

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: The Orthopaedic Physiotherapy Outreach Service team was recognised at last week's Allied Health, Scientific and Technical Professionals Day awards.

From left, Executive Director of Allied Health, Scientific and Technical Waitaha Canterbury | Te Tai o Poutini West Coast Jacqui Lunday Johnstone, Physiotherapy Assistants Delsy Almanzar, Shajib Hossain, and Estefania Garcia, Advanced Practitioner Physiotherapist Angeline Wong and Physiotherapist Christine Kwan

Kupu Arataki – Introduction

Allied Health, Scientific and Technical Professionals Day

Last Saturday 14 October was Allied Health, Scientific and Technical Professionals Day. More than 60 disciplines make up this incredible group of health professionals in roles working across mental and physical health care as well as scientific and technical work. No matter what the treatment or care a consumer or patient receives, an Allied Health, Scientific or Technical professional is involved in some capacity.

Their invaluable contribution was recognised with an awards ceremony held in Manawa last Thursday. Nominated by their peers, you can read about and see the winners on [page 8](#).

Thank you to all the wonderful Allied Health, Scientific and Technical professionals who work tirelessly to improve the health outcomes of the people in our care.



Attendees at the Allied Health, Scientific and Technical Professionals awards in Manawa last week. Colleagues from Te Tai o Poutini the West Coast attended via Teams

Community award for YAC Chairperson

Te Whatu Ora Waitaha Youth Advisory Council (YAC) Chairperson Chelsea Skinner has won a Community Award acknowledging her work. The University of Canterbury Tohu Kahurangi-Blues Award recognises students' success in the areas of sport, arts, and community engagement.

The major award, for community engagement, was for the exceptional work Chelsea has done in her capacity as YAC Chairperson, a role she has held for the last five years. She is also completing her PhD at Canterbury.

Congratulations Chelsea on this much-deserved acknowledgement of your hard work.



Te Whatu Ora Waitaha Youth Advisory Council (YAC) Chairperson Chelsea Skinner with her award from the University of Canterbury

Recycling Week 16 – 22 October

Launched in 2013, Recycling Week is an annual initiative to raise awareness and educate New Zealanders on best practices for waste minimisation and recycling. Encouraging conscious procurement, and disposal of items, with a view to creating a waste free future for New Zealand.

Recycling is a simple act we can all perform daily to have a positive influence on the environment. To learn more about this week and how you can be a more effective recycler, go to: <https://www.reclaim.co.nz/recycling-week>.



ShakeOut

Thursday 19 October is National ShakeOut Day. As a country, we remind ourselves of the need to be prepared in the event of a major earthquake and/or tsunami. On Thursday at 9.30am we will hold our national earthquake drill and tsunami hīkoi (walk).

Cantabrians know better than most how important it is to know what to do if an earthquake occurs and be prepared in the event of a loss of power or water. Complacency can creep in however, so even if you don't participate in ShakeOut, it is a good time to review your household emergency kits and evacuation plan.

Learn more about ShakeOut and how you can sign up to participate on Thursday through the website here: <https://getready.govt.nz/en/involved/shakeout/>.



Measles update

Further to the update from last week about the Northland resident diagnosed with measles after attending a variety of events in Wellington, as of 13 October, this remains the only confirmed case.

Updates about locations of interest / exposure events where people may have been at risk of infection have been published on the [Te Whatu Ora website](#).

Whānau and the wider health sector are encouraged to remain vigilant for signs of measles, check if they are immune and get their MMR vaccinations if needed. To support this, there is a helpful '[Find out if I need an MMR vaccine](#)' decision tool on the Immunise website.

Visit to explore Pacific health needs

Last Friday Head of Operations Pacific, Hospital and Specialist Services, Charles Tutagalevao, along with Interim Regional Pacific Lead, Hospital and Specialist Services, Te Whatu Ora Southern, Amanaki Misa, visited Christchurch Hospital.

The purpose of their visit was to discuss and understand the needs of Pacific peoples in our health system and explore the ways they can be better served.

A full agenda on the day included visits to Child Health, Children's Emergency Care, the Emergency Department, Maternity and Dental.



Left front, Head of Operations Pacific, Hospital and Specialist Services, Charles Tutagalevao and Nursing Director, Women's and Children's Health Tracy Jackson. From left (back) Interim Regional Pacific Lead, Hospital and Specialist Services, Te Whatu Ora Southern, Amanaki Misa and Clinical Director, Paediatric Medicine James Hector-Taylor

International Healthcare Assistant Day 18 October

Wednesday 18 October is international Healthcare Assistant (HCA) Day which also includes Hospital Aides (HA) and Mental Health Assistants (MHA).

More than 1000 people are employed in these roles across Te Whatu Ora Waitaha Canterbury and Te Tai o Poutini West Coast. They play a significant part in the care of patients and are integral members of our healthcare teams.

You can read more about the role of HAs and HCAs on [page 11](#) and [13](#).

Happy Healthcare Assistant/ Hospital Aide Day

18 October



Thank you

for all you do for our patients,
whānau and colleagues
24/7, 365 days a year

Te Whatu Ora
Health New Zealand

Niue Language Week

This year's theme for Faahi Tapu he Vagahau Niue – Niue Language Week is 'Fakatūleva e vagahau Niue mo e tau aga fakamotu ma e tau atuhau, which means – 'Sustain Niue language and culture for future generations'.

Vagahau Niue (Niue language) has been registered with UNESCO as an endangered language, preservation of this language and culture is a massive challenge.

It is vital to preserve, sustain, and maintain the vagahau Niue and cultures for many generations to come. Niue leaders and community groups are working hard to explore, discuss and develop strategies to ensure that the vagahau Niue and its cultures are protected and sustained for future generations.

You can read more [here](#).

A yellow poster for Niue Language Week 2023. At the top left, it says '15, 21 OCT OCT' in white text on a purple background. To the right, 'Vagahau Niue' and 'Niue Language Week 2023' are written in purple. Below this, six white boxes contain Niue phrases and their English translations: 'Fakaalofa atu - Hello', 'Fakaalofa lahi atu ki a mutolu oti Greetings everyone', 'Mulotu kia Goodbye (to those leaving)', 'Nonofo ā mutolu kia Goodbye (to those staying)', 'Fakamolemole Please', and 'Fakaaue Lahi oue tulou Thank you'. The bottom box says 'Fakamolemole mai Sorry'. At the bottom, there are logos for 'PACIFIC LANGUAGE WEEKS 2023', a stylized wave logo, and the 'Ministry for Pacific Peoples' logo.

15, 21
OCT OCT

Vagahau Niue
Niue Language Week 2023

Fakaalofa atu - Hello

Fakaalofa lahi atu ki a mutolu oti
Greetings everyone

Mulotu kia
Goodbye (to those leaving)

Nonofo ā mutolu kia
Goodbye (to those staying)

Fakamolemole
Please

Fakaaue Lahi oue tulou
Thank you

Fakamolemole mai
Sorry

PACIFIC LANGUAGE WEEKS 2023

Ministry for Pacific Peoples

A poster with a teal background and a white circle containing an icon of a pillbox and two pills. Below the icon, the text 'Medicines to treat Covid' is written in large, bold, dark blue letters. Underneath, in smaller text, it says 'Covid antiviral medicines are free, ask your doctor, hauora provider or pharmacist if they are right for you'. At the bottom left is the 'Te Kāwanatanga o Aotearoa New Zealand Government' logo, and at the bottom right is the 'Te Whatu Ora Health New Zealand' logo.

**Medicines to
treat Covid**

Covid antiviral medicines are free, ask your doctor,
hauora provider or pharmacist if they are right for you

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

QUIZ – Easy general knowledge

Over the next three weeks, we will feature a general knowledge quiz. Starting with easy, the second quiz will be moderately challenging and the third, difficult. See how you go with the easy one....

- 1. What is the closest planet to the sun?**
 - a. Mars
 - b. Mercury
 - c. Earth
 - d. Pluto
- 2. Who or what do the Swiss Guard protect?**
 - a. Toblerone factory
 - b. Swiss banks
 - c. The president of the Swiss Confederation
 - d. The Pope
- 3. Thinking about what these letters represent, what is the next letter in this sequence? J, F, M, A, M, J, _____**
 - a. A
 - b. E
 - c. J
 - d. S
- 4. Aerophobia is the extreme fear of what?**
 - a. Flying
 - b. Aerobics
 - c. Bats
 - d. Trapeze
- 5. Which of the following words is an example of onomatopoeia?**
 - a. Boob
 - b. Bee
 - c. Buzz
 - d. Berry
- 6. What breed of dog is Scooby Doo?**
 - a. Dalmatian
 - b. Great Dane
 - c. Labrador
 - d. Irish Wolfhound
- 7. How many degrees is each angle inside a square?**
 - a. 180
 - b. 360
 - c. 90
 - d. 45
- 8. What does the A in DNA stand for?**
 - a. Antibodies
 - b. Acid
 - c. Amalgam
 - d. Animal
- 9. What organisation did Sir Robert Baden-Powell start in 1908?**
 - a. Rotary Club
 - b. Girl Guides
 - c. Boy Scouts
 - d. The Magic Circle
- 10. How many stars are on the Australian flag?**
 - a. Three
 - b. Four
 - c. Five
 - d. Six

[Check your answers on page 26.](#)

Ā mātou tāngata – Our people

Allied Health, Scientific and Technical Professionals Day awards

Nominated by their peers, the winners were presented with their certificates by Executive Director of Allied Health, Scientific and Technical Jacqui Lunday Johnstone.

Early Career Excellence (first three years of career)

Winner: Anaesthetic Technician Summer Pizzato

Summer is intelligent, receptive to patients and situations, extremely well organised and flexible.

Winner: Occupational Therapist Alice Larcombe

Alice has shown consistent dedication to learning and developing her practice, as well as strong collaboration and team working skills.

Highly commended: Psychologist Ella Hall

Highly commended: Dietitian Chris Diep-Pham



Executive Director of Allied Health, Scientific and Technical Jacqui Lunday Johnstone with Early Career Excellence winner, Occupational Therapist Alice Larcombe

Exceptional Kaiāwhina

Winner: Kaiāwhina Georgia Teasdale

Georgia is a great team player and a leader in her team. She understands the role of an Allied Health Kaiāwhina and provides exceptional customer service.

Winner: Kaiāwhina Latika Areja

Latika was exceptional in how quickly she learned her new role, created relationships with her Allied Health team and her patients, and she is proactive in managing her training and competency sign-off for tasks.

Highly commended: Kaiāwhina Zaneta Tumova

Highly commended: Kaiāwhina Kirsten Roydhouse



Executive Director of Allied Health, Scientific and Technical Jacqui Lunday Johnstone with Exceptional Kaiāwhina winner Latika Areja

Māori Health Worker

Winner: Child Development Service Kaiarahi (leader) Kiri Claridge

She has not only been on a personal journey, but Kiri has also used her new knowledge to help engage Māori whānau into the health system and support Allied Health in cultural education.

Winner: Māori Health Worker Maringi Parnell

Maringi is passionate and always keen to learn from her experiences and interactions with the staff and patients she supports. She advocates strongly for positive outcomes and seeks help and knowledge to improve her practices.

Highly commended: Kaiāwhina Ariana Kaa



Executive Director of Allied Health, Scientific and Technical Jacqui Lunday Johnstone with Māori Health Worker winner, Maringi Parnell

Leadership and Management Excellence

Winner: Technical Lead Histology, Canterbury Health Laboratories Matthew Pynegar

Matt is a natural when it comes to boosting team morale. From his corny jokes to his approachable persona, he encourages a positive environment for the team and always willing to go beyond to help his colleagues.

Winner: Physiotherapist Benn Dickie

Benn has supported his team through the ups and downs of 2023 and made coming to work that much easier. The service has also shown great improvements in the short time he has been Team Leader.

Highly commended: Physiotherapist Older Persons Health and Rehabilitation Mark Adams



Executive Director of Allied Health, Scientific and Technical Jacqui Lunday Johnstone with Leadership and Management Excellence winner Technical Lead Histology, Canterbury Health Laboratories Matthew Pynegar

Team Culture Excellence

Winner: Anaesthetic Technician (AT) Team

The AT team have collectively shown exemplary behaviour in their support for one another through some exceptionally challenging times. It has been a professional highlight working alongside them and seeing the positive change that they are bringing about.

Winner: Occupational Therapy Team

On the busiest days they just get on with the work, supporting one another and flexing as to where they can best use their skills. The support and education for one another is amazing. I am so proud of this team and the hard work they do every day while maintaining an excellent attitude to their work, their patients, and their colleagues. ... and they also manage to have a lot of fun!

Highly commended: Speech Language Therapy Team

Services to Māori Health

Winner: Kaiwhakahaere/Manager Hauora Māori – Christchurch Campus Eru Waiti

Eru has not only been an outstanding Hauora Māori professional for the last 17 years, but also an incredible leader and inspiration to the team. Eru's dedication and support to the entire health system has been incredible and we wish him a very happy retirement.



All the winners of the Allied Health, Scientific and Technical Professionals' Day awards

System Impact and Innovation Excellence

Winner: Primary Physiotherapist Rachel Fenemor

Rachel has not only shaped this role and worked hard to collect vital information on the progress of the role, but she has achieved amazing results. This role is the first of its kind in New Zealand and Rachel has been very clear on the boundaries of the role to ensure the success and top of scope practice.

Winner: Community Dental Team

The Community Dental Service is focused on achieving equitable outcomes for the 100,000 children in our care. Over the past 18 months they have targeted service delivery towards Māori and Pacific Island children, and children in high deprivation areas; including providing treatment and screening at Te Puna Wai – Oranga Tamariki facility.

Winner: Non-Weight Bearing Pathway Team

This team was put together to staff an innovative care pathway for non-weight bearing (NWB) patients. This patient cohort used to transition to rural hospitals for six weeks for their NWB phase and then transfer back to Burwood for inpatient rehabilitation once they were able to weight bear. This new pathway transitions these patients to aged residential care where the Physiotherapy Outreach team manage their NWB phase and provide input, co-ordination, and rehabilitation.

Highly commended: Clinical Educator Kelly Akehurst

Kelly is the Clinical Educator for the anaesthetic technicians and has been instrumental in the implementation of the Registered Nurse Anaesthetic Assistant (RNAA) training programme, supporting registered nurses in the programme and anaesthetic technicians as preceptors. She has demonstrated great communication within the AT team as well as the wider perioperative workforce. There has been a lot of socialisation to do with this programme and Kelly has led this with her pragmatism and positive attitude.

Healthcare role about helping people and learning

October 18 marks International Healthcare Assistant (HCA), Hospital Aide (HA), and Mental Health Assistants (MHA) day.

Te Whatu Ora Waitaha and Te Tai o Poutini employ over 1,000 HCA/HA/MHAs. We asked several of these kaimahi who work at Waitaha sites what it is that makes them come to work and do the role they do.

The main themes identified were making a difference, helping people, and learning new things. They spoke of how they value being part of a team and assisting nurses and Allied Health staff to provide patient care with a variety of tasks. They like how this makes every day different and that the job offers career pathway options.

Here is what they said:

"I became an HCA because I wanted to look after people when they are unable to do it themselves and I think it is a privilege to look after someone who is at the end of their journey in life. It's a very rewarding profession." *Nola Hansen HCA Ward 1, Ashburton Hospital.*

"I enjoy working with my colleagues and being part of a team. I feel the job I do is important in providing a safe and clean environment for prospective mothers, midwives, and staff. I also like ensuring partners and visitors feel relaxed and comfortable by escorting them to the family room where they can help themselves to tea and coffee." *Claire Scullin HCA Maternity, Christchurch Women's Hospital.*

"I became an HCA because I love helping people, especially those with complex needs and who are vulnerable. A simple chat and assistance make a huge difference in their lives. I love and enjoy my job every day. I understand my job is challenging, but I also know that showing love, care, and respect to every human being, even if they are very unwell, will change someone's heart, and seeing consumers go home and reunite with their families brings joy and satisfaction into my heart and to my life." *Araceli Corpuz HA Specialist Mental Health Service.*

HCAs/HAs are integral members of our healthcare teams, and to meet the demand of culturally safe people/person centred care in hospital and communities throughout Te Whatu Ora Health New Zealand, national discussions are underway around how best to recruit and/or support those working as HCAs to ensure the most appropriate and effective use of their skills and knowledge.

National work is also underway in relation to a more streamlined "earn as you learn" model for HCAs. Within Waitaha many HCAs already hold a level 3 or 4 Health and Wellbeing qualification.

Regionally, Te Waipounamu Programme Office (formerly the South Island Workforce Development Hub) are working together with nursing workforce leaders across Te Waipounamu to promote a regional standardised position description, and orientation programme.

At Te Whatu Ora Waitaha the majority of HCAs have identified that they would be interested in learning and performing more delegated clinical tasks within their role. The Calderdale Framework has been chosen as a pathway to facilitate HCAs in pilot areas across Waitaha.

This is a skill development framework that ensures competent and safe delegation activity and the effective utilisation of the entire clinical workforce.

Commenced pilot areas within Waitaha are Ward B3, Christchurch Eye Outpatients, and Ashburton. Te Tai o Poutini is also participating as one of the working parties. Work has also been carried out on the HCA Close Observation Policy.

On behalf of the nursing and midwifery workforces thank you to our HCAs for all you do, 24/7, 365 days a year. We know you work incredibly hard and in challenging circumstances at times, but you are valued more than you know and without you we would not be able to provide the care we can or keep our vulnerable patients and whānau safe.

Health care assistants' enhanced therapeutic observation role

Some of the words used to describe the very important role that health care assistants (HCAs) or Hospital Aides (HAs) fulfil in our hospitals include watcher, sitter, and close observation.

However they do so much more than simply 'watch' or 'observe' the patients they are with and soon this role will be known as 'Enhanced Therapeutic Observation', a title that better reflects the work that they do.

There are several reasons why patients in hospital may require the constant presence and assistance of an HCA/HA. The patient may be experiencing a delirium for example, which is a disturbance in mental ability often presenting as confusion and disorientation to time and place. The cause of delirium is multifactorial, and may be due to infection, medications, pain, malnutrition, dehydration, constipation, anxiety, or lack of sleep. Patients with a delirium are at extreme risk of harm from falls, pressure injuries, malnutrition, and dehydration, and they may also present a risk to others.

Dementia patients also often require the constant presence and assistance of an HCA/HA, as they can be impulsive and forgetful.

Nurse Consultant for Specialist Mental Health Services (SMHS) Lynlee Snell highlights the importance of the HCA/HA in the service.

Mental health care assistants in SMHS are an integral part of our multidisciplinary teams. They are often very committed to make a difference in consumers lives and apply the principles of Te Tiriti o Waitangi to the work they do, she says.

"These kaimahi are involved in a range of activities across the division and an important aspect of this role is close observations where care assistants build effective therapeutic relationships with consumers and their family/whānau members and promote an environment that enables consumer safety."

HCAs/HAs provide enhanced therapeutic observation for patients who present with complex needs and are often very unwell.



Healthcare Assistant Pierce Boreham spends time with a patient at Burwood Hospital

"It is vitally important that they are given the appropriate information and support to enable them to undertake this role safely and to assist the patients practically, emotionally, and socially to aid recovery and prevent harm."

Finding out as much as possible about the patient enables the HCA/HA to provide person-centred support. They may engage in activities with the patients such as reading to them, completing puzzles or reminiscing. Such simple interventions can help with orientation, improve cognition, enhance appetite, improve sleep-wake cycles and work as a distraction to prevent impulsive behaviour.

If the patient does have a delirium and the cause is being treated, it will resolve faster. Ensuring that the patient is eating and drinking enough is so important and something that the HCA/HA is focused on.

The HCA/HA completes detailed patient documentation which provides important information for the nursing and medical team about the patient's progress, especially around mood and behaviours. This form is in the process of being updated and trialled in wards at Burwood and Christchurch hospitals.

Burwood Hospital Charge Nurse Manager Karen Hurley says the importance and complexity of the close observation role has been long underestimated.

"Patients who require this level of care are often medically and psychologically complex and at high risk of falls and self-harm. It is the HCA's/HA's role to inform the nursing team about how the patient is functioning both physically and mentally with a view to improving their wellbeing going forward.

The observation form we are trialling on Ward C2 steers away from documenting tasks but lends heavily to describing patient behaviours and activities that may put the patient at high risk of self-harm, falling or hurting others.

The information provided by these very experienced hospital aides often provides direction for future care and medication changes.

I see the role as an increasingly complex and one that warrants specific education and acknowledgement going forward."

Pierce Boreham has been a Health Care Assistant for five years, says:

"I feel we can make a real difference in our role providing close observation. The education and opportunity offered through study and experience is endless."

Thank you to all our HAs/HCAs for making a positive impact to outcomes for patients and whānau. You do a wonderful job in this complex role.

Happy Healthcare Assistant/Hospital Aide Day

18 October

Thank you
to all our amazing HCAs/HAs
for everything you do

Te Whatu Ora
Health New Zealand



One minute with...

Dick Ongley, Anaesthetic Doctor

What does your job involve?

I provide anaesthesia to adults and sometimes older children at Te Whatu Ora Waitaha Canterbury. This means working at the main Christchurch campus, and Hillmorton and Burwood hospitals. We assess people before the operation regarding their health and provide information about the process of anaesthesia and what to expect. We relay our plan to theatre staff, most importantly the anaesthetic technician we will be working with. We greet the patient, place an IV line and administer anaesthesia. We never leave the patient's side. We monitor them throughout, adjust the anaesthetic, and give pain relief and drugs to reduce nausea. When the operation is finished, we wake them up and take them to recovery. Sometimes we take people intubated to the Intensive Care Unit. Our work sees us in every part of the hospital, from the Emergency Department to the Birthing Suite, Radiology, and the Gastroenterology Suite. We also attend the wards to check on patients regarding pain control.

What pathway got you to this job?

Believe it or not, all the junior doctors had gone to Australia in 1998 and they needed someone to train in this specialty.

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

Consider carefully if you want to do this at 3am and if you can respond quickly to emergency situations – if so, this is the specialty for you.

Who inspires you and why?

People who overcome adversity every day of their lives and don't require recognition to keep going.



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

It means coming to work and looking after people.

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

The South Island of New Zealand (Te Waipounamu) with my family – it has it all!

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

Ronan Keating – standing joke that we are related.

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

By living life and enjoying the outdoors. I try to avoid using the car for most of the week by commuting on my bicycle.

What are your hobbies/interests outside of work?

Keeping fit and spending time with family.

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

Akoranga reo Māori 36 – Lesson #36

Te reo kapekape – Language of jest and banter

Kei ngā pou tangata reo Māori, tēnā rā koutou.

To all the champions of te reo Māori, greetings.

This week we are going to take a few pages out of Hona Black's new pukapuka (book) and look at te reo kapekape, or the language of jest and banter. This is Māori language that we can use to joke around, to tease people with and to make people laugh

He upoko mārō – Pig-headed, stubborn

This term can be used both as a compliment for a person who is determined to forge ahead, regardless of whether others disapprove. It is also used to get smart to someone who is stubborn and does not listen to others.

[Tētahi] whakaputa mōhio ko [koe] – [You're] such a know-it-all

I am sure that most of us have met at one time or another, someone that is a real know-it-all. These people can sometimes assume that they are the experts on everything and this saying is perfect for them.

You could insert a particular person's name where "koe" sits, or you might want to learn about pronouns in te reo Māori so that you can use a wider variety like he or she, they etc.

Te kumeroa o te kumeroa – One who goes on and on

This phrase is useful for people that go on and on when they talk, often all over the place and off on unrelated tangents.

[Tētahi] [tangata] te puku! [You're] so full of it!

You can use this saying when referring to someone that talks absolute nonsense or likes to embellish their stories.

Tēnā pīki rūkahu tēnā – A big fat lie

Like the above phrase, this one is useful for people that struggle to tell the truth, or for someone who has just said something you know to be untrue.

[Tō] ihu – You nosey parker

You might use this phrase when someone is being overly curious or just plain nosey, to suggest they mind their own business.

He whakapātariari – A challenge

The next time you are having stern words with your partner about how stubborn they are, or when your child tries to tell you a story that may not be true, consider utilising one of these sayings instead.

I mōhio rānei koe? Did you know?

On 17 October 1877, Chief Justice Sir James Prendergast's statement when delivering his judgment in the case of *Wi Parata v The Bishop of Wellington* would profoundly influence decision-making relating to Te Tiriti o Waitangi issues for decades to come.

The *Wi Parata* case concerned a section of Porirua land which Ngāti Toa had gifted to the Anglican church on the proviso that a school would be built on it. No school was built, but the church was later issued a Crown grant to the land.

Prendergast's ruling was that the courts could not consider claims based on native title. Te Tiriti o Waitangi was 'worthless' as it was signed 'between a civilised nation and a group of savages' who were incapable of signing a treaty. Furthermore, as Te Tiriti had not been included in domestic law, it was a 'simple nullity'. This ruling was used to justify the alienation of much more Māori land in the decades that followed.

Chief Justice declares treaty 'worthless' and a 'simple nullity' | NZHistory, New Zealand history online

Tēnā koutou. Kua tūmanakohia ka whai take te reo kapekape nei. Kōrerotia, kia whakamihangia ai. Thank you. It is hoped that this language of jest and banter will be useful. Speak it so that it may be appreciated. If you have any questions or feedback, please make contact via the email below.

Hauora.Maori@cdhb.health.nz

Whakamihi – Bouquets



Ward 10, Christchurch Hospital

As a visitor, I am grateful for a lounge for making a cuppa. I met the wife of a patient in there and we talked, comforted each other, and gave each other a hug – total strangers but sharing an experience that nothing really prepares you for. The staff were all caring, kind, and gave information needed. Big thanks to you all.

Ear, Nose and Throat (ENT) and Ward 11, Christchurch Hospital

I was seen by Registrar Nadeem Hamadani. I would like to put on record the excellent attention and care I received from him. He was very understanding and explained everything to me and answered all my questions in a way I understood. All the ENT staff were exceptional and highly professional in their care and the skills they performed, going continuously above and beyond. The staff of ENT are a credit to the health service of New Zealand.

Birthing Suite and Maternity Ward, Christchurch Women's Hospital

Thank you to the Birthing Suite and Maternity Ward staff who helped my partner deliver our baby. We work within Te Whatu Ora ourselves and even we were blown away by the standard of care mum and baby received. Special thank you to Jess the Obstetrics Registrar who made us feel calm, supported, and understood throughout the process. She was awesome.

Ward B6, Christchurch Hospital

Wonderful care and attention from staff during a difficult time for the family. I wish I could convey how well trained and how compassionate the nurses and staff were.

Christchurch Hospital

All the staff were wonderful and so caring.

'K', Orderly, Christchurch Hospital

I would like to praise the orderly named 'K'. He is polite and friendly, helpful, and brilliant with patients when he is transferring them or even just giving directions to lost visitors. He is a credit to the organisation. Thanks K you are a special person and the world needs more like you.

Day Ward, Christchurch Hospital

Full of kind, thoughtful staff who make our visits very easy at a sometimes stressful time. Thank you.

Ward 18, Christchurch Hospital

Thank you for everything you have done and the good work. Maddy, Penny, Tomo – thank you.

Christchurch Outpatients

Couldn't be better.

Ward 18, Christchurch Hospital

Great care for my mum. All the staff were great, especially Julie.

Christchurch Hospital

Nurses are fantastic.

Penny, Ward 18, Christchurch Hospital

Nurse Penny is amazing. Thank you.

WellFood, Christchurch Hospital

Thank you for providing fantastic vegan meals.

Radiation, Christchurch Hospital

Great service. Brittany and her team are very caring and receptive. Their diligence is impressive.

Ward 18, Christchurch Hospital

Robyn is an outstanding nurse, with extreme kindness, compassion, and excellent work ethic. From the great care I received from Robyn, I can strongly state that her incredibly good attitude, diligence, and eye for detail make her an incredible nurse. She is dedicated and compassionate. Also, Dr Tim Chuang and his team of doctors are all wonderful.

Louise and Tracey, Ward 25, Christchurch Hospital

Nurse Louise was absolutely amazing. Her empathy and compassion have made a huge difference. Hospital Aide Tracey gave outstanding care.

Day Surgery and Outpatients, Christchurch Hospital

Very impressed with everything that Christchurch Hospital did for me during my recent surgery. Speedy, courteous, efficient, clear instructions etc.

Radiation Oncology, Christchurch Hospital

Staff all brilliant. They make an unpleasant experience bearable.

Christchurch Hospital

We would like to express our utmost thanks for all the input our dear 95-year-old father received. He received compassionate support and care as the whānau came and went. All the professional care was done with the utmost care and support for all concerned. Then after he died, the care and respect continued. We applaud Te Whatu Ora Waitaha Canterbury for its professionalism and compassion. Thank you.

Medical Assessment Unit (MAU) and Ward 18, Christchurch Hospital

We would like to express our appreciation and pay a compliment for the health service received in the MAU and Ward 18. The service from all staff was attentive, efficient, and professional. Thank you for the care provided to our 89-year-old mother. She was so well looked after.



**Protect your tamariki
against measles**

It's a serious disease and highly contagious

immunise.health.nz/measles

Te Whatu Ora
Health New Zealand

Ā mātou kōrero – Our stories

Kahurangi will “make an enormous difference”

“Physical ailments you see, but mental health is silent. We need our tamariki and rangatahi to know they’re not alone. A lot of them have shame, they don’t want to tell anyone what’s going on. Our job is to make them feel heard and to feel safe. To tell them we believe in them.”

That’s the message from Pukenga Atawhai (Māori Mental Health Worker) Child, Adolescent and Family (CAF) service Maria Rusbridge.

Maria, like many of the rangatahi, tāngata whaiora and whānau she works with, grew up in a difficult environment.

“Luckily, I was fostered by another whānau who taught me what a real whānau is all about,” she says.

Maria has worked in the mental health space for a decade and joined the CAF team two years ago. Her role as a Pukenga Atawhai is to create and maintain connections between Māori patients, their whānau, and the CAF system.

“My mahi is to educate and inform Māori whānau that we are a service they can trust. We are not perfect, but the wellbeing of rangatahi and tāngata whaiora as well as whānau whānui (extended family) is important. Mahi tahi tātou – together as one we work.”

Maria’s role is vital to support and encourage engagement with the CAF team.

“The mamae (physical ailments) you see, but mental health is silent. We need our tamariki and rangatahi to know they’re not alone. A lot of them are whakamā (have shame), they don’t want to tell anyone what’s going on.

“Sometimes our whānau struggle with taking pākehā rongoā (medication) and question why, due to not having a good understanding of why medication is needed. They feel it takes away some of their mana or feel lost or disconnected within themselves. We always emphasise that rongoā is only a small part of one’s hauora/wellbeing.”

Maria is of Te Āti Haunui-a-Pāpārangi, Ngā Rauru, Ngāti Rangi and Tūwharetoa descent.



Pukenga Atawhai (Māori Mental Health Worker) Child, Adolescent and Family (CAF) service Maria Rusbridge

Her whānau also has strong links to Ngāi Tahu, Ngāti Mutunga and Ngāti Māmoe.

She says her mahi is to tautoko, manaaki – to build a positive relationship between whānau and clinicians.

“Our job is to make them feel heard and to feel comfortable. To tell them we hear their kōrero. Once that trust is there it allows the whānau to get to know us – our service, it changes everything for our rangatahi, tāngata whaiora and their whānau.”

Maria deals with emergency situations regularly including drug overdoses and deliberate self-harm. She also works with the CAF access team, which provides an emergency service to our tamariki and rangatahi when in crisis.

Many are brought to the service with the assistance of emergency services.

“It’s so sad. We see some whānau that struggle through their own trauma and hardship, and you

can see why this has impacted on their tamariki and why they have ended up in this space. Those are the ones who break my heart, I really struggle seeing that."

Kahurangi is a new outpatient space for child and youth mental health being built thanks to Māia Health Foundation's support.

Maria says Kahurangi will make an enormous difference to whānau they see.

That's why she's throwing her support behind Māia's Better Space Appeal, which aims to raise \$1 million towards the project.

In total Māia has committed to raise \$6 million to bring the new outpatient space to life.

"Kahurangi will be more modern, spacious, and inviting. In this new outpatient space, our rangatahi will be heard and feel safe. It'll give them the opportunity to have a life, be somebody, and give them the belief that they can have the best life possible. They're our future, it's so important we look after them," she says.

For further information or to give to Māia's Better Space Appeal go to www.betterspace.org.nz.

Campus redevelopment reaches new heights with tower crane assembly

Last week marked a significant next step in the Campus Redevelopment Project as construction on Waipapa's Tower C advanced.

Two very large mobile cranes, a 350-tonne and a 90-tonne, arrived on campus, to help assemble the main Tower C crane. The larger crane was utilised to lift and then piece all the different parts of the tower crane together, while the smaller crane was used to unload the many large trucks that brought the pieces onsite.

"This marks an exciting milestone as we will soon witness Tower C ward block taking form on the eastern end of the Waipapa building," says Executive Director Infrastructure Rob Ojala.

Meticulous planning was involved in getting the huge cranes to arrive before dawn on 24-metre long trucks. Throughout the process, safety remained paramount thanks to the efforts of contractor Naylor Love and our hospital team.

The next phase of the construction will include bringing a very large supply of steel on-site to enable construction to commence.

To learn more about the project, visit the [Waipapa Tower C SharePoint site](#) and if you have any questions, email WaipapaTowerC@cdhb.health.nz.



Kurawaka Waipapa's vision coming to life

Construction on the new central city birthing unit, Kurawaka Waipapa, is making remarkable progress each day and the team is getting closer to delivering a warm, welcoming, and fit-for-purpose facility.

The contractors have achieved a significant milestone with the 'first fix' of all services. This first fix is the initial phase of construction, extending from laying the foundation to the application of plaster on the internal walls. This phase is essentially the construction of the skeleton of the building, including walls, floors, and ceilings, as well as the installation of cables for electrical supply and pipes for water supply.

"The first fix sets the stage for the entire facility and ensures that it will be a reliable and functional space. This is the foundation of our vision, and its successful completion brings us a step closer to our goal," says Executive Director Infrastructure Rob Ojala.

In addition to this, HVAC (Heating, Ventilation, and Air Conditioning) is currently being installed. Significant progress has also been made with the pouring of concrete for the ensuite floors. The eastern section is now complete, and work on the western section is set to begin shortly.

The generator's design phase is advancing well and is expected to be ready for lodgement of consent with the Christchurch City Council soon.

The unit will be a safe place in the central city for healthy pregnant people with no complications to give birth and allow for a midwifery model of care that meets the needs of the community.

Our dedicated maternity team is actively ensuring that Kurawaka Waipapa aligns with the diverse needs of our community. To achieve this, they have established the Kurawaka Voices Forum, a platform for engaging with individuals from diverse backgrounds and communities. Their input will directly shape the care model provided at this birthing unit.

Maternity Lead Norma Campbell says the transformation of Kurawaka Waipapa is inspiring.



"Through the forums, we are committed to creating a birthing unit that not only reflects our values but also meets the specific requirements of our diverse community."

With an estimate of up to 2000 births taking place a year at the new unit, the staff at Christchurch Women's Hospital will be able to focus on those who need more support or are at high risk.

Kurawaka Waipapa is expected to open its doors to the community in early 2024. It is located at the corner of St Asaph and Antigua streets, just minutes away from Christchurch Women's Hospital.

Fun and activity at event celebrating Pasifika's mātua

They're usually the ones cheering their families on from the sidelines, but at the Pasifika Mātua Olympics it was these treasured elders who were being celebrated.

Mātua, mainly aged 60 years and over from across several island nations, connected and got active at Ōtautahi Christchurch's first such event, held at the Haeata Community Campus in Wainoni.

There were a lot of happy faces, says Health Protection Officer at Te Mana Ora Community and Public Health Susana Muamua, who was one of the organisers.

"Our mātua hold a special role in our families as they play an integral part in passing down the knowledge necessary to preserve and carry on our cultural traditions. It was great to see them getting into the day, giving some fun and movement a go, with their friends and family cheering them on from the sidelines for a change."

Activities included archery, noodle soccer, cornhole, block stacking and a Pasifika dance-off. The event provided a safe environment to have fun. All the games were designed for all mobility levels and utilised various motor function skills, including cognitive, balance, and concentration.

It was a great day of activity, culture and fun at the recent Pasifika Mātua Olympics



However, it was not about winning or coming first, but coming together, as one, connecting and engaging with other fellow Pasifika mātua, making new friends – and being active, regardless of ability, Susana says.

The event was supported by several organisations including Te Mana Ora Community and Public Health, He Waka Tapu, and Ministry of Pacific Peoples.

Health providers and other organisations, and young volunteers, assisted and health information was available on the day.

Everyone who participated received an event t-shirt and a healthy lunch, and there were prizes won on the day.

A video of the day is [here](#).



Parkside ward upgrades will improve patient comfort

Changes are currently underway in Wards 16, 17, 19, and 20 on Levels 2 and 3 of the Parkside Building at Christchurch Hospital.

The Parkside Ward Enhancements project is taking place in parallel with other projects related to passive fire, seismic, and panel remediation at the eastern end of Parkside. The ward enhancements will provide much needed improvement to the clinical functionality of the spaces and generally improve the environment.

The project includes converting the existing six-bed rooms into four-bed rooms, with the addition of a shower and toilet in each multi-bed space. This enhancement will increase the privacy and comfort of patients.

Along with these changes, two small toilets in each ward are being combined to make an accessible toilet, and an accessible shower will also be provided in each ward. New medical service panels are being added to each bedhead, and there will be additional facilities to existing patient lounges. Some limited enhancements are also planned for the staff support spaces located outside the four wards.

The enhancements, although limited, are bound to make a positive impact on both patients and healthcare providers, says Director for Facilities and Infrastructure Rob Ojala.

“Patients will have improved privacy, hygiene, and accessibility, which we hope will contribute to the patient recovery process.”

Operational planning is underway to return the Plastic Surgical Services ward back to Ward 20 from its current location in Ward 18, plus migrate current Wards 23 and 24 (General Medicine, Riverside) to Wards 17 and 16, and current Ward 25 (Respiratory, Riverside) to Ward 19.

The orientation and training for these wards are scheduled for late 2023, with the move anticipated to be completed in early 2024. The migration of Wards 23, 24 and 25 will mark the end of inpatient ward services being provided in the Riverside building.



The refurbished four-bed room with new medical service panels



Refurbished Multidisciplinary team room



Refurbished staff station

World Menopause Awareness Day

18 October

Wednesday 18 October is World Menopause Awareness Day.

As a society, we don't know a lot, nor do we talk about menopause and the broader implications for women's health. It's a subject that makes a lot of people uncomfortable, but it shouldn't.

The menopause transition most commonly occurs between the ages of 45 and 55, although it can happen earlier or later for some women.

What are the most common symptoms of menopause?

- › Irregular periods
- › Vaginal dryness
- › Hot flashes
- › Chills
- › Night sweats
- › Sleep problems
- › Mood changes
- › Weight gain and slowed metabolism.

The theme for this year's Menopause Awareness Day is 'cardiovascular disease'.

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels and are the leading cause of death globally. The hormonal changes that occur during menopause can bring increased cardiovascular risk in the form of higher blood pressure and cholesterol levels.

It is important that women focus their attention on their overall health during menopause rather than just addressing their menopause symptoms.

Speak to your primary health practitioner about:

- › Checking your blood pressure and cholesterol levels (lipid profile blood test)
- › Reviewing family history and personal risk factors such as smoking, diet, and exercise
- › Coming up with a plan to reduce those risks.



We have some great resources available:

- › In November last year Health Promoter Kini Piper interviewed author Nicky Pellegrino about her book on menopause: ***“Don't Sweat It: How to make ‘the change’ a good one”***. This 30 minute interview is available to view at [this link](#): (Passcode: 9Bp?7dUx) **Please note:** The information contained in this video is for general information purposes only and is not meant to substitute professional medical advice or treatment
- › A menopause seminar hosted by Endocrinologist Catherine Conway and Clinical Senior Lecturer in Women's Health, University of Otago Marry Hunt discussing menopause symptoms and how to manage them. You can watch that previous seminar at [this link](#)
- › **We have a downloadable Menopause factsheet:** [here](#)
- › **Book recommendation:** Niki Bezzant – This Changes Everything – the honest guide to menopause and perimenopause. Penguin Books 2022
- › **Why does menopause increase the risk of heart disease?** From the New Zealand Heart Foundation
- › **The Meno Martha International Menopause Directory.**

International Pronouns Day

Wednesday 18 October is International Pronouns Day which seeks to make respecting, sharing, and educating about personal pronouns commonplace.

Mana Taurite | Equity, Diversity and Inclusion Workforce Development Partner Akira Le Fevre (he/him/ia) knows the importance of pronouns and covers these in his Rainbow Diversity Workshop.

Everyone has a pronoun, these are the words we use to refer to someone when not using their name. Commonly used pronouns in the English language are 'she/her, he/him, they/them'.

Pronouns in some other languages such as te reo Māori have gender neutral as the default 'ia'.

"We have been brought up to think of gender as very binary, either boy/man or girl/woman, because we assume they identify as a man or woman due to physical cues such as their name, appearance or voice, but those in the rainbow community who don't feel comfortable with those may choose to use the pronoun 'they/them', Akira says.

Pronouns are important to our diverse rainbow communities and are a big part of transgender, non-binary and gender queer peoples' identity as well as our heterosexual communities too. By respecting a person's correct pronouns we are acknowledging our own Te Whatu Ora value of 'care and respect for others' and we are also helping to remove one of the barriers for LGBTIQIA+ (Gay, Lesbian, Bisexual, Transgender, Takatāpui, Queer, Intersex, Asexual) communities in accessing healthcare.

The anxiety of having to correct people around pronoun use and have to constantly explain and prove their identity and existence can be exhausting, he says.

"This is one of the contributing factors to why many rainbow people do not access healthcare. We are seeing more people being open to using and understanding pronouns but for many people it can seem foreign and they may feel uneasy about pronouns, this is totally understandable, changing up the way we use language will always take time especially when we are so used to doing something that has been so engrained in us."

Here are some easy tips and things to remember if you are still feeling uncertain about pronouns:

- › Everyone has a pronoun, we use them for different reasons and you don't have to be part of the rainbow community to use them
- › Pronouns can be a big part of anyone's identity both rainbow and non-rainbow
- › Using someone's correct pronouns is validating, a sign of respect, and reaffirms identity and can make a huge difference in someone's life
- › For some people changing their pronoun is the first step in their journey and may be the only thing they can control over
- › Studies show that correct pronoun use reduces feelings of depression or dysphoria in gender diverse communities and can reduce suicidality by 50 percent
- › It's not about erasing male or female identities – it's about including those who don't identify as binary
- › It's okay to get it wrong, just apologise, don't make a big issue of it, and try your best.

However confident you are in your own gender identity, using pronouns in your email signature or name badge is an easy way to signal that you are a safe and inclusive person for rainbow communities.

There are resources available to share around pronouns such as this [Pronouns Poster](#), [recorded webinar](#) and [website](#) by Ngākau Kahukura, [pronouns video](#) by InsideOut or you can register to attend the Te Whatu Ora [Rainbow Diversity Workshop](#).

If you have any other support you can contact our Mana Taurite | Equity, Diversity and Inclusion team: ManaTaurite@cdhb.health.nz

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.



FIRST CREDIT UNION – www.firstcreditunion.co.nz

Te Whata Ora staff can access an exclusive personal loan interest rate of 9.95 percent p.a. and no establishment or recovery fees passed on to the applicant. Our personal loan interest rate range is 10.95 percent p.a. – 18 percent p.a. Contact Mark Beaudoin on 021 061 4034 or view offer here. For the promo code refer here



Indian Moments – 114 Marshlands Road
www.indianmoments.co.nz

Get 10 per cent off total bill, dine in or takeaway, see attached flyer here, T&C apply. Show staff ID to redeem.



RICCARTON SHOE CLINIC – Riccarton Mall, 129 Riccarton Road

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

Natural Paint co.

NATURAL PAINT CO www.naturalpaint.co.nz

Get sustainable, natural and beautiful paints from the Natural Paint Co and receive 10 percent off all purchases (online store only) and free shipping on orders over \$99 – use the promo code available here at the online store.

CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now. The monthly newsletter is produced by the CHIC at Community and Public Health (C&PH). The newsletter highlights new and revised free resources available from your local CHIC office. Read it [here](#).

QUIZ ANSWERS – Easy general knowledge

- | | |
|--|---|
| 1. b. Mercury | 6. b. Great Dane |
| 2. d. The Pope | 7. c. 90 |
| 3. c. J (The letters represent the first letter of the months of the year: January, February, March, April, May, June, and JULY) | 8. b. Acid (DNA is Deoxyribonucleic acid) |
| 4. a. Flying | 9. c. Boy Scouts |
| 5. c. Buzz (Onomatopoeia is the use or creation of a word that phonetically imitates, resembles, or suggests the sound that it describes). | 10. d. Six |