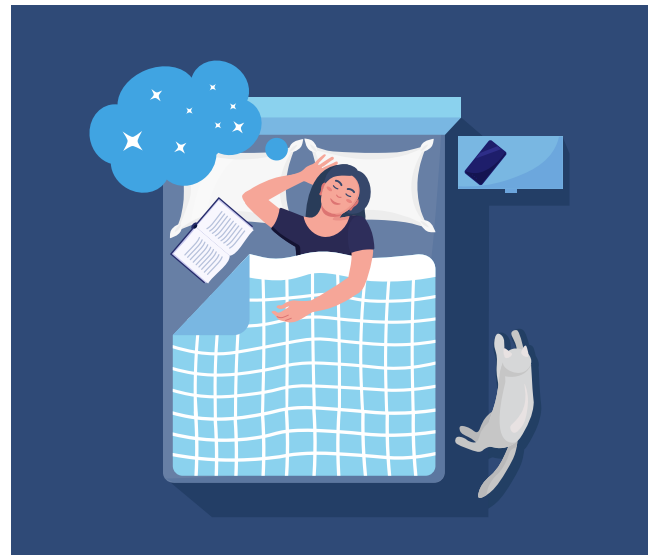
Workplace Support's Wellbeing team at Burwood invites all Health New Zealand | Te Whatu Ora staff to a conversation on how to develop good sleep patterns.

This is a space for you to talk over and identify some of the thoughts and habits around sleep and see what works and what doesn't.

The Wellbeing team can be contacted via email, [office@workplacesupport.co.nz](mailto:office@workplacesupport.co.nz) to arrange individual sessions.

You are invited to drop in to see us anytime on Wednesdays 11am-1pm. You can find us in the Workplace Support Wellbeing Room, by the old Burwood entrance and ambulance bay.

We look forward to working with you towards a good night's sleep.





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