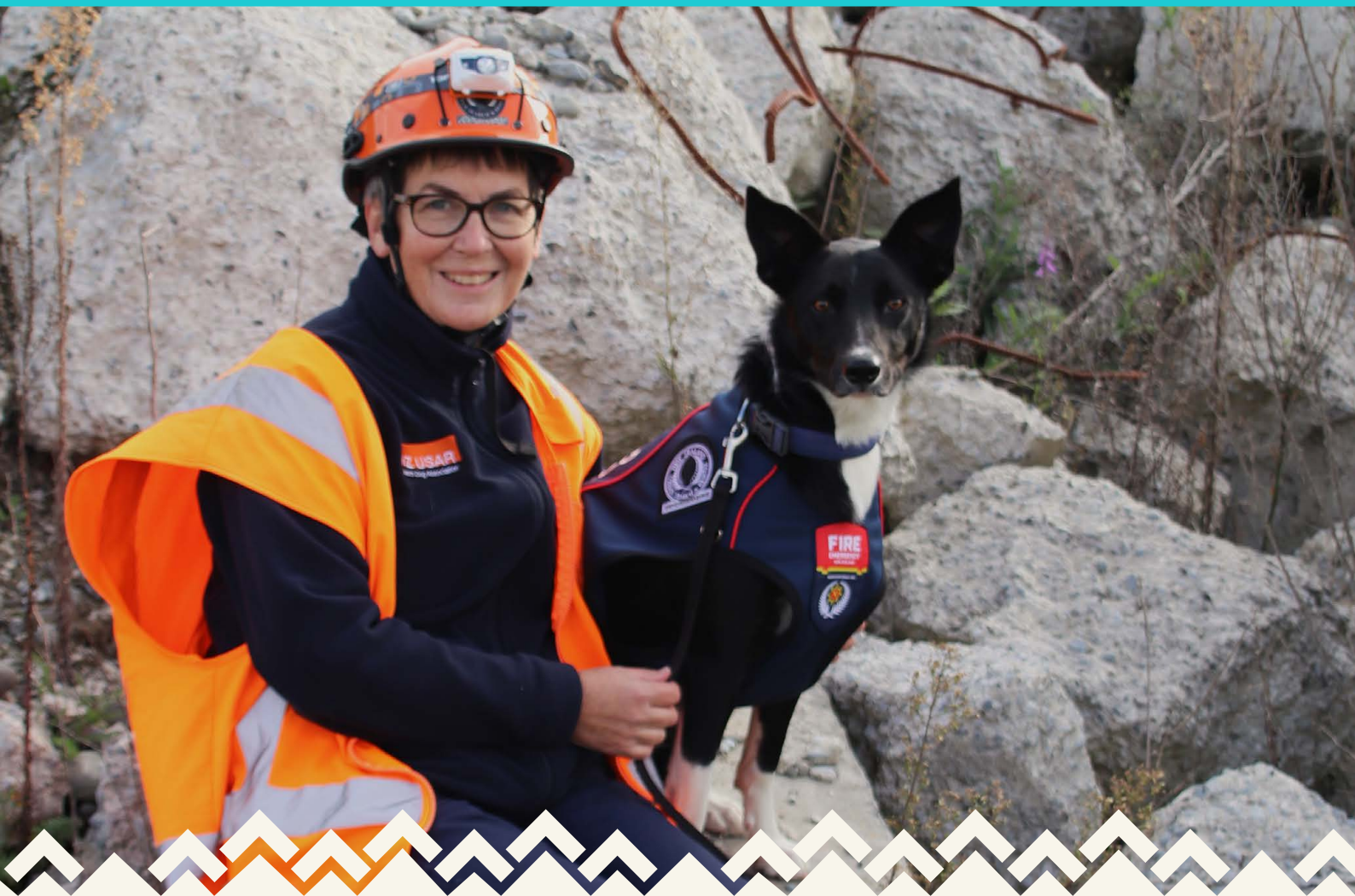
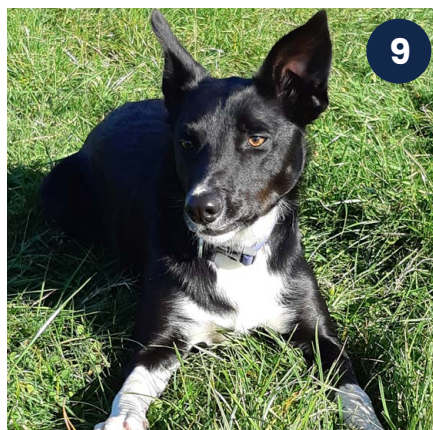


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No. 44 | 12 June 2023 | 12 Pipiri 2023



Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Nurse Co-ordinator Jenny Gardner and her Urban Search and Rescue (USAR) dog Poppy

Kupu Arataki – Introduction

Winter preparedness – Minor Health Conditions Service

This week Te Whatu Ora is launching its Minor Health Conditions Service, encouraging people to make community pharmacy the place they visit for advice, medicine and referral for minor health conditions.

This is a big part of our winter preparedness plan and one of the 24 initiatives recently announced by Minister of Health Hon. Dr Ayesha Verrall to help reduce the demand on our hospitals during the colder months.

It's targeted at Māori, Pasifika, children under 14 years of age, and Community Service Card (CSC) holders who will be able to get advice and if needed, free medicines, for minor health conditions this winter at participating pharmacies in key areas throughout New Zealand.

More than 100 community pharmacies across Waitaha Canterbury are participating in the service, which covers a range of common winter conditions including acute diarrhoea, dehydration, eye inflammation and infections, scabies, headlice, pain and fever, eczema/dermatitis and minor skin infections.

For details on the Minor Health Conditions programme in Canterbury, visit www.cdhb.health.nz/minorhealthconditions where you can see the participating pharmacies and more details about eligibility.

Te Whatu Ora is funding the service through to the end of September to help ease the burden on hospitals and primary care in areas that have consistent and persistent hospital flow challenges and wider system pressures.

Choose the right healthcare for you and your whānau

- Care at home**
Information and tips at Healthify.nz
- Healthline 0800 611 116**
Free medical advice and information any time
- Pharmacy**
Advice on medicine and vaccinations
- General Practice Medical Centre**
Appointments – in person or virtual
- Emergency Ambulance**
Call 111 in an emergency

Go well

Visit Health.govt.nz/gowell

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

Choose well this winter: preparedness video series

With the chill of winter now biting in many parts of the country, Te Whatu Ora and Te Aka Whai Ora have released a series of videos to help people understand the health care options available to them when they get sick.

The winter months are typically the busiest for health care services and choosing the right type of care can help ease pressures right across the system.

Emergency departments (EDs) in our country's hospitals get particularly busy over winter and it's important that EDs are reserved for emergencies only and see only the sickest people in our communities.

Te Whatu Ora, alongside Te Aka Whai Ora, have released a series of six videos aimed at helping people in need of care with deciding who they should turn to, when and for which conditions.

Each 90-second video features a range of frontline workers who see it all, year in and year out, winter or outside of winter.

They include Middlemore Hospital's Emergency Department, Hato Hone St John, urban and rural doctors, pharmacists, telehealth and our Māori and Pacific health provider partners.

Links to videos:

1. [Emergency Departments](#) – featuring Dr Vanessa Thornton, Middlemore Hospital ED clinician and Alisha Cossar, Hato Hone St John
2. [Rural GPs](#) – featuring Dr Fiona Bolden, Rural GP Network Chair
3. [GPs](#) – featuring Dr Hinamaha Lutui, Southpoint Family Doctors and Dr Mamaeroa David, McLaren Park Medical Centre
4. [Whakarongorau Aotearoa \(Healthline\)](#) – featuring Ingrid Tan, Whakarongorau Aotearoa
5. [Community Providers](#) – featuring Natasha Kemp, Manurewa Marae CEO and Dr Nua Tupai, Baderdrive Doctors
6. [Pharmacies](#) – featuring Brook McKaye, Queen St Pharmacy

Choose well for you and your whānau this winter

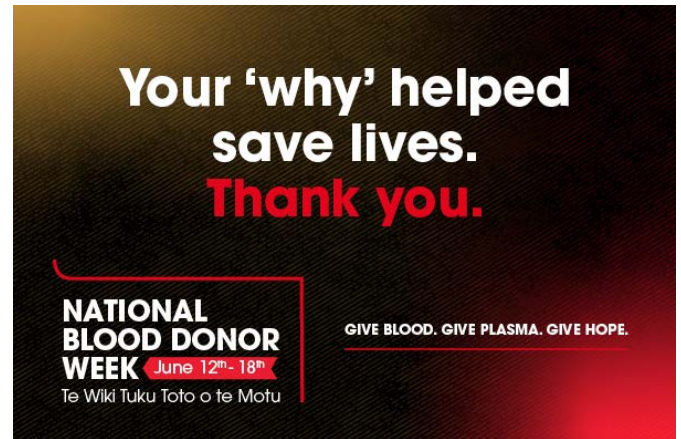
Self-care	Healthline	Pharmacy	General Practice	Virtual appointment	Physio	Urgent dental care	Urgent care	Ambulance & emergency care
Safely manage some minor injuries and illnesses at home – cough, cold, fever, cuts and sprains and vomiting and diarrhoea.	Free health advice and information any time from nurses, paramedics and doctors. Call 0800 611 116. Interpreter and NZ Relay support available.	For a range of advice and treatments – vaccinations, emergency contraceptives, UTIs, pain management & conjunctivitis.	Your first port of call for injury or illness that won't go away, such as persistent pain, cough, earache or long-term conditions.	Try an online provider for medical advice, visual exams, repeat prescriptions and follow-up tests – via the camera on your device.	For an injury or sprain, go straight to a physiotherapist – they can register an ACC claim, arrange x-rays and refer on to other specialists.	For toothache or injury after hours find a dentist who can help at healthinfo.co.nz – some also provide subsidised services.	For issues that need immediate treatment – broken bone, minor head injury, bad cut, or a prolonged fever.	If you have chest pain, difficulty breathing, severe bleeding or bad burns, call 111 or go to the emergency department.

National Blood Donor Week and World Blood Donor Day

This week is National Blood Donor Week and Wednesday 14 June is World Blood Donor Day.

New Zealand requires more than 4000 donations every week to meet demand and maintain a supply of blood and plasma products. It is one of the easiest things a person can do to contribute to the health and wellbeing of our communities and yet, one of the most impactful. Blood donation saves lives.

Go to [page 18](#) to read more about blood donation and hear from kaimahi who are passionate blood donors and/or have benefitted from blood donation themselves.



Book My Vaccine website now provides MMR and Boostrix appointments

To provide greater access for vaccinations, appointments for MMR (measles, mumps and rubella) and Tdap (Tetanus, diphtheria, and whooping cough) vaccines are now available to consumers aged 13 and over using Book My Vaccine. COVID-19 and flu vaccination bookings remain available through the site.

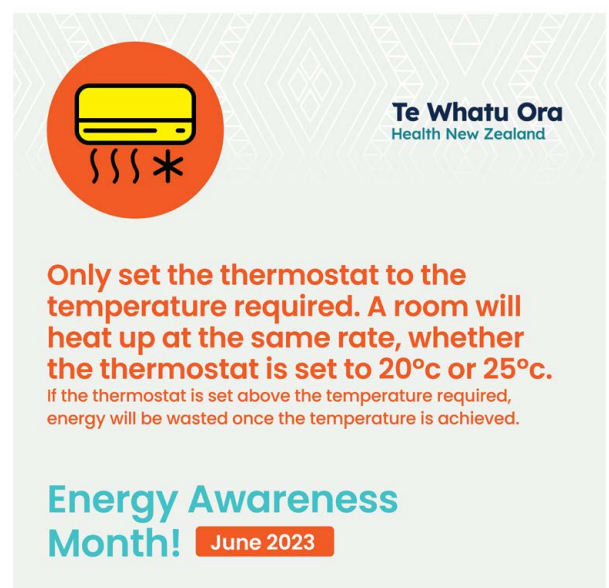
Providers who deliver these vaccinations are encouraged to use Book My Vaccine to offer appointments. So far, 142 sites across 20 districts have added MMR/Boostrix on Book My Vaccine.

June is Energy Awareness Month at Te Whatu Ora

We're continuing our focus this month on energy-saving measures around the home. As the weather get colder, we want our houses to be warm and cosy but it's easy to go too far with the heating.

Don't touch that heatpump remote!
Only set your thermostat to the temperature required. Blasting the heat pump will not heat the room up quicker and it will use more power.

Have you given the energy quiz a go yet?
You can access it [here](#).



New drug checking service

Free, legal drug checking is now available at regular community clinics in Wellington, Christchurch and Dunedin.

The clinics are provided by the [Needle Exchange Services Trust \(NEST\)](#) and run five days a week in Wellington and Christchurch, and four days a week in Dunedin. They've been made possible by a recent law change permitting licensed providers to offer regular or occasional checking clinics and by funding from the Addiction Commissioning team at Te Whatu Ora.

This is the first year that regular, ongoing drug checking has been available in the community – previously clinics were limited to festival or event checking clinics and occasional clinics in community settings.

Know Your Stuff NZ and the New Zealand Drug Foundation are also licensed by the Ministry of Health Manatū Hauora to offer drug checking.

National Harm Reduction Lead at NEST, Jason George, says that the service is confidential and allows drug users to find out what is actually in the drugs they're taking. Typically drug checking shows up to a third of drugs contained additional or different drugs from what the person thought they'd bought. It also allows for an open conversation about the quantity of drugs they are taking, about mixing different substances, such as MDMA and anti-depressants, or about safe injecting practices.

The Christchurch clinic is open 1-7pm Tuesday to Saturday at 10 Washington Way, Christchurch.

At risk Kiwis urged to test for coeliac disease

Around 100,000 New Zealanders are thought to be living with coeliac disease, with many completely unaware that they have it.

Coeliac disease occurs when exposure to gluten, a protein found in wheat and several other grains, triggers an immune response. This reaction causes damage to the small intestine and can lead to a wide range of symptoms but most commonly abdominal pain, bloating, diarrhoea, and fatigue. If left untreated, coeliac disease can lead to serious health issues, such as osteoporosis and epilepsy.

As part of Coeliac Awareness Week this year (12-18 June) Coeliac New Zealand is calling on New Zealanders who may be at risk of having the condition or who have symptoms, to speak to their doctor and get tested. Those at high risk include people with a family member (blood relative) with coeliac disease or an autoimmune condition such as type 1 diabetes.

Coeliac NZ General Manager Wendy Bremner says once coeliac disease is diagnosed, following a strict gluten-free diet will improve most problems related to gut malabsorption caused by the disease. Ongoing issues like alopecia, dental defects, mouth ulcers and infertility can be overcome because as the gut heals, the absorption of nutrients increases.



The theme of this year's Coeliac Awareness Week is "My Coeliac Challenge – Take Charge, Get Diagnosed and Find Help". As well as encouraging at risk people to get tested, Coeliac New Zealand is raising awareness of the daily challenges people living with the condition face and the range of resources and support available to help them live well.

For more information about Coeliac Awareness Week 2023, coeliac disease and Coeliac NZ membership, visit www.coeliac.org.nz.

Seeking nominations for the 2023 Public Service Day Awards

Nominations for the [2023 Public Service Day Awards](#) are now open. This is another great opportunity to formally recognise the mahi of our talented and dedicated people.

Any public servant employed in the New Zealand Public Service, regardless of their role or stage in career, is eligible to be nominated. Posthumous nominations will be accepted, and non-New Zealand citizens are eligible for nomination.

There are two award categories, briefly outlined below. Nominations require two letters of support, and endorsement from the Chief Executive.

Award Categories – more information is available at [2023 Public Service Day Awards](#)

Te Tohu Ratonga Tūmatanui | The New Zealand Public Service Medal

Awarded to public servants who have given service that's worthy of merit. Medal recipients are people who:

- › Demonstrate an outstanding commitment to New Zealand and New Zealanders
- › Are exemplary, or a model for other Public Service employees
- › Bring significant benefit to New Zealand or the Public Service
- › Are exceptional and otherwise worthy of recognition

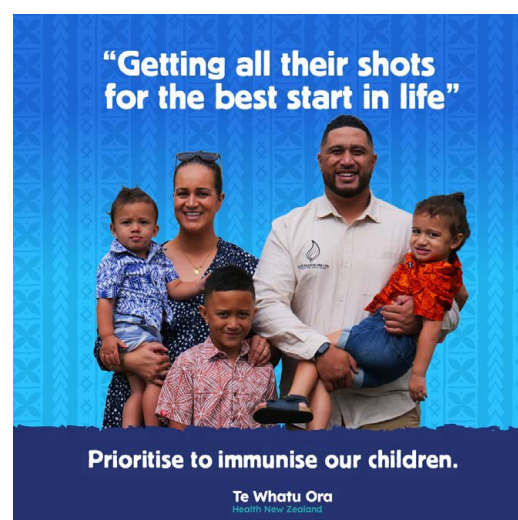
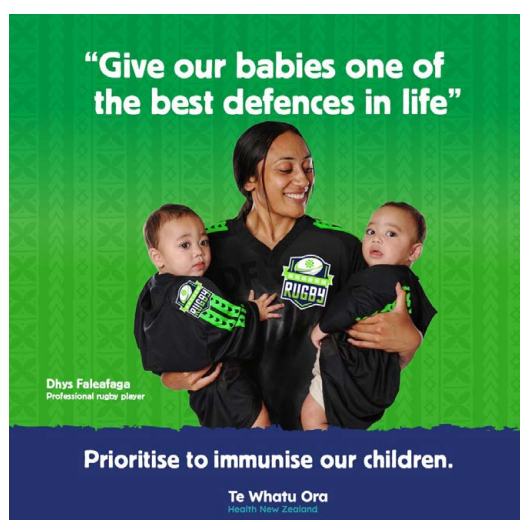
Te Tohu Amorangi a Te Kawa Mataaho | The Public Service Commissioner's Commendation for Excellence

The commendation is awarded for outstanding spirit of service shown by a public servant. Commendation recipients are people who:

- › Demonstrate exceptional care and commitment to New Zealanders, and a higher purpose motivation
- › Demonstrate the highest standard of integrity, kaitiakitanga, and the right attitude
- › Generate pride in the Public Service

If you would like to nominate someone, download the template on [Prism](#). Send the completed form to [Sarah Moffat](#) in our People and Communications team no later than Friday 30 June. If you have any questions about the Awards or this process, please contact [Sarah Moffat](#), who can assist.

Entries close on 3 August.



Quiz – Music in the movies

Whether or not it hits the charts or wins awards, music is a key ingredient in most movies. Musical movies or just movies with music, test what you know!

1. **At what point did 'My heart will go on' play in the movie Titanic?**
 - a. It didn't play at all
 - b. As the ship went down
 - c. While Rose was floating on the door in the ocean
 - d. During the end credits
2. **Many performers have won Oscars for best movie song or score. Match the musician with the movie their Oscar-winning song appeared in.**

a. Bruce Springsteen	1. Tarzan
b. Adele	2. A Star is Born
c. Barbra Streisand	3. Philadelphia
d. Eminem	4. Skyfall
e. Phil Collins	5. 8 Mile
3. **The 1984 movie 'This is Spinal Tap' told the comeback story of a British heavy metal band. What genre of film was this?**
 - a. Documentary
 - b. Drama
 - c. Mockumentary
 - d. Horror
4. **The Bodyguard is the best-selling movie soundtrack of all time, but which movie soundtrack produced the most number one hits?**
 - a. Dirty Dancing
 - b. Saturday Night Fever
 - c. West Side Story
 - d. Purple Rain
5. **The song 'Eye of the Tiger' featured in which Rocky movie?**
 - a. Rocky
 - b. Rocky II
 - c. Rocky III
 - d. Rocky IV
6. **What song did Tom Cruise famously dance to in his underwear in the movie 'Risky Business'?**
 - a. Light my fire by The Doors
 - b. Old time rock and roll by Bob Seger
 - c. Sugar sugar by The Archies
 - d. Fortunate son by Creedence Clearwater Revival (CCR)
7. **Don't you (forget about me) by Simple Minds featured in what classic 80s movie?**
 - a. The Breakfast Club
 - b. Ferris Bueller's Day Off
 - c. Back to the Future
 - d. St Elmo's Fire
8. **The biographical movie about the late, great Tina Turner was named after one of her songs. Which one?**
 - a. Private Dancer
 - b. Proud Mary
 - c. The Best
 - d. What's love got to do with it?
9. **Which of the following was a musical theatre production before it was a movie?**
 - a. The Lion King
 - b. The Rocky Horror Picture Show
 - c. Beauty and the Beast
 - d. Billy Elliott
10. **Who starred in the movie that featured the following songs: Dancing Queen, Gimme Gimme Gimme, Super Trouper and The Winner Takes it All?**
 - a. Lady Gaga
 - b. Anne Hathaway
 - c. Meryl Streep
 - d. Will Ferrell

Check your answers on page 21.

Ā mātou tāngata – Our people

Ready to help the community in a time of need

Nurse Co-ordinator Jenny Gardner, a member of the Nursing Development Team at Te Whatu Ora Waitaha Canterbury, is now a fully-fledged New Zealand Urban Search and Rescue (USAR) dog handler.

Jenny and her two year old border collie Poppy passed their assessment last month as an operational dog team which means that they can be called to any emergency response in New Zealand.

Two other Christchurch Hospital female kaimahi are, or have been, USAR search dog handlers.

Personal Assistant to Service Manager and Clinical Director in Anaesthesia Carol Ewington has two operational dogs and one in training. Medical Laboratory Scientist Linda Pike, is now retired from the USAR role, but is still a member of the organisation. She had two operational dogs and was deployed during the Christchurch earthquake.

"I first trained as a volunteer and then as a trainee dog handler when my dog Poppy was accepted into the NZ USAR Search Dog Association (NZ USAR SDA) programme. I was initially drawn to being involved in USAR search dogs following the Christchurch/Kaikoura earthquakes and seeing how multiple agencies came together as part of the overall response," says Jenny.

"I made contact with our local coordinator and then went along to training sessions to see what training involved and how I could be a part of the team."

The training has been a huge learning curve but very rewarding with many hours put into training the dogs and handlers to be ready to respond to an emergency. It includes weekly rubble searching for hidden people, searching buildings, agility work and general rescue and response training.

"We are all volunteers. Having said that, we cannot train dogs and their handlers without the support of other volunteers, who hide as subjects, help organise events, and turn up in all-weather to support training."

Jenny and Carol belong to the Southern regional team which sits alongside Northern and Central regional teams to create a national team, supporting New Zealand for a national or international response.



Personal Assistant to Service Manager and Clinical Director in Anaesthesia Carol Ewington and her dog Billy training in Christchurch



Billy training



Nurse Co-ordinator Jenny Gardner's dog Poppy

"I really enjoy being able to work with an amazing team and to be able to do the training with my dog has been a fantastic opportunity. We are all advised to be ready for earthquakes, and feeling prepared to be able to help our communities when an earthquake occurs is hugely rewarding," she says.

Carol, who is now the Southern Team and NZ USAR SDA Coordinator, says she was interested in being able to do something with a dog that would benefit the community and discovered the NZ USAR SDA in 2010 while searching the internet.

"It would not be until 2014 that I had an opportunity to get and train a dog to operational capability. However, volunteering as a helper and subject from 2010 to 2014, proved to be valuable training and preparation for me".

USAR dogs are a valuable resource in the location of people trapped in collapsed structures following earthquakes, tornados, landslides and other natural or man-made disasters. Their handlers are all volunteers based throughout New Zealand. They must undertake basic rescue training to work safely in the rescue environment and fit this around many hours training with their canine partners.

For more information go the [USAR Search Dog Association website here](#)



Medical Laboratory Scientist Linda Pike and Buk



Medical Laboratory Scientist Linda Pike and Que



Could giving **plasma**
be more suited to **you?**

GIVE PLASMA. GIVE HOPE.



Wishing all our Filipino
kaimahi a very

Happy
**PHILLIPINES
INDEPENDENCE
DAY**
12 JUNE

Te Whatu Ora
Health New Zealand

One minute with... **Raechel Keepa, Registered Nurse (RN) and Authorised Vaccinator**

What does your job involve?

In addition to working as a RN in the Emergency Department, I am an authorised vaccinator with the team in Occupational Health. My job involves vaccinating hospital staff and supporting their wellbeing by leading and assisting with COVID-19 and influenza vaccine clinics within Te Whatu Ora Waitaha Canterbury.

What pathway got you into this job?

I volunteer annually as a primary nurse on medical ships, providing support and care to isolated and coastal communities of the South Pacific. Doing this is a way I can contribute and make a difference, taking advantage of my skills as a vaccinator to help protect and save lives. I was fortunate enough to be involved in the delivery of emergency polio vaccines after an outbreak in Papua New Guinea.

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

I would certainly encourage anyone interested to get in touch with the team at Occupational Health. I have found being a vaccinator has enabled me to be a resource to my colleagues, so we can provide protection not only for ourselves but also patients who are too young or sick to be vaccinated themselves.

Who inspires you and why?

Catherine Hamlin. I first met Catherine about 15 years ago as she shared her story about the work she and her husband were doing in Ethiopia. As a gynaecologist, she repaired injuries caused through childbirth (obstetric fistulas). She was in her 80s then and was still performing these life-changing and life-giving surgeries.

What do Waitaha Canterbury's values mean to you in your role?

As a nurse and vaccinator, we have an invested interest in people's health and wellness. I consider it a privilege to be able to serve my colleagues and respect the responsibility and integrity that comes with being a vaccinator.



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

Teoumu Valley, Vanuatu, just out of Port Villa. The Family Care Centre there, provides affordable medical, dental, midwifery and family support to the local community which I have the wonderful opportunity of working alongside next month.

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

Great question. It would probably have to be someone who likes an adventure and maybe is a little quirky.

What are your hobbies /interests outside of work?

Besides attending Grace Vineyard Christian Church, I enjoy running the trails and fast packing (a combination of trail running and ultralight backpacking) remote areas with friends.

What are some of the ways you show aroha/love for our planet?

Trees for Canterbury offer fantastic opportunities for the community to be involved in planting trees around local parks, reserves and wetlands. It's a voluntary organisation I wish I had more time to contribute to. Also, I've not long discovered that our local Warehouse provide drop-off bins for soft plastics, therefore less rubbish ending up in our landfills.

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).

Akoranga reo Māori – lesson #18

Hōtoke/Takurua – Winter

E te rāngai e tautoko ana i tō tātou reo tongarere, ko te reo rahiri tēnei e mihi atu nei.

Greetings of welcome to you, the flock that are supporting our precious language.

As we move deeper into the colder months, this week we will be looking at some kupu (words), some whakataukī (proverbial sayings) and some rerenga kōrero (sentences) relating to winter.

Kupu (Word)	Whakamāramatanga (Definition)
Ua	Rain
Makariri	Cold
Hukarere	Snow
Kohu	Fog
Hail	Hukawaitara
Thunder	Whaitiri
Lightning	Uira
Frost	Hukapapa
Ice	Tio
Intensely cold	Mātaratara
Ihu o Hinetakurua	Winter Solstice
Whakataukī	Proverbial Sayings
Takurua hūpē nui	Winter when your nose runs
He rangi mokopuna tēnei	It is a fine winters day
Ka rere ngā purapura o Matariki	Winter snow
Te anu o Takurua	The harshness of winter
Rerenga Kōrero	Sentences
Kei te mātaratara ahau!	I am freezing cold!.
Kei te heke te ua	The rain is coming down.
Kua hukarere!	It has snowed!
Kua mao te ua	It is stopped raining.

This week the whakapātaritari is a word find. See if you can find all of the kupu from the list above. Good luck!

Hōtoke/Takurua

R S O H M H G Z B Q J Y K W X X J W J W
 H S P C I A U M G N W G Z D B J Z X F E
 R X T D K H K K Z Q A O J Q O M X X C Z
 P P W N Y U Z A A Z H U K A R E R E L W
 N Z F K M K T N R W Z U M G A E B C Z T
 Z Q V M H A V K H I A A M I G L Y J J H
 W X Q A O P X V B L R I V F W Q T D M M
 F I Z T O A P U G G I I T T I O K K D M
 F O X Z N P P N J M X R O A W V C N Q L
 S F C I Y A H X V P L U B W R R V I N O
 S W O F H I M B M U D H X B K A I O O V
 J Z B D U I R A X Z S O I K O H U L O D
 Y M J A K Q M E B C Z I E I N P O C H N
 A A I H U O H I N E T A K U R U A Y S I
 P R D T W P H U D W E P T Z S F X I R E
 U M V H X G D G J V Q K B L P A N X V B
 Q B J W R N G E W H A I T I R I A S F I
 U J V S P P C B H J E B M X A E V C F N
 O B V J K Q X Y U K L X L C V Z I C B Y
 G F Q M ā T A R A T A R A O K C G X R N

Ihu o Hinetakurua Hukawaitara Mātaratara Kohu
 Makariri Hukarere Whaitiri Uira
 Hukapapa Tio Ua

[See the answers on page 22](#)

Kia mahana te noho, ā, tēnā koutou.

Stay warm folks and thank you.

If you have any questions or feedback, please make contact via the email below.

Hauora.Maori@cdhb.health.nz

International winter warmer recipes

Mega meatballs

Country of Origin: Ancient Persia

Ingredients:

- › 500g minced lamb, beef or pork (or a combination of pork and one other)
- › 1 medium onion
- › 2 cloves of garlic crushed
- › 1 egg
- › 4 or 5 button mushrooms
- › 3 tsp soya sauce
- › 2 tsp chicken stock powder
- › ½ cup breadcrumbs
- › 1 tablespoon dried parsley (optional)
- › Black pepper

Method:

In a large bowl, place the mince, egg, garlic and breadcrumbs. Add the very finely chopped onion and mushrooms, soy sauce, chicken stock, parsley (if using) and a generous amount of black pepper.

Blend together (use your clean hands or a mixer on slow).

Using a dessertspoon, scoop out enough mixture to form balls a little larger than golf balls. Roll them into shape in your (clean) hands and set on a tray.

To cook, you have three options.

- › Airfryer – these may need to be cooked in batches. 10 – 12 minutes at around 180°C.
- › Oven – lay on a tray and cook for around 20 minutes at 180°C
- › Pan fry – in a little oil

Serve with your favourite pasta sauce and spaghetti or plain with salad or veges and tomato sauce.

This same mixture can be formed into hamburger patties and cooked as above to create your yummiest home-made burgers.



An easy sauce to cook to have with your meatballs and spaghetti:

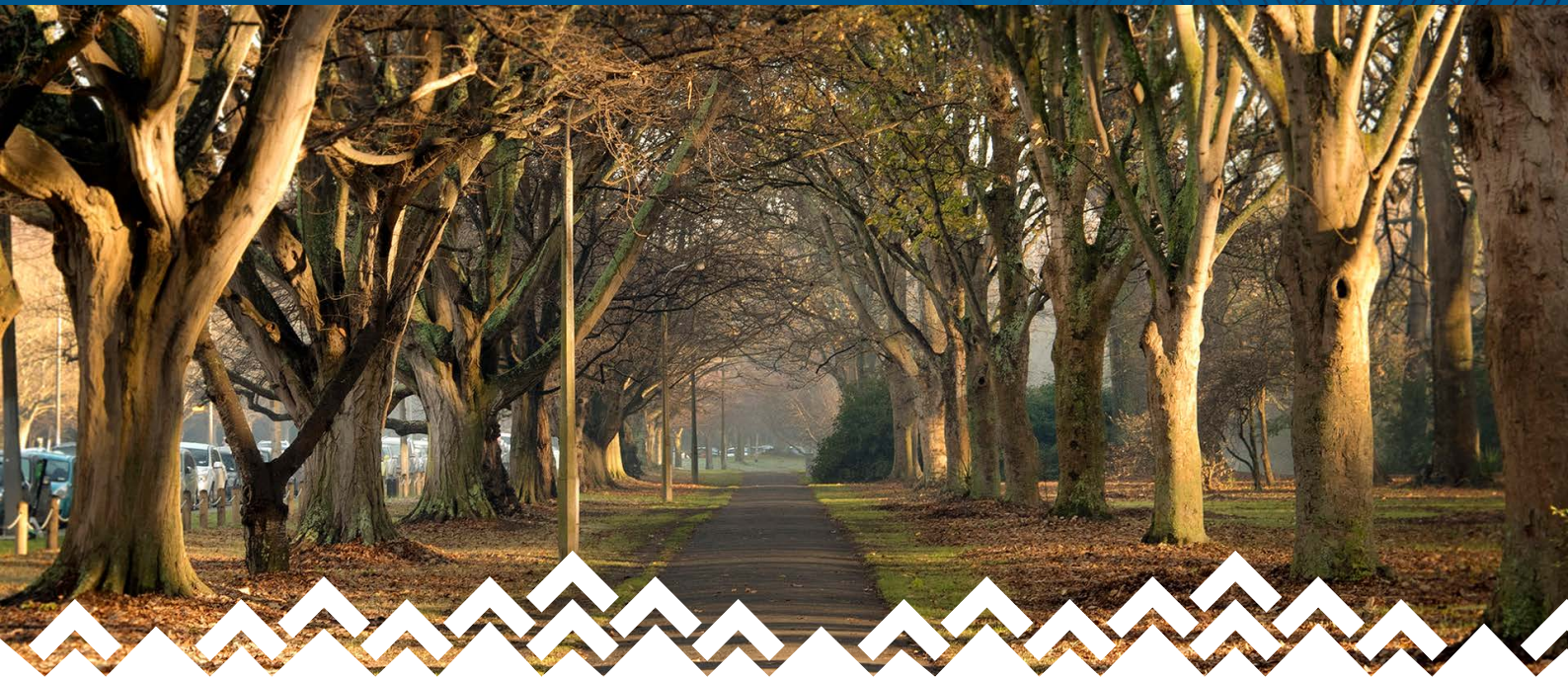
In a large pan, sauté one chopped onion and 2 cloves crushed garlic until soft.

Add 2 cans of diced tomatoes and 2 tablespoons of tomato paste. Season with a bay leaf, your choice of herbs (fresh basil is lovely, dried mixed herbs, or thyme) salt and pepper.

Gently simmer, stirring occasionally for 30 – 40 minutes. Add your meatballs and serve with pasta and a generous amount of grated parmesan cheese.

Hint: Throw a handful of baby spinach into the sauce while it is simmering. A great way to add vegetables to your meal and hide them from fussy kids!

Whakamihi – Bouquets



Oncology and Neurology, Christchurch Hospital

To all the staff involved: My life has been spun upside down and I would like to offer my utmost admiration for everyone involved in the initial stages of my care and for making what will be an arduous journey as easy, caring and loving as possible. I cannot stress enough my appreciation to you all. You are amazing!

Ward B8, Intensive Care Unit (ICU), Neurology, and Neurosurgery, Christchurch Hospital

I am so impressed with the staff. The doctors, nurses, physical, occupational and speech therapists are all incredibly talented. More impressive than that is their compassion and ability to make a human connection with our son and our entire family. We are blessed to be with this team.

Orla and Shannon, Emergency Department (ED), Christchurch Hospital

I was impressed with the attentive and detailed care from Dr Orla and Nurse Shannon in their care of my mother, despite how busy the department was. They are both outstanding health professionals.

Radiology, Christchurch Hospital

Thank you for the effective and efficient handling of my radiation sessions. I am very impressed with the care, kindness and expertise of the people I have met. Many thanks.

Ward C1, Burwood Hospital

Dear doctors, nurses and all support workers who have cared for me with such kindness while I was in Ward C1. My mission was to become more competent after surgery for my return to independent living in my apartment. I have received such cheerful encouragement from you all to achieve this aim and I want you to know how appreciative I and my family are of your expertise and kindness while caring for me. I have learned a lot from you all. With my very best wishes and thanks.

Endoscopy, Ashburton Hospital

I would like to compliment the Endoscopy Service at Ashburton Hospital. I want to express how professional the team are, friendly, great at their job, and explaining everything from start to finish. Please pass on my compliments and how wonderful the team is.

Sleep Health Services, Christchurch Hospital

Dr Chikura is an absolute legend. I am so impressed with his enthusiasm and rigor. He is easy to talk to and the Continuous Positive Airway Pressure (CPAP) therapy has really changed my life for the better.

Ward 23, Christchurch Hospital

I was very happy with my recent time in hospital. The care was good and very professionally and willingly given. The meals were well cooked and well presented.

Ward 12, Christchurch Hospital and Kaikōura Health

My wife's care from the nurse named Rachel was absolutely first class and we will be forever grateful for her care and compassion and the time she took with us. She is a great advertisement for the nursing fraternity of New Zealand. Nothing was a problem. She was obviously busy, but, in my view, she went over and above carrying on past the end of her shift to make sure my wife was all sorted with everything before she was released. Our personal thanks go out to her and the team who got my wife's problems sorted. Also, the staff in Kaikōura, especially Dr Chris Henry, for his experience and knowledge of the problem. Very impressed also with the technology Kaikōura have in the new facility there. Thank you, Te Whatu Ora!

Ward B3, Christchurch Hospital

Superb care from all staff. Thank you very much.

Ward B1, Christchurch Hospital

We wanted to pass on all our thanks to all the staff on Ward B1 for the care of our Nana. There was a real sense of aroha on the ward and everyone worked together to help get her better. You rock.

ED, Christchurch Hospital

I would like to pass on my appreciation and gratitude for the excellent care and service I received when I presented to ED with chest pain. From triage at reception through to assessment and discharge I was treated with dignity and my confidentiality was respected. I understand ED are constantly under pressure. This did not reflect in any way the care and attention I gratefully received.

Ward A3, Christchurch Hospital

Thank you so much, the doctors and nurses are superb. The services are just wonderful. Keep it up and God bless.

Ward B3, Christchurch Hospital

Excellent care from the nursing staff for my mate. Thank you so much.

Parkside Ground Medical, Christchurch Hospital

Staff were absolutely fantastic. I couldn't have asked for better care. The staff were kind and knowledgeable and the food was good. Thank you very much.

Maternity, Christchurch Women's Hospital

It's been nearly three months since my daughter was delivered via caesarean section. I was admitted to hospital with complications. So many people worked together to make sure that I was okay. I'm forever grateful for this. I have been meaning to write in and express my sincerest gratitude. I so appreciate the amazing care that I received from midwives Devon, Mary, Julie, Moon, Ali, Emma, Hannah R, Cherise and Cara. What a beautiful group of dedicated wāhine toa – so hardworking and amazing. Thank you to Catering Assistants Paula, Tasha, and Renee for their kindness and flexibility. Cleaner Dionne has an amazing attitude and cheerful disposition which got me through a couple of hard days. Doctors Steph, Aimee, Matt, Aliyah, and Dr Chandra gave me life-changing care. The whole team was fantastic. The anaesthetist was incredibly reassuring, kind and professional. Nurse Lincy, Dietitians Amalina and Jo, and Hearing Technician Vic – these are a few names – but there were other great people there too. My husband and I are eternally indebted for the caring, competent and healing experience. Together with my LMC Kirsty O'Connell, we have our little daughter. We couldn't have done this without your amazing support.

Big Shout Out

To: Judy Hunt, Facility Coordinator – Corporate

I wanted to acknowledge Judy Hunt the wonderful facilities manager for the Corporate Office, she is always so friendly and happy as she quietly goes about her work without any fanfare but always seems to be about two steps in front of everyone's needs so that life in the office is seamless. It also doesn't matter what you ask of her nothing is a bother. I think it would be lovely for her to know that what she quietly does in the background is appreciated by all in the building that benefit from it. She is our unsung hero.

From: Andrea Thompson, Accounts Department Supervisor

#carestartshere

Reducing need for hospital admissions and emergency treatment for atrial fibrillation

Waitaha Canterbury's Atrial Fibrillation (AF) Pathway, a collaboration between Christchurch Hospital's Emergency Department (ED), Cardiology and Acute Demand, is a good example of allowing us to meet patients' needs through next-day follow-up in the community, and without unnecessary additional time in hospital.

Atrial fibrillation (AF) is the most common arrhythmia, or abnormal heart rhythm and AF is a common reason to need to attend ED and be admitted to hospital. It can cause a rapid heart rate which can cause palpitations, fatigue and dizziness. AF increases the risk of having a stroke.

Previously, patients who attended ED with AF were often admitted to hospital for medications and/or procedures to restore their heart a normal rhythm, or alternatively, patients would have to return to the Cardiology ward the next day for further investigations and treatment.

Patients now receive simple oral medications in ED to slow the heart rate, are discharged home, and followed up by the Acute Demand service the next morning at the Pegasus 24 Hour Surgery. By the next day, nearly three quarters of patients have a normal heart rhythm – and have avoided a hospital stay or procedure.

In the last 10 months, 177 patients have been managed through this new pathway, and avoided hospital admission, with only 52 being required to come back to hospital to be seen by the Cardiology team.

A few years ago, these 177 patients would all have been admitted, and nearly all have had a sedation with cardioversion (a medical procedure that uses quick, low-energy shocks to restore a regular heart rhythm) using ED and operating theatre time along with cardiology time and beds, and anaesthetics time, says Emergency Medicine Specialist Dr Laura Joyce.

"There is increasing evidence to suggest that delaying cardioversion for acute uncomplicated AF is safe, and that many patients will spontaneously revert to a normal rhythm. We conducted a before-and-after evaluation and the results have been published in Emergency Medicine Australasia (EMA)."

"The paper details how our 'rate-and-wait'/delayed cardioversion/next day follow-up strategy for managing AF reduces cardioversions and admissions and is safe (no change in ED representations or mortality)."

There are also more plans in the works with potential for remote follow-up (using a cellphone app), which would allow increased equity of access. This could be used for those out of town, and perhaps even for patients from smaller centres that don't have Cardiology units.

"If the remote follow-up pathway is successful, we hope to do a nationwide study to see if this can be rolled out more widely," Laura says.



World Blood Donor Day

Wednesday 14 June is World Blood Donor Day (part of National Blood Donor Week 12 – 18 June) which serves to recognise and thank the people who donate life-saving blood and plasma.

The theme this year is: 'Give blood, give plasma, share life, share often'. Not only do blood donations change and save lives, but people giving regularly ensures a safe and sustainable supply.

New Zealand needs over 4000 blood donations each week. There is no substitute for blood, with person to person donations the only way to share its life-saving properties. From accident victims to newborn babies, cancer patients to organ transplant recipients; blood donation saves lives.

To find out if you are eligible to donate blood in New Zealand, you can complete the [NZ Blood eligibility quiz here](#).

There is also growing demand in New Zealand for plasma donations particularly from people with type AB blood. AB is the only universal plasma and can be given to patients of any blood type.

Plasma is the liquid portion of blood. About 55 percent of our blood is plasma, with the remaining 45 percent red blood cells, white blood cells and platelets.

Plasma is commonly given to trauma, burn and shock patients, as well as people with severe liver disease or multiple clotting factor deficiencies. It helps boost the patient's blood volume, which can prevent shock, and helps with blood clotting. Pharmaceutical companies use plasma to make treatments for conditions such as immune deficiencies and bleeding disorders.

There is a new satellite site for plasma collection in Christchurch at 289 Tuam Street. There are evening appointments available Monday-Thursday and there is donor parking on site. If you're interested, you can book on the NZ Blood Donor app, on their website [Tuam St – Plasma Donor Centre bookings](#) or call 0800 448 325.

[Click here](#) to find out more about becoming a plasma donor or call the Christchurch Plasma team on 03-343 9081.

Learn more about blood and plasma donation on the Te Ratonga Tato o Aotearoa | Blood NZ website: <https://www.nzblood.co.nz/>

One donation can save up to three lives!

When you give blood, you're giving a priceless gift that can't be found anywhere else. Your blood donation can be used in treatments for those going through cancer, undergoing surgery, or who have been in a traumatic accident. It can also be used to help those with autoimmune disorders or bleeding disorders.

By choosing to be a blood donor, you're making a lifesaving difference in communities across New Zealand.



Why blood donation is so important

Some of our Te Whatu Ora kaimahi share their personal experiences about being blood donors and/or beneficiaries of blood donation.

Victoria Brown – Audit Facilitator Urology Service

Victoria has donated blood every three months since she was a teenager, with only a short break when she had her children.

"I think of the people that will be using my blood as I donate and imagine myself or my family in their shoes. I hope there will always be blood available for me or someone that I love if we were to become sick or injured.

The idea that someone wouldn't receive the treatment they desperately needed because of a lack of blood is very upsetting, and I believe I can easily help in this way. I have big and strong veins, no problems with blood, and am fit and healthy.

There is no reason why I can't and shouldn't donate. All it takes is 30 minutes of my time, and I'm rewarded with the knowledge that I'm really helping vulnerable people, plus I get a great cup of tea at the end. It's a no-brainer for me to be a blood donor. I may not be able to help people in other ways, but this I can do, and so I do."



Audit Facilitator Urology Service Victoria Brown

Penny Bee – Core Midwife Birthing Suite and Maternity

Blood donations saved Penny's life after a nasty skiing accident.

"In July 2021 I was skiing with friends at the Remarkables ski field in Queenstown when I was taken out by another skier and fell awkwardly on my right side. I instantly had excruciating pain and being a medical person thought I had fractured my ribs on my ski pole and caused an injury to my lung. I was sent to Lakes Hospital in Queenstown with my friend who is a nurse and had a long wait before I was seen and ended up lying on the floor in the waiting room in severe pain.

When I went through to the Emergency Department on a trolley, a bedside ultrasound was performed which showed a large collection of blood in my liver. My tests showed I was anaemic, and my blood was not clotting properly. I was given emergency blood and an injection to help with the bleeding. I was retrieved by the Otago Rescue Helicopter by the Intensive Care Unit (ICU) team at Dunedin Hospital and given more blood and blood products.

While in Dunedin Hospital I was cared for in the ICU and had interventional radiology treatment to stem the bleeding in my liver which had a laceration. In total I received four units of blood and four units of blood products. I am incredibly grateful to the people who donated the blood that saved my life."



Core Midwife Birthing Suite and Maternity Penny Bee

Jared Standen – Medical Laboratory Scientist

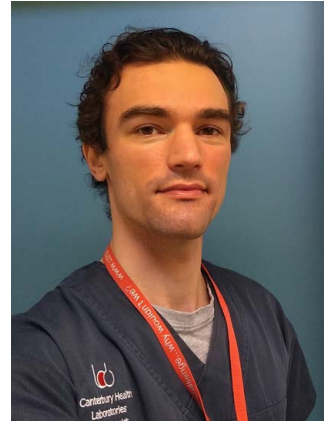
Jared started donating blood in 2012 and his entire family are donors.

"My grandfather would take me along when he was donating blood and was a pretty big part of my inspiration to become a medical laboratory scientist in the first place. I'm not sure quite how many donations he got up to before he passed away, but I remember seeing a plaque on his wall saying, "thank you for 475 donations" and thinking I'd love to beat his record.

People don't realise the amount of blood we need daily to keep our supplies available for everyone. A top up transfusion for a chronically anaemic person is often two units, so even something routine and not immediately life threatening can require multiple donors just to make it possible. Each bag has its expiry too which means even if the unit isn't used, it will still need to be replaced.

On top of all this, every person is different. There's much more to your blood type than the A, B or O group and the Rh +/- group. Even the Rh group has a bunch of different antigens beyond the D group where the +/- comes from. Each of those other antigens can cause reactions in those that don't have them.

All of these factors are what makes it so important to keep up with our donations. We not only need a lot of blood and a constant supply, but we need a variety of blood types too."



Medical Laboratory Scientist
Jared Standen

Trish Secrest – Administrator, Specialist Mental Health

Trish was a beneficiary of blood donation as a baby and has given back all her life.

"I received blood transfusions as a newborn 57 years ago due to a severe case of Rhesus disease. My life was saved by this treatment so as an adult I gave blood until I reached my 50s when I started taking medication that disqualifies me from donating. I feel this life-saving gift of blood donation is one of the simplest and best ways for us to be a hero and save lives. Plus, you get a nice cup of tea and a biscuit while you're doing it!"

- › **More blood donation stories:** <https://www.nzblood.co.nz/get-involved/amazing-stories/>
- › **Become a donor and give blood:** www.nzblood.co.nz/give-blood/
- › **Donate plasma:** www.nzblood.co.nz/give-plasma/



Administrator, Specialist
Mental Health Trish Secrest

Pānui – Notices

Something For You

Something for You is the Te Whatu Ora – Waitaha Canterbury 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.



Riccarton Shoe Clinic – Riccarton Mall, 129 Riccarton Road

Receive 20 percent off all items in store (which are not already reduced) for Te Whatu Ora Waitaha employees and their immediate family members. Show your staff ID to redeem.



Microsoft New Zealand – Home use Programme

The Microsoft Home Use Programme (HUP) allows you to buy Office 365 subscriptions or the latest version of Office, Visio and Project software to use at home at a substantial discount – [see more information here](#).



Airpark Canterbury – 17-25 Logistics Drive, Harewood

Christchurch Airport Park and Ride is offering 10 percent off all services. Call 0800 AIRPARK or 0800 247 727 – show your staff ID to redeem.



Happy Hire – 278 Ferry Road, Waltham

Discounts on the entire range of hire products for special occasions including furniture, lighting, sound, marquees, glassware and catering needs – show your staff ID to redeem.

QUIZ ANSWERS – Music in the movies

- | | |
|--|--|
| 1. d. During the end credits | 7. a. The Breakfast Club |
| 2. a & 3, b & 4, c & 2, d & 5, e & 1 | 8. d. What's love got to do with it? |
| 3. c. Mockumentary | 9. b. The Rocky Horror Picture Show |
| 4. b. Saturday Night Fever – four songs from the soundtrack went to number one | 10. c. Meryl Streep – The movie was Mama Mia |
| 5. c. Rocky III | |
| 6. b. Old time rock and roll by Bob Seger | |

Whakapātaritari answers

Hōtoke/Takurua

R S O H M H G Z B Q J Y K W X X J W J W
 H S P C I A U M G N W G Z D B J Z X F E
 R X T D K H K K Z Q A O J O O M X X C Z
 P P W N Y U Z A A Z H U K A R E R E L W
 N Z F K M K T N R W Z U M G A E B C Z T
 Z Q V M H A V K H I A A M I G L Y J J H
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 S W O F H I M B M U D H X B K A I O O V
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 A A I H U O H I N E T A K U R U A Y S I
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 U J V S P P C B H J E B M X A E V C F N
 O B V I K O X Y U K L X L C V Z I C B Y
 G F Q M Ā T A R A T A R A O K C G X R N

Ihu o Hinetakurua	Hukawaitara	Mātaratara	Kohu
Makariri	Hukarere	Whaitiri	Uira
Hukapapa	Tio	Ua	

Want to test your energy related knowledge?
Take our 2 min quiz! Scan the QR code >>>

Energy Awareness Month!

June 2023

A Te Whatu Ora initiative providing tips, tricks and fun facts about energy efficiency and conservation.

Te Whatu Ora
Health New Zealand



DO YOU NEED TO KNOW MORE ABOUT WORKING WITH ADOLESCENTS AND YOUNG ADULTS WITH CANCER?

There are exciting opportunities for study and learning in Youth Health at the University of Auckland

**2023 SCHOLARSHIPS AVAILABLE!
APPLICATIONS CLOSE FRIDAY 16TH JUNE**



Adolescents and young adults (12-24) with cancer present a unique set of challenges for health professionals. They have distinct physical, psychological and developmental needs that are significantly different from those of children or those of adults. Health professionals working with adolescents and young adults need special skills and understanding in order to maximise outcomes for this patient population.

The University of Auckland offers the opportunity for you to develop and advance your knowledge, skills and expertise in this area. Why not become a clinical care champion for adolescents and young adults with cancer within your service?

There are three avenues for study: Certificate of Proficiency, Postgraduate certificate or Diploma in Health Sciences specialising in youth health. Courses offered at the School of Population Health in a flexible learning format. A full outline of the programme and courses can be found on the university website: <https://www.auckland.ac.nz/en/study/study-options/find-a-study-option/youth-health.html>

Alternatively, if students are enrolled in a programme of specialist study, they can include the below papers as a 30 point combined course into your programme. These courses are facilitated online which is flexible if you are located outside of Auckland.

Papers that specialise in AYA Care include:

PAEDS 712 - Youth Clinical Skills - 15 Points

This course gives health professionals the core generic skills and knowledge essential for working with young people in any health care setting. The course develops and extends knowledge and skills in clinical interviewing, comprehensive assessment and effective intervention with adolescents and young adults.

PAEDS 721 - Clinical Care of Adolescents and Young Adults with cancer - 15 Points

This course builds on the generic knowledge and skills taught in PAEDS 712 while providing advanced knowledge and skills in AYA cancer care in areas such as transitional care, survivorship, biology and treatment during adolescent and young adult years, consent and ethical issues, and adherence strategies for the adolescent and young adult.

To help you on your way, Leukaemia & Blood Cancer New Zealand are generously offering for 2023 semester 2, 3x \$1,000 scholarships for health professionals working in the area of blood cancer



For more information on the course and scholarship application process see the following link: <https://ayacancernetwork.org.nz/professional-development/>
Or scan the QR code or contact Heidi Watson on 021 337 129 or Heidi@adhb.govt.nz



Did You Know...



Blood only lasts **35 days**



30,000 patients are treated with blood or blood products in New Zealand each year



Less than **4%** of us currently roll up our sleeves and donate



With each donation YOU can save up to **3 lives**



We require **4,000** donations **EACH AND EVERY WEEK** to meet hospital needs



NZ Blood Service is the **SOLE provider** of blood products to hospitals in New Zealand



You can get tea, coffee, juice and chocolate biscuits after every donation!!

**We rely on the generosity of donors to save lives
Please help by giving blood**

0800 448 325
nzblood.co.nz

scan to
download
our app



NZBLOOD
Te Ratonga Toto O Aotearoa



Why Seating Matters

Guest Speaker: Adrian Cominotto, Seating Matters

Tuesday 1st August, 2023

0900–1300

Manawa HP314

Wednesday 2nd August, 2023

0900–1300

Burwood Hospital 2.3a and 2.3b

Topics:

- » Clinical Research
- » Pressure Injury Prevention
- » Seating for Dementia
- » Early Mobilisation
- » Bariatric Seating

Lunch is provided at the conclusion of the event.

Secure your place:

info.nz@arjo.com

Te Whatu Ora
Health New Zealand
Waitaha Canterbury



Energy Awareness Month!

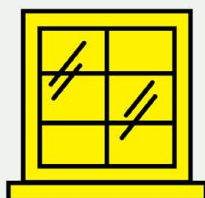
June 2023

Te Whatu Ora
Health New Zealand

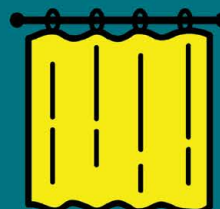
HERE ARE OUR TOP TIPS FOR SAVING ENERGY THIS WINTER...



Whakaweto mai ngā
rāiti. Turn off the lights



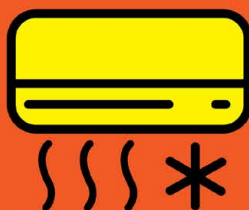
Use natural light
where possible



Make use of blinds
and curtains to retain
heat



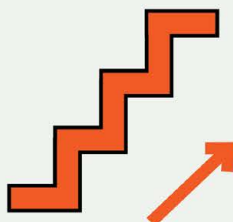
Think before you print



Keep windows and
doors closed when
using heaters



Unplug unused non-
essential equipment



Burn calories not
energy. Take the stairs



Be mindful of your hot
water use. Try rinsing
dishes in cold water



Make sure
dishwashers are full
before turning it on