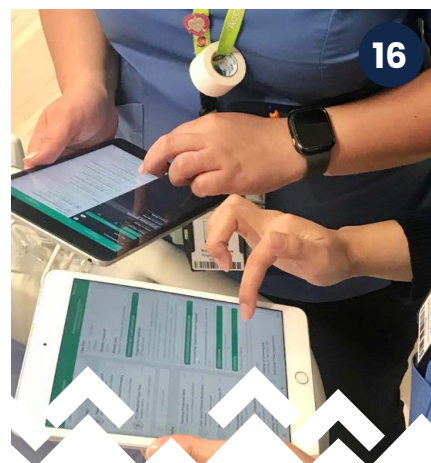


# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No. 74 | 12 February 2024 | 12 Huitanguru 2024



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



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Cover photo: Health Promotion Officer Hannah Patricia Moir is a keen advocate for commuting by bike

# Kupu Arataki – Introduction

## New appointments to Hospital and Specialist Services leadership team

Two new appointments have been confirmed to the Waitaha Canterbury Hospital and Specialist Services leadership team.

Robert Allan has been appointed Divisional Lead - Laboratory Services Canterbury Health Laboratories (CHL). Rob is a registered Medical Laboratory Scientist with over 26 years' experience in the industry. He takes up the role on 25 March and will be responsible for the operations of the Pathology and Laboratory services at CHL across Waitaha Canterbury and Te Tai o Poutini West Coast.

Nathan Hood, currently Director of Nursing, Older Persons Health & Rehabilitation (OPH&R) has been appointed to the Acting Operational General Manager role for OPH&R effective immediately for a fixed period until 30 June 2024. He brings a wealth of clinical, operational, and change leadership experience to this position, and has built an extensive network of relationships within OPH&R and across our health system throughout his career.



Nathan Hood

## Brain Injury Rehabilitation Service has a new name

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The Brain Injury Rehabilitation Service (BIRS) has been officially renamed the **Burwood Adult Rehabilitation Unit (BARU)**. The new name helps to reflect the breadth of what the service provides and highlights the site where it is located. It is also a more generic term to describe the wide range of patients being seen.

BARU provides comprehensive rehabilitation services for people aged 16 to 65 with a wide range of conditions, such as stroke, non-traumatic and acquired brain injury and other neurological conditions, deconditioning and general rehabilitation needs. Services are provided out of Ward CG, a 14 bed ward based at Burwood Hospital.

## International Day of Women and Girls in Science

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Sunday 11 February was International Day of Women and Girls in Science. This event was established to help promote full and equal access to and participation in science for women and girls. Worldwide, it's estimated that only 30 percent of the world's researchers comprise women and non-binary individuals.

Diversity in research expands the pool of skilled researchers, bringing in fresh perspectives, talent and creativity. This day is a reminder that women and girls play a critical role in science and technology communities and that their participation should be strengthened.

Science-based research plays a key role in New Zealand's health sector, and there are a number of women at the forefront of this country's health research community.

We profile Clinical Director of Gastroenterology at Christchurch Hospital, Professor Catherine Stedman, who was part of ground-breaking and life-saving research into the treatment of Hepatitis C. Read more about Catherine's work on [page 9](#).

Find out more about [International Day of Women and Girls in Science](#).



Professor Catherine Stedman

## Aotearoa Bike Challenge Month

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Aotearoa Bike Challenge Month is continuing throughout February – it's not too late to sign up!

Anyone can register, as an individual, as a workplace (you can select Te Whatu Ora Waitaha Canterbury when you sign up), or with a club or group. Ride anytime, anywhere, and log your rides to be in to win great prizes including travel, e-bikes, gift cards, clothing and more.

Sign up at <https://lovetoride.net>

For inspiration check out our story on Health Promotion Officer Hannah Patricia Moir, who's made cycle commuting a family affair. Read more on [page 6](#).



## How we're celebrating Chinese New Year

Chinese New Year, or Lunar New Year, officially began on Saturday 10 February, with traditional celebrations continuing through the next two weeks. We asked some of our Te Whatu Ora Procurement team colleagues to share their experiences celebrating the Lunar New Year.

Procurement Specialist Herbert Xu said: "when preparing the Chinese New Year's Eve dinner, my grandma would put a coin in one of the handmade dumplings; the person who discovers the special dumpling means luckiness for the whole year! All unmarried family members will receive lucky money in red envelopes from the older generations - this might be why I'm still not married!"

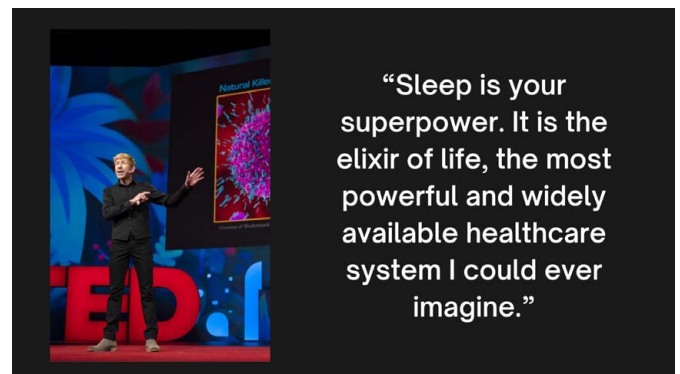


Dumplings and traditional food are a highlight of Chinese New Year

Senior Procurement Specialist Bernie Wong added: "my partner and I are excited to celebrate this Lunar New Year with our newborn baby." He shared some traditions he was excited to show his newborn, such as: "decorations to brighten up the home and a variety of symbolic dishes, for example, whole fish for abundance and long noodles for longevity."

## Wellbeing spotlight: "Sleep is your superpower"

In this week's Wellbeing Spotlight Series, we shine the spotlight on the importance of good quality sleep for our brain and body. Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep and the alarmingly bad things that happen when you don't, for both your brain and body. Click on the link to watch this great TED video [Sleep is your superpower - Matt Walker](#).



# Ā mātou tāngata – Our people

## Aotearoa Bike Challenge – helping to make a difference

To mark Aotearoa Bike Challenge this month we checked in with Health Promotion Officer Hannah Patricia Moir to ask her about her cycling story. Hannah is an enthusiastic advocate for cycling – and it's a daily routine for her family as well.

### **When did you start cycle commuting?**

I have been cycle commuting for quite a few years now, ever since my children were old enough to sit on the back of my bike. Now they are old enough to cycle alongside on their own bikes.

### **How long is your daily commute?**

My daily commute involves dropping the kids off at school first and then continuing on to Community and Public Health (C&PH) – it's seven kilometres in total.

### **You take your kids as well? How do you make that work?**

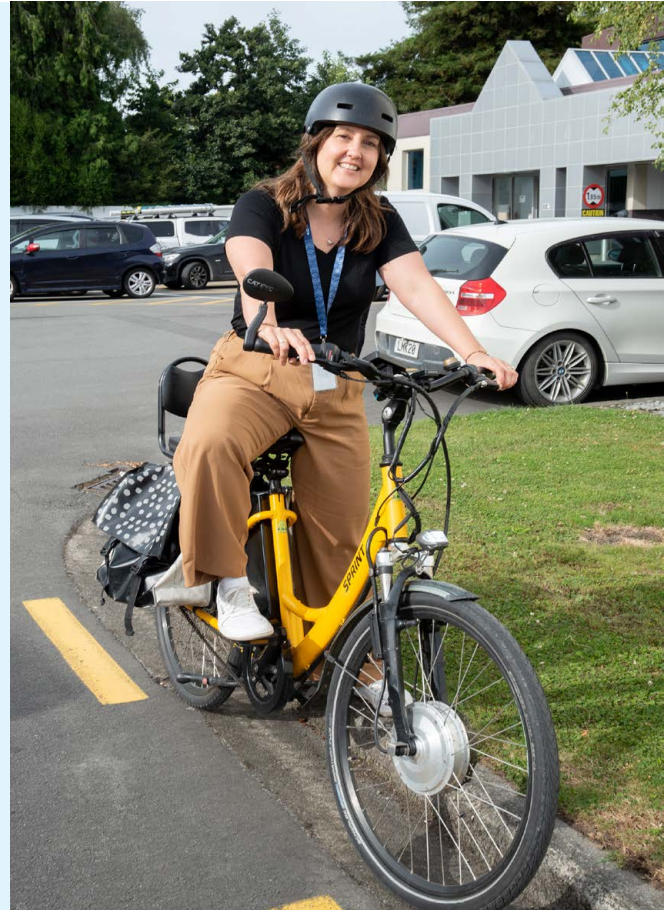
When my kids were younger, I had an electric bike that would fit them both on the back. Now that they're at school they both bike themselves as well. It is a bit of juggle with all of our bags as the five-year-old can't cycle with his on his back yet, but I've invested in some good carrier bags on my bike that fit a whole school bag inside. They're getting really confident now and it puts them in a great frame of mind for the rest of the day as research shows that exercising at the start of the day helps children to learn in the classroom.

### **What makes commuting by bike a great idea?**

Commuting by bike is great idea as I don't have to worry about parking as C&PH has some great indoor parking for my bike and it's often faster than driving because I don't get stuck in rush hour traffic.

### **What do you love about cycling?**

I love being able to get out and about with the kids and knowing that we're doing our bit to reduce our emissions and traffic congestion.



Health Promotion Officer Hannah Patricia Moir makes her daily bike commute a family affair

### **Why would you encourage people to take part in Aotearoa Bike Challenge 2024?**

When you ride a bike in the Aotearoa Bike Challenge you're not just riding towards prizes and leaderboard wins, you're helping to make a difference. Every ride logged on the site or through an app contributes to anonymised bike data that town planners can use to make your area better for bikes. How cool is that?

Find out more about Aotearoa Bike Challenge and sign up at [lovetoride.net](https://lovetoride.net)

# “I wish I’d been doing self-checks on my breasts – I might have avoided this”

*This interview with Te Whatu Ora Waitaha Senior HR Advisor Alice Harrison was printed in capsulenz.com and is reprinted with permission.*

*Alice Down (nee Harrison), a mother of three from Christchurch, was diagnosed with an aggressive form of breast cancer in June 2022 at 40, after discovering a lump. Checking her breasts wasn't something she'd ever done but now that she's been through breast cancer, Alice wants to help spread awareness about how important this is – because it can help you to detect breast cancer early and give you the best chance of survival.*

It was just a regular Wednesday afternoon at work when I noticed some discomfort from my bra wire rubbing. That evening at home, I asked my husband if he could see or feel anything on my breast. When he said yes, I just groaned and thought, 'I'm going to have to do something about this'. I wasn't worried about it being cancer, it didn't even cross my mind. I just assumed it would be a cyst. I still made the decision to go to the GP the next day just to get it sorted.

The following Tuesday morning I went to a private clinic for a mammogram as I didn't want to wait possibly a month or two for a public referral. They did multiple scans and an ultrasound, putting me in the waiting room between each one. I messaged my husband to say it wasn't going well – you just know it's not normal to do so many tests. They could see a couple of lumps and thickening of my lymph nodes and I was booked in for a biopsy two days later, on the Thursday. We went into Queen's Birthday long weekend and it was an agonising wait to hear back.

On Tuesday, my GP called me to confirm the two lumps found were cancerous. I knew what was coming and I'd spent the last five days preparing myself for it, but it was torturous not knowing how bad it was or how far it had spread. For the next two and a half weeks I had appointment after appointment for various tests. I'd been told all three biopsy locations had come back positive for cancer. In my head, I questioned the likelihood of it only being in those three – surely there'd be more.



Senior HR Advisor Alice Down (nee Harrison)

The hardest thing was telling everyone. Other people had less control over this than I did, and it was exhausting trying not to upset them. And of course, all you can think about is not being there for your kids. Mine were eight, six and three at the time. Because I had a stage 3, fast growing aggressive cancer (a type called HER 2 positive), I started on chemotherapy straight away. I had 24 weeks of it and my last dose was on 27 December, the day before my ten-year wedding anniversary. Chemo was difficult and unpleasant, but I survived it and stomached every dose, something I'm very proud of.

Alongside this, I also paid for a targeted drug called pertuzumab, which isn't funded for my type of breast cancer. We were told it would improve my outcome by 18 percent and even though it would cost \$120,000, we couldn't afford not to try.

I was so grateful to get financial help from family – I know how lucky I am to be a mum with three kids who was able to fund this and increase my chances of survival.

I was pencilled in for surgery on 19 January, but then I came down with an infection that put me into hospital for five days. So, my mastectomy and reconstruction were postponed to 7 February. Before starting radiation, I was blindsided when my oncologist told me I'd had a "complete pathological response", where the treatment had got rid of all the cancer. That was the best possible outcome and it meant I could stop pertuzumab after eight of the proposed 17 rounds.

Before the diagnosis, I knew I was meant to check my breasts but actually doing it was a different story. Once I'd found the lump, I never made the connection in my head that cancer could be on the radar. My best friend had found a lump a few months earlier which turned out to be a cyst, so why would mine be anything other than a cyst. She'd never checked her boobs and her scare never prompted me to check mine either – it was a missed opportunity that I regret. I'm educated, I've seen the awareness campaigns, but I just never thought cancer would happen to me. I'm only 40 and assumed cancer only affected older people.

Once I was diagnosed, I became really open to talking about cancer. I hated wearing a wig and would think if my bald head made people uncomfortable, maybe they would check their boobs when I didn't check mine.

2022 was an overwhelming year and I appreciate how lucky I have been, but sometimes when going through it, I would look in the mirror and think, 'how is this my life'. My lump was 38mm when I was diagnosed and I wonder if I'd been doing regular self-checks, would it have been found earlier which meant I could've avoided the worst of this and possibly stop it spreading to the lymph nodes?



Alice and her family

Breast Cancer Foundation NZ Lead Nurse Natalie James says: "Knowing your normal isn't about looking for cancer, it's about regularly checking your breasts so you can get to know what they normally look and feel like. That way, if you find anything unusual you can get it checked by a doctor right away.

"The best way to survive breast cancer is through early detection, so we really want women to empower themselves to be breast aware – it could save your life. There's no 'right' way to do this, it's as simple as touch, look, check."

[Breast Cancer Foundation's website](#) has information about breast health, how to self-check and the signs and symptoms of breast cancer. Their specialist breast nurses are available to offer free advice and support on 0800 BC NURSE (0800 226 8773).



# Ground-breaking science - curing Hepatitis C

*To mark International Day of Women and Children in Science (11 February) we profile Clinical Director of Gastroenterology at for Waitaha Canterbury, and President of the New Zealand Society of Gastroenterology, Professor Catherine Stedman. This article first appeared in He Kitenga, a publication of the University of Otago; reproduced with permission.*

Being directly involved in the elimination of a deadly disease is an elusive dream for many who dedicate their careers to medical research. Yet for Professor Catherine Stedman, that dream is a reality.

Catherine, of the University of Otago, Christchurch, was at the forefront of the multinational research team (alongside pioneering University of Auckland Professor Ed Gane) that in 2013 published the first successful, international clinical trial showing hepatitis C can be cured with a short course of oral antiviral medication.

“There are very few things in medicine that we can completely cure, but we’ve now proven that we can cure this insidious, fatal liver disease for 95 per cent of all patients, which is incredibly life-changing,” Catherine says. “It has been so rewarding on a personal level. You see patients and think, well, if we hadn’t got you into one of our anti-viral drug trials seven to eight years ago you likely would not be here today. The impact of viral cure is transformative, giving their lives hope again.”

Catherine graduated from the University of Otago with her medical degree in 1992, working in Wellington for four years before being accepted into two specialist training programmes – gastroenterology and clinical pharmacology. The first of her and husband Phil’s three children, William, was born during this time, with the younger two, Luke and Isabelle, born during a five-year Fellowship stint in Sydney, where she completed her PhD.

“When I started out there were literally a couple of female consultants at the hospital with children.

My decision to step back from the demanding hours of clinical work and focus instead on research when the children were young was what helped make it all work.



Professor Catherine Stedman

I had greater flexibility, wasn’t on call, and was able to finish off my work at night when the kids were in bed.”

The family moved back to Christchurch in 2005 when Catherine was offered a dual consultant hepatologist and research role.

“By then focused on liver research, I asked myself ‘where is the unmet need?’ There was a two-year patient wait list just to be seen for hepatitis C. The drug interferon was the then-standard treatment for hepatitis C, but it was toxic and no solution.”

Ed first approached her in 2009, seeking a partnership between the University of Auckland and the University of Otago, Christchurch, to collaborate on a potential hepatitis C cure.

“We launched two pivotal trials, one a proof-of-concept study with Australian researchers to test if combining two antiviral drugs would fully suppress hepatitis C without antiviral resistance.”

The team was working on their second major anti-viral patient study – where they proved for the first time that hepatitis C could be cured without interferon – when the Christchurch earthquakes struck.

“People couldn’t get into the central city, power and water were cut, and we had to fly trial patients to Auckland to secure their drug supply. One walked miles, wearing no shoes, just to see us, having lost their home and belongings. That patient commitment and adherence to the trial played a big part in its ground-breaking success.”

Drug company Gilead was involved in multiple further trials to identify dosage and optimal drug combinations before the new antiviral therapy was announced as international best practice treatment in 2013.

Pharmac funded hepatitis C oral antivirals from 2016, making a cure within reach for the 1,000 New Zealanders who contract the often-hidden virus each year.

“The World Health Organization now has a goal of global hepatitis C elimination by 2030. It’s so incredibly gratifying to have helped get things to this point.”

Catherine is now focusing on autoimmune liver disease research, alongside tracking the successes of 23-year-old William (who was born with mild cerebral palsy) as a multi medal-winning Paralympic 400m and long jump athlete.

## Quick Q&A – a focus on research

### **What motivated you to pursue a research focus in your career?**

My strongest motivator for pursuing a research focus is always finding solutions to unmet patient/clinical need. However an additional factor early on with a young family, was the greater flexibility that I had doing research during my PhD studies rather than being in a full time clinical role at that stage of life.

### **What encouragement would you give to woman girls and thinking about career options in science and research, especially in health?**

I think there are fantastic opportunities in research and it is hugely rewarding. In the early phase of a research career it is crucial to have a good supervisor. Collaboration with colleagues in the field is also hugely powerful – and I think meaningful impact is usually only achieved by working together with others.

Be protected against  
**meningococcal  
disease**

**Te Whatu Ora**  
Health New Zealand



# One minute with... **Andrea Thompson, Accounts Department Supervisor, Health and Safety (H&S) Representative and Building Warden for the Corporate Office**

## **What does your job involve?**

My Accounts role is about being responsible that all our suppliers are paid on time and any debt owed to us is collected, but I am also passionate about the H&S of the people on my floor and ensuring everyone can be safe in our building.

## **What pathway got you to this job?**

It was a rather organic pathway through the various roles within Accounts over the years, and for my other roles an immutable belief that everyone has the right to come to work in a safe environment and get to go home at the end of the day.

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

If you want to get involved in H&S as a staff representative then put your hand up and ask, as we are always looking for people to help, and it is everyone's responsibility to look out for ourselves and each other.

## **Who inspires you and why?**

Anyone who builds up the people around them and encourages them to be the best they can.

## **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?**

I think of these values more as a road map of how I try to live my life both professionally and personally.

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

On an adventure with my husband, whether it is Saturday date day at the local hardware store, or exploring somewhere on the other side of the world, every day should be an adventure.

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

If Tom Cruise can play Jack Reacher with a foot difference in height, then I think Miranda Hart should play me as she has a sense of irreverent fun that I love.



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

All the usuals, we grow our own organic vegetables, have beehives in the backyard to help pollinate the local gardens, we bike to work each day, and when we go further afield, we have an electric car as well. I have also decided that this year should be the 'International year of Fabulous' and I am trying very hard to infect a sense of fabulous in people in the hope that it becomes contagious. So, if you are reading this please go out and be your best fabulous self.

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

I am a hobby addict as I love learning and trying new things. At the moment that is painting landscapes and glass bead making, but who knows what next month will bring! I love the way it relaxes my mind when I'm doing something creative like painting, I think of it as going to my happy place. I have attended art classes at Kats Art studio and the Canterbury Workers' Educational Association (WEA) and can highly recommend anyone trying it out.

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



## **Emergency Department (ED) and Ward A8, Christchurch Hospital**

I had an emergency operation to repair an aortic aneurysm. Thank you to all the staff for the wonderful treatment I received. A special thanks to all the staff in ED and special thanks to Mr Oliver Lyons, Mr Adib Khanafer, and all the team for saving my life. If it was not for you, I would not have been here to share Christmas with my family. The Christchurch Hospital staff are awesome! Please pass this on to Ward A8 – you were so caring for every one of you. Thank you again.

## **Lesley, Eye Outpatients, Christchurch Hospital**

I appreciate the warm friendly personality of Lesley in the Eye Outpatient department. He was superb at what he did and how he did it. We are lucky to have a nurse like him. Thanks very much.

## **Parkside, Christchurch Hospital**

A big thank you to all the departments who looked after my husband. Everything was explained to us in detail which helped enormously. Cannot thank you all enough.

## **Ward 10, Christchurch Hospital**

Second time to Christchurch Hospital and first time to the Cardiology ward. All staff (nursing, cleaning, meals) were just so nice. I had a stent inserted by an amazing team of surgeons. They saved my life. A huge thank you to all of them.

## **Community OTs, OPH&R**

Great service friendly staff.

## **Ward A5, Christchurch Hospital**

I am a 59-year-old man and have been in the hospital several times in my life. In that time, I have always had such amazing care from every person who I came into contact with, particularly Nurse Rebecca. If anyone was made for nursing, in my opinion, it was her. She tested me with amazing kindness and dismissed any fear and apprehension. She showed total professionalism at her job with me and with other patients. I want to say a big thank you to Rebecca and all the other staff on my ward. In my book, they are definitely 10/10.

## **Rebecca, Ward 12, Christchurch Hospital**

I would like to compliment all the staff who supported me during my stay, in particular Enrolled Nurse Rebecca Green. She was very thorough and empathetic with the care she gave and her communication with me (who speaks no English) was great as she still conveyed what she needed to. We all thank her so much.

## **Vicky, Customer Services Manager, Christchurch Hospital**

Vicky is absolutely in the right job. She without hesitation fixed a perhaps unrecognised problem. I am very grateful to her. Well done, Vicky.

## **Ward A4, Christchurch Hospital**

Thank you for the hospitality and use of the whānau room while our son was in hospital. Staff have treated my son without judgement or bias.

### **ED, Christchurch Hospital**

I would like to express my sincere and heartfelt thanks for the wonderful and professional treatment received therein. I came to the ED due to constant chest pain. My nurse Selena was amazing, superb, and the doctor was amazing. I am also a healthcare professional and was impressed with the care I received from these two people. I thank you for being by my side during my treatment and putting a smile on my face when I was feeling worried. Words cannot describe how grateful I am, for such caring and amazing staff. Always so impressive to see how they work – calm, great listeners, open, helpful, and so much more – many thanks. I was so lucky to have them beside me during my treatment there. I also think Te Whatu Ora Waitaha is so lucky to have these two people to represent the values of Te Whatu Ora. Again, thank you so much for doing what you do. Y'all are wonderful people and greatly help the world. I'm so grateful for everything you've done.

### **ED, Christchurch Hospital**

I'd like to express my gratitude and compliments to Dr Luke O'Connor and the rest of my care team for the support, treatment, and care we received following my son's fall and jaw injury. Luke's oversight and monitoring of my son's progress resulted in an expeditious outcome even though we had missed calls from X-Ray. Thank you for your wonderful care and attention and for the reassurance you provided my son.

### **Child, Adolescent and Family (CAF) Access Team**

I didn't think [patient name] would respond much at all but she really liked you. You are clearly excellent at your job, so thank you!

### **Rex, Ultrasound, Christchurch Women's Hospital**

I would like to say a huge thank you to Sonographer Rex. We came in for a routine pregnancy scan, however I was very anxious about not having this in the community where I was familiar. Rex was incredibly welcoming, not only to myself and my husband, but to our wee girl also, who chatted away happily during the whole scan. I know this can be distracting but Rex took it in his stride! Thank you, Rex, for taking the time to explain everything to us, and offer so much reassurance.

### **Urology, Christchurch Hospital**

I want to say thank you for everything you have done for me when I was in the hospital for kidney stone, infection, treatment, and operation. Great staff in Urology, from the hospital aides, to the catering assistants, nurses, and the doctors, thank you very much. The staff in the operating theatre were very friendly and professional also. Thank you very much, keep doing what you're doing, you are great!

### **Vascular team and Ward A8, Christchurch Hospital**

I was recently, again, a patient on Ward A8 and had, as always, amazing care from the Vascular team of doctors. I would really like to highlight the outstanding care given to me by Casual RN Kath for her thoroughness, professionalism, and genuine care. Kath doesn't just come in when there is a task to do, she checked on me after giving pain relief etc and just did those extra little things that make you feel so reassured, all with humour, and sensitivity. Amy, the NetP, is amazing for such a new nurse, very caring. Alana is also a nurse who checks in, not just when tasks need doing, and engages in a calm, caring and reassuring way which I needed and appreciated. The catering and cleaning staff were all smiling and friendly.

### **Ward 23, Christchurch Hospital**

We want to thank all the doctors, nurses, hospital aides and Social Worker Anna for taking such amazing care of our mother while she was in Ward 23. Having the social worker as our point of contact resulted in excellent and easy communication, and along with Charge Nurse Jo, to a great plan to transfer to Burwood. The hospital aides and kaiāwhina who watched over Mum every day were incredible and kept her safe and reassured. Thanks to all of them. The nurses and doctors on the ward are world class. Thanks everyone.

### **Ward B3, Christchurch Hospital**

What wonderful nurses.

### **Radiology, Christchurch Hospital**

Prompt and efficient, thank you.

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

Staff are fantastic!

### **Usha, Christchurch Hospital**

IV Tech Usha is wonderful, she found the veins for my IV easily and quickly again, whereas others have had many tries. Usha is a highly valuable staff member.

### **Dora, ICU, Christchurch Hospital**

Nurse Dora who was looking after my hubby was so efficient, kind, and skilled. Thanks so much.

### **Radiation, Christchurch Hospital**

The nurses giving my son radiation are outstanding, professional, kind, and caring.

### **Community Occupational Therapists (OTs), Older Persons Health and Rehabilitation (OPH&R)**

I appreciate the weekend service because I have been waiting a long time to get some support. Thank you so much for the tools and service you have given me. Those tools help me to do my daily activities while reducing my pain. Also, OT Lindsey Lewis, kindly discussed my health needs and the services that could be provided. Thank you again.

### **Christchurch Hospital**

I recently spent time in Christchurch Hospital due to a fractured hip and would be most grateful if you could pass on my many thanks and high regard to the many staff who assisted me during my stay. This includes Fiona in Acute, all the nursing and Theatre staff, and the doctors who connected with me in Ward B4, along with the occupational therapists and physiotherapists. So sorry that I can't remember many names as I came across so many during my stay.

### **Community OTs, OPH&R**

I am more than pleased with the way things have been done. Couldn't wish for more. Thanks a million.

### **Ward 15, Christchurch Hospital**

Very kind staff, everything went smoothly.

### **Evenjaline (Eve), Christchurch Hospital**

I have been Ward 11 for three days and have been blessed by meeting Catering Assistant Eve. She is so professional, kind, and cheerful, and does everything she can to make sure the patients are looked after brilliantly.

### **Community OTs, OPH&R**

The occupational therapist was lovely, and kind and it was a pleasure to talk with her. Nothing was hurried and she took the time to engage with me. Overall, a good experience.

### **Park and Ride shuttle, Christchurch Hospital**

I want to thank your Park and Ride drivers. I had an appointment at the hospital and used the service for the first time. The drivers were professional and very friendly, helpful people. Many of those attending hospital are stressed and dealing with complex issues, the drivers' kindness is appreciated.

## *Big Shout Out*

**To: : Debbie Dodds, Clinical Assessor, Adult Community Referral Centre, OPH&R**

The times I have needed help, such as with urgent respite, Debbie has been so supportive and helpful. This is often a challenging time, and she makes it easier by her calm and efficient approach.

**From: A case worker**

#carestartshere

## *Big Shout Out*

**To: Air Retrieval Service, Child, Adolescent and Family (CAF) Service**

The Youth Forensic Team had the privilege of working closely with Neil and Toby from the Air Retrieval Service to transport a young person to Wellington. It was amazing to see how everyone worked together across health regions and Oranga Tamariki, being guided by our local experts with a fantastic, safe outcome. A very well-deserved bouquet for everyone involved. It was impressive.

**From: Youth Forensic Team**

#carestartshere

## *Big Shout Out*

**To: Kelly-Anne Bingle, Gardener, Burwood Hospital**

Kelly-Anne has worked tirelessly to clear and beautify our garden space and transform it from drab to FAB.

**From: Registered Nurse Yvonne Healey**

#carestartshere

## Guidance for respiratory infections streamlined

The wording around precautions used to prevent transmission of respiratory infections is being changed to make it clearer how staff and patients can best protect themselves.

From February 26 'Respiratory Precautions (Standard)' replaces all reference to 'Droplet Precautions', and 'Respiratory Precautions (Enhanced)' replaces any reference to 'Airborne Precautions'. The Transmission-based Precautions policy has been also been updated.

The change in terminology and updated isolation posters follow a Canterbury Health System-wide staff survey and has endorsement from Waitaha's Technical Advisory Group (TAG), says Nursing Director Infection Prevention and Control (IPC) Sarah Berger.

"It's important to note that this is not a change in practice, but a change in language and visual tools to stay up-to-date with the science, and 'Respiratory Precautions', as a term, is more meaningful to direct people to the right part of the body to protect."

This is a debate that has been happening internationally, she says.



Scientific evidence shows most respiratory viruses are spread by inhaling small infectious respiratory aerosols rather than the large respiratory droplets. These infectious aerosols efficiently transmit respiratory viruses such as COVID-19, respiratory syncytial virus (RSV) and influenza – particularly over short distances.

IPC Service staff will be offering educational sessions over the coming month to familiarise staff with the updated resources with the formal implementation date planned for Monday 26 February 2024.

# Cortex enhances efficiency at Burwood Hospital

Cortex, an application enabling patient note taking, has been successfully used at Christchurch Hospital for several years and is now enhancing efficiency and patient care at Burwood Hospital.

Before Cortex, Burwood Hospital relied on traditional paper files for patient notes, a system which was not always efficient. The decision to adopt Cortex stemmed from a desire to streamline operations and improve patient care.

Project Manager Alana Reid has been spearheading the transition since January, succeeding Clinical Team Leader Older Persons Health Physiotherapist Toni Attwood who went on maternity leave.

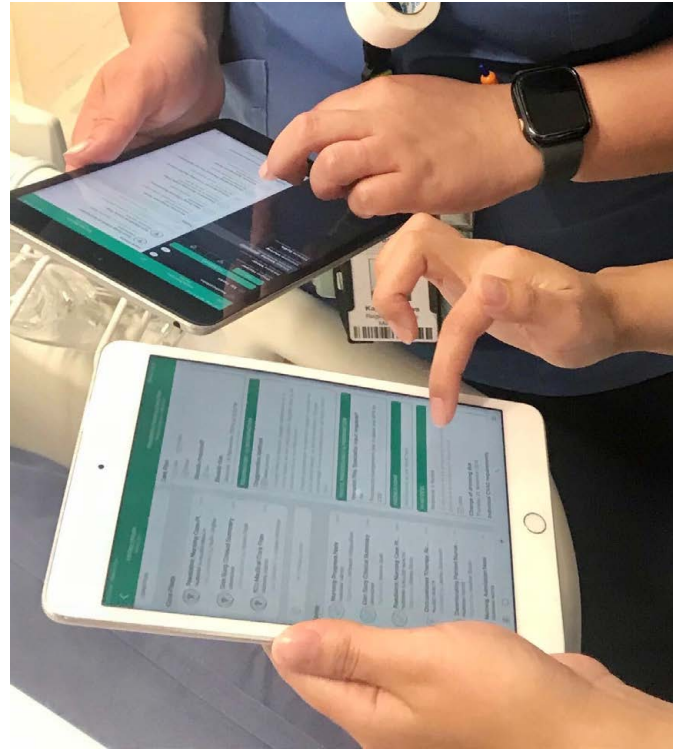
"The benefit for patient care with staff able to access and view notes regardless of where they are is something we are really excited for at Burwood Hospital," Alana says.

"We no longer need to waste time looking for or waiting to use physical sets of notes. With Cortex, notes are written and viewed in a more timely manner, speeding up decision-making and discharge planning.

"The Cortex application is also very intuitive with staff commenting that they have been surprised at how easy it is to use."

Alana acknowledges the extensive support received from Clinical Nurse Specialist Stacey Simpson and General Surgeon Saxon Connor from Christchurch Hospital in facilitating the implementation. Their expertise and guidance were instrumental in ensuring a smooth rollout.

The transition process was not without its challenges.



"The process was much longer than we first hoped, with the first few rollout dates needing to be postponed. While this was frustrating, it did give time to iron out issues leading to a very smooth rollout on 29 January," she says.

Alana extends her gratitude to all staff members who contributed to the successful rollout. Whether through form design, participation in steering groups, or completion of training programmes, their dedication played a pivotal role.



# Pānui – Notices

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### OPSM

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