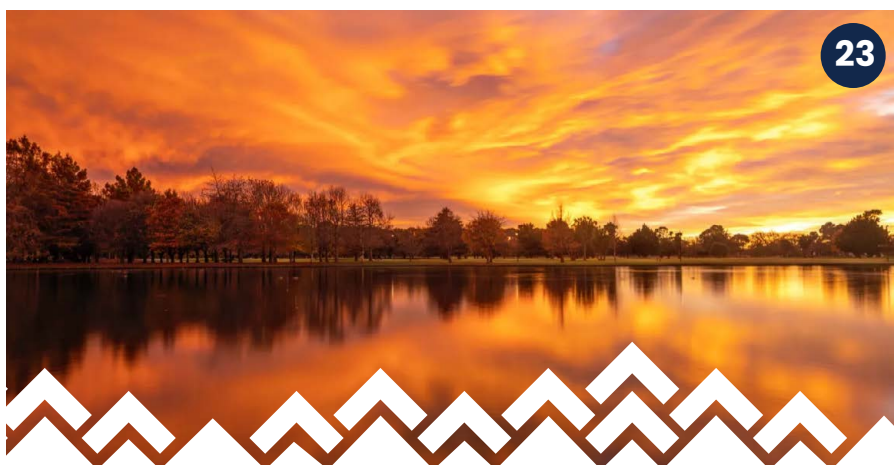
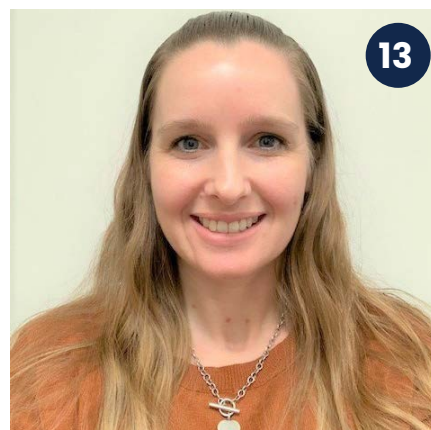
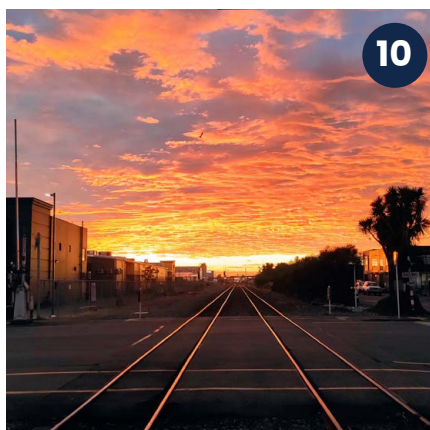


# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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



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Cover photo: The photo was taken in February 2023 along the dramatic Lindis Pass. This photo features cumulus clouds that are usually spotted in fair weather conditions. Registered Nurse Marvee Perucho (for World Photography Day 2023)



# Kupu Arataki – Introduction

## Change to COVID-19 settings

Last week Cabinet announced changes to some COVID-19 settings, which took effect on Tuesday 15 August. The announcement reflects the fact that there has been a reduction in the number of COVID-19 cases across the motu, but also acknowledges that infectious respiratory illnesses including influenza, respiratory syncytial virus (RSV) and COVID-19 are still affecting people in our community. What does this mean for Cantabrians and the people visiting, staying, or working in our health facilities?

### Masks

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- › It is recommended that people wear face masks in health and aged care facilities. This is no change from the existing advice in Waitaha Canterbury where across our facilities masks are offered and recommended
- › Mask wearing remains an important way we can prevent the spread of respiratory illnesses, including COVID-19, particularly in health, aged and disability care settings and around anyone who is particularly vulnerable to serious illness
- › People are asked to exercise common sense when attending appointments or entering health or aged care facilities with even mild cold or flu symptoms. If you must enter the facility, please wear a mask, even if you have a negative COVID-19 test
- › In some hospital and aged care wards, masks will remain a requirement. This is at the discretion of the clinical staff and may be necessary to protect particularly vulnerable patients, consumers, visitors, and staff from all manner of viruses, not just not just COVID-19
- › We ask that visitors, patients and consumers remain patient and follow the directions of the clinical staff as these measures protect us all.

### Isolation period

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- › If you have tested positive for COVID-19, it's recommended you isolate for five days, even if you only have mild symptoms, starting at day zero, which is the day your symptoms started or when you tested positive, whichever came first
- › This means staying home and not attending work or school
- › Once your symptoms have resolved and you feel well again, you can resume normal activities but bear in mind, some schools and businesses may require additional precautions
- › You should wear a face mask for up to 10 days if visiting healthcare facilities for medical treatment or if you are in a confined space with others
- › If you still feel unwell after your period of isolation, you're advised to stay home and only visit a health facility if you are seeking treatment
- › You don't need to do another rapid antigen test (RAT) after testing positive. If you are concerned you may still be infectious after isolating for five days, testing negative with a RAT provides a good indication that you are unlikely to be infectious.

### Other important information

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- › All positive RATs should continue to be reported at <https://mycovidrecord.health.nz/> or call the RAT helpline on 0800 222 478 and choose option one
- › People with a high risk of severe illness from COVID-19 are eligible for treatment with COVID-19 antiviral medicines. More information including eligibility criteria is [available here](#)
- › If you're unwell, stay home. This will reduce the spread of respiratory illnesses
- › Maintain good personal hygiene. Regularly wash or sanitise your hands, wipe down shared surfaces and cough and sneeze into your elbow.

## Hospital signage

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- › Digital screens and posters advising that masks are recommended in our facilities will remain in place
- › Additional digital screens and posters informing visitors, patients, and consumers that masks may be required in certain areas are now also available
- › Passengers on the hospital shuttles will be encouraged to continue wearing masks on board.

## For Te Whatu Ora staff

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- › If you have cold or flu symptoms or test positive for COVID-19 but you feel well enough to work and can do so from home, you can make the arrangements with your team leader or manager
- › Current advice and special leave criteria remain unchanged at this time
- › If you are a household contact of someone with COVID-19, influenza, or RSV, but you have no symptoms and/or have tested negative (COVID-19), you should monitor daily and wear a mask in all health facilities and confined public spaces.



**You may be asked  
to wear a mask  
on this ward.**

**This helps protect our  
vulnerable patients,  
visitors and staff.**

**Te Whatu Ora**  
Health New Zealand

# Thousands take up pharmacy care initiative

More than 100,000 New Zealanders are expected to benefit from free care through their local pharmacy this winter, as part of the Minor Health Conditions service.

The initiative, which was launched in mid-June and finishes at the end of September, is part of Te Whatu Ora's comprehensive plan to ease pressure on the health system over the winter months.

It helps eligible people to access advice and, if needed, free medication from their local pharmacy for common winter minor illnesses. These include acute diarrhoea, dehydration, eye inflammation and infections, scabies, headlice, pain and fever, eczema/dermatitis, and minor skin infections.

Māori, Pasifika, children under 14 years of age, and Community Service Card (CSC) holders are eligible for the service.

Waitaha Canterbury is one of eight areas across the motu where the programme is operating with 130 participating pharmacies.

Across the motu at least 700 pharmacies are offering the service and had provided more than 50,000 consultations up to the end of July – more than two-thirds of these for children under 14.

The most common conditions people sought help for were pain and fever, followed by minor skin infections, eczema/dermatitis, and eye inflammation and infections.

**Unwell?**

**Your local pharmacy can help with advice, medicine or referral for minor health conditions.**

- Acute diarrhoea
- Dehydration
- Eye inflammation and infections
- Scabies
- Headlice
- Pain and fever
- Eczema/dermatitis
- Minor skin infections

This Winter, Te Whatu Ora is funding advice, and if needed, medicine for minor health conditions at participating community pharmacies in specific areas across the motu.

For eligibility criteria and more information visit [www.tewhatauora.govt.nz/go-well](http://www.tewhatauora.govt.nz/go-well) or talk to your pharmacist.

**Go well**

Te Kāwanatanga o Aotearoa  
New Zealand Government

**Te Whatu Ora**  
Health New Zealand

For details on the Minor Health Conditions programme in Canterbury, visit [www.cdhb.health.nz/minorhealthconditions](http://www.cdhb.health.nz/minorhealthconditions) where you can find a list of participating pharmacies and information about eligibility.



# World Photography Day

Last Saturday was World Photography Day and the 2023 theme was 'understanding clouds'. We asked for photo submissions and were overwhelmed by the response. Coming from the land of the long white cloud, you would expect some spectacular images, but these far exceeded expectation. Thank you to everyone who contributed.

You can see the cloud photos shared by our Te Whatu Ora kaimahi on the cover, below, and on [pages 10 to 12](#) and then from [page 20](#).

*"Boats sail on the rivers,  
And ships sail on the seas;  
But clouds that sail across  
the sky*

*Are prettier far than these."  
Christina Rossetti*



This photo was taken on Matariki 2023 (Friday 14 July) while visiting Castle Hill conservation area. The woman in the image is my wonderful fiancée Chloe climbing on top of one of the boulders. I think the image fits the theme as it shows that clouds can come in all shapes and wacky sizes while in this picture in particular, clouds can almost be the star of the shot when sitting in the background. *Coordinator Connor Lebas*

# Vital communication between patients, whānau and clinical staff

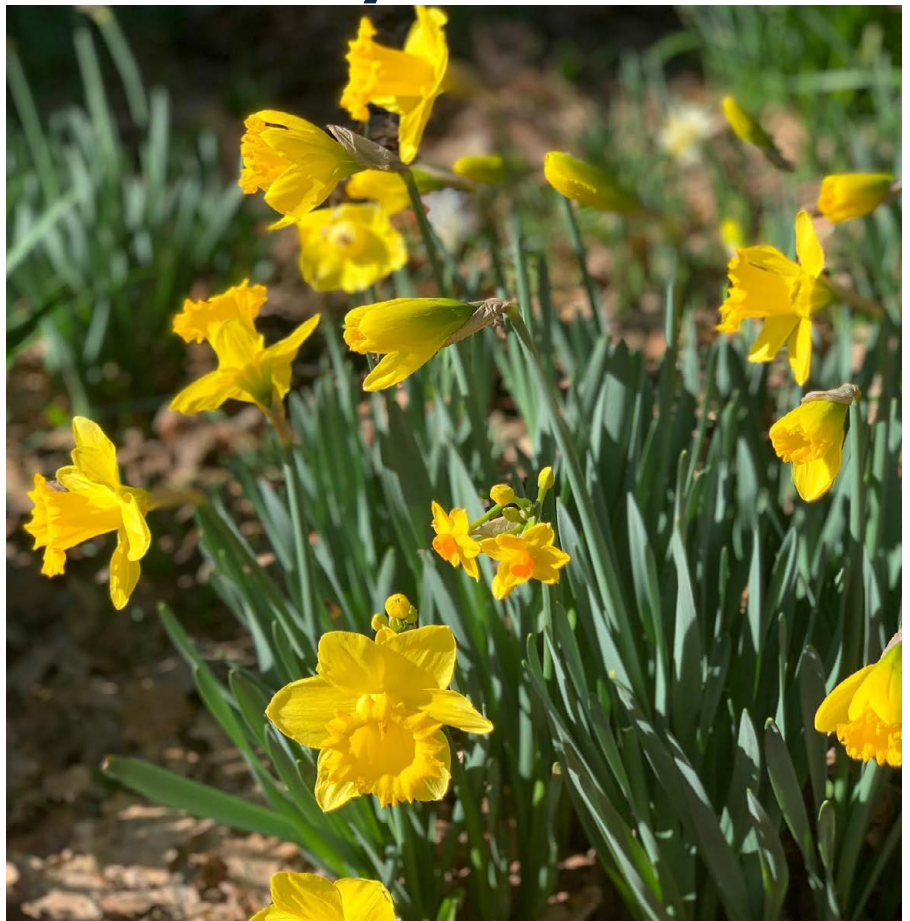
Whether a patient or the loved one of a patient, clear communication with the clinical staff in hospital is crucial. Kōrero mai, the patient and whānau escalation of care process has recently been rolled out in adult inpatient services at Christchurch Hospital, the Emergency Department (ED), and Burwood Hospital.

Kōrero mai, which means 'talk to me' in te reo Māori, encourages patients, their whānau, carers, and support people to speak up and report any concerns they have during their hospital stay. The three-step escalation process is detailed on [page 17](#).

## Daffodil Day is this Friday

Friday 25 August is Daffodil Day and a reminder that cancer affects us all. If you have an opportunity to contribute to fundraising for the Cancer Society, every little bit helps and makes a difference to people living with this insidious disease.

You can read more about how you can donate on [page 19](#).



Daffodils blooming in Hagley Park



# QUIZ – Name that song (2000s edition)

In the noughties we got MP3 players and iPods. Beyonce broke free of Destiny's Child to go solo, Britney went from the highest of highs to the lowest of lows, and Lady Gaga took the world by storm. Hip hop and rap dominated, and Eminem was one of the biggest artists of the decade.

Test your musical knowledge of the first decade of this century.

1. **"Look at the stars, look how they shine for you..."**
  - a. We Belong Together by Mariah Carey
  - b. We Are All Made of Stars by Muse
  - c. Yellow by Coldplay
  - d. Drops of Jupiter by Train
2. **"Baby, can't you see I'm calling? A guy like you should wear a warning..."**
  - a. Toxic by Britney Spears
  - b. Stronger by Britney Spears
  - c. Oops!... I Did it Again by Britney Spears
  - d. Gimme More by Britney Spears
3. **"To the left, to the left"**
  - a. Halo by Beyonce
  - b. Crazy in Love by Beyonce
  - c. Irreplaceable by Beyonce
  - d. If I Were a Boy by Beyonce
4. **"Two trailer park girls go 'round the outside, 'round the outside, 'round the outside..."**
  - a. Stan by Eminem
  - b. Lose Yourself by Eminem
  - c. Sing for the Moment by Eminem
  - d. Without Me by Eminem
5. **"I remember when, I remember, I remember when I lost my mind..."**
  - a. Umbrella by Rhianna
  - b. Crazy by Gnarls Barkley
  - c. Push the Button by Sugarbabes
  - d. Use Somebody by Kings of Leon
6. **"You may not remember me; I am the girl with the tear in her eye..."**
  - a. My Delirium by Ladyhawke
  - b. Dreams in my Head by Anika Moa
  - c. Who Painted the Moon Black? by Hayley Westenra
  - d. Walk Right Up by Ladi6
7. **"I wanna hold 'em like they do in Texas, please..."**
  - a. Fallin' by Alicia Keys
  - b. Maneater by Nelly Furtado
  - c. Poker Face by Lady Gaga
  - d. Back to Black by Amy Winehouse
8. **"La-la-la-la-la-la-la-la-la-la-la-la-la-la-la-la..."**
  - a. Can't Get You Out of My Head by Kylie Minogue
  - b. In a Night Like This by Kylie Minogue
  - c. Spinning Around by Kylie Minogue
  - d. Slow by Kylie Minogue
9. **"My life is brilliant; my love is pure. I saw an angel, of that I'm sure..."**
  - a. Bleeding Love by Leona Lewis
  - b. You're Beautiful by James Blunt
  - c. Where is the Love? By The Black-Eyed Peas
  - d. Beautiful Day by U2
10. **"I guess I just lost my husband, I don't know where he went..."**
  - a. Get the Party Started by P!nk
  - b. Stupid Girls by P!nk
  - c. Who Knew? By P!nk
  - d. So What? By P!nk

[Check your answers on page 24.](#)



## Kawasaki disease research paper identifies increased cases in New Zealand

Christchurch Hospital Emergency Physician Paul Gee, along with five New Zealand and Australian colleagues, recently published a research paper on Kawasaki disease.

A mysterious illness that causes inflammation of medium sized arteries mostly in young children, Kawasaki disease was discovered almost 60 years ago but the cause is still unknown. It is named after Japanese paediatrician Tomisaku Kawasaki who identified symptoms in 50 infants in 1967.

“It usually starts with a fever that can look like a benign viral illness. The fever persists for more than five days, and other features will appear, such as red lips and tongue, red eyes, large neck glands or a peeling rash on the hands and feet,” says Paul.

“Untreated it can lead to coronary artery damage and long-term heart problems. Luckily there is an effective treatment if Kawasaki disease is diagnosed early, and treatment started promptly.”

The objective of the research paper was to describe the incidence, seasonal variation, long-term outcomes, and mortality for Kawasaki disease in New Zealand.

Paul says the study showed that the incidence of Kawasaki disease is steadily increasing in New Zealand with 70–100 children affected each year. Youngsters of Asian and Polynesian ethnicity are most at risk.

The researchers advise healthcare workers to be vigilant to diagnose this condition early and prevent complications. They also recommend notification for Kawasaki disease and an active national surveillance system to improve care.



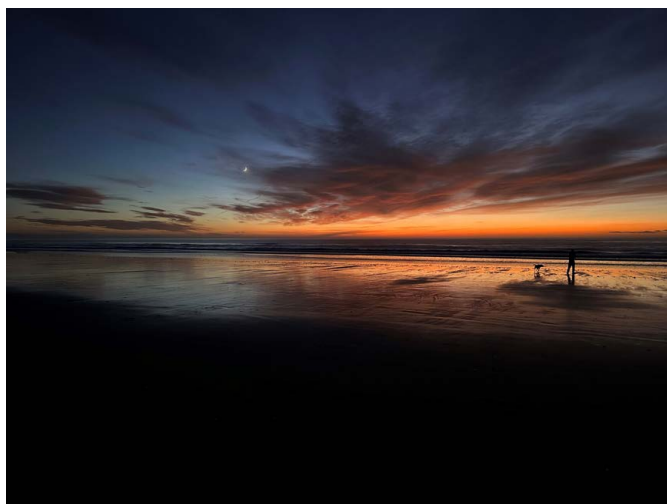
Paediatrician Tomisaku Kawasaki who discovered and put his name to Kawasaki disease in 1967 died at the age of 95 in 2020

Future work should focus on factors contributing to poorer outcomes in Māori patients.

Congratulations to Paul and his colleagues on their work. You can read the full research paper here: <https://adc.bmj.com/content/early/2023/07/24/archdischild-2023-325667>

# World Photography Day part one

Last Saturday 19 August was World Photography Day and the theme for 2023 was 'understanding clouds'. Some Te Whatu Ora Waitaha Canterbury kaimahi have shared their own cloud inspired images with us. Thanks for your beautiful photographs!



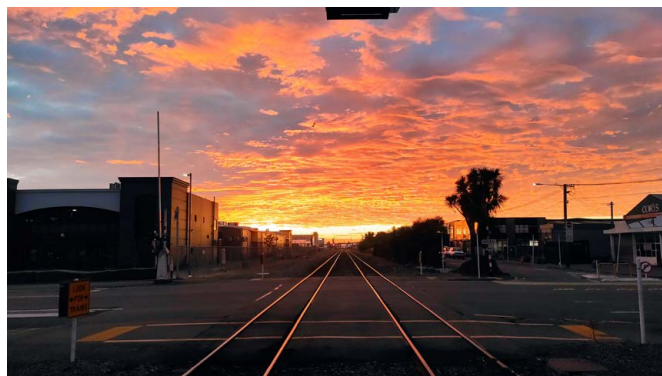
15 July 2023 at approximately 7am, Waimairi Beach. Daybreak on a winter's day, cloud structure illuminated by the rising sun with a slither of the moon which has not yet set for the day.  
*Internal Auditor Nelson Gardiner*



This photo was taken earlier this year while camping at Moke Lake near Queenstown. The sun was going down creating a nice silhouette of the mountain ranges, while the wind picked up. This created an interesting effect with the clouds coming over the mountains. I think it fits the cloud theme because the clouds were the main focus in this photo and were quite unusual shapes coming over the mountains.  
*Radiation Therapist Laura Ross*

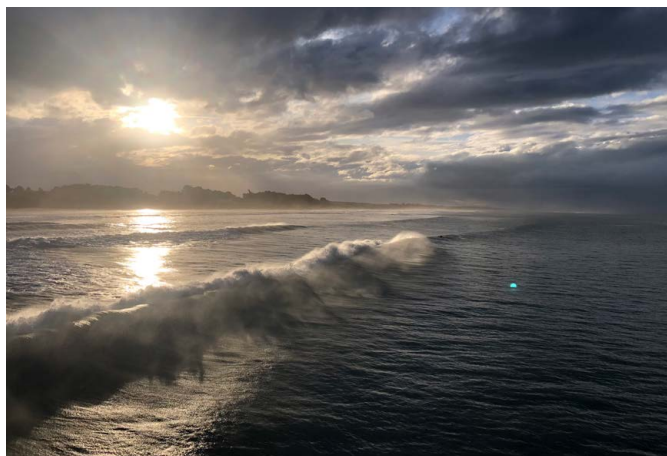


This photo was taken 26 November 2022, looking across the Avon-Heathcote estuary from the South Brighton boardwalk.  
*Research Nurse Jill Drake*



Taken at 6:45 on 12 April 2021 on Antigua Street. A photo of a stunning Christchurch autumn sunrise. 'Red sky in the morning; Biomed warning!' *Biomedical Services Technician Clinical Engineering Michael Brown*

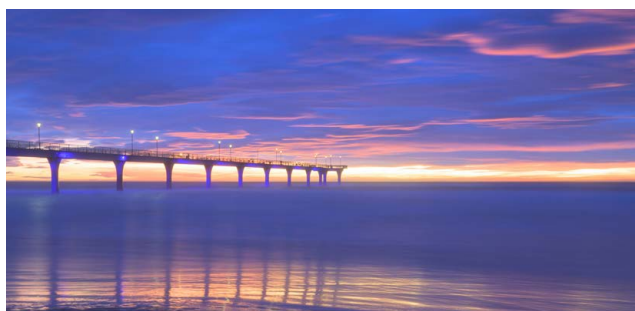




Taken 30 June just after 4pm from New Brighton Pier. The setting sun really accentuates the cloud formations on a very moody day. And for those of us who believe in orbs – there's a beautiful lost soul on the sea surface. *Registered Nurse Belynda Wynn*



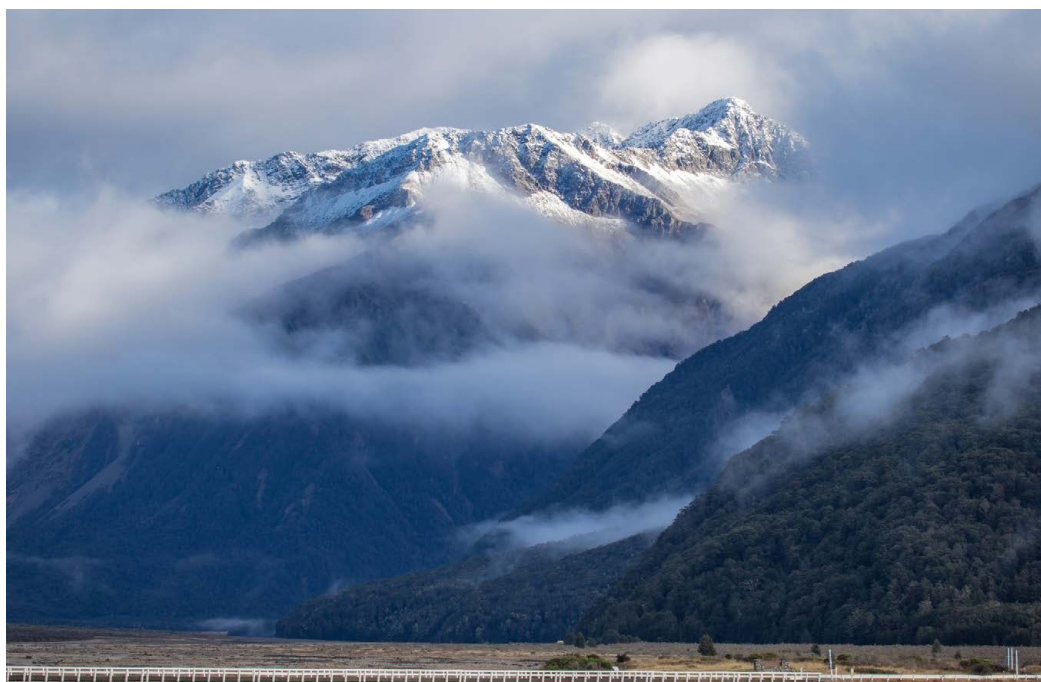
Just north of Woodend 2019. Amazing contrast of cloud colours. Spot the kiwi! *Community Physiotherapist Di Latty*



Sunrise at New Brighton Pier on 9 May. Clouds are just nature's poetry to the earth. *Registered Nurse Linson Abraham*



This photo was taken on 21 July in Hagley Park. The cloud looks like two dogs meeting each other. *Administrator Ear Nose and Throat Outpatients Jenny Liu*



Low cloud taken overlooking the Waimakariri River and Bealey Rail Bridge near Arthurs Pass June 2023. *Booking Coordinator Alison Parish*



I took this photo last year when we were living in Darwin, Australia. It was taken in the pitch black of night and the lightning alone is what lit up the clouds and surrounding skies. I have chosen to "understand clouds" from a metaphorical perspective, as emotions. Clouds are so moody, from bright and fluffy to dark and menacing. I love this picture because it shows the power in the centre of a cloud, such is the power of emotion. *Gateway Coordinator (Clinical Nurse Specialist) Child and Family Safety Service (Tiaki Whānau) Cindy Holden*



This photo was taken in March 2017 when I was waiting at the bus stop outside my house in Bishopdale. It was a beautiful day, and the sky was blue (the perfect backdrop) and when I looked up there was this 'eagle cloud' right above me. *Ward Clerk and Hospital Volunteer Yu Yun (Debbie) Feng*



'Above the Clouds' taken 6 November 2022. I've always been amazed at cloud formations, and I never thought I'd be this close, let alone on top of them! This was taken during my first ever New Zealand Great Walk at the Kepler Track. It was such a nice clear day, but when up a mountain that high, one can only see a sea of clouds. You feel like you're on top of the world! *Occupational Health Nurse Maries Villa*



I love clouds! Canterbury has a big sky, perfect for observing clouds and predicting weather, these are all taken from my deck in May 2023

- › Bursts of rain march across the plains on a warm westerly front
- › Christchurch enjoys a spectacular sunrise while a storm brews in the mountains
- › A southerly front darkens Christchurch below while the sunny West Coast lights up the sky above.

*Finance Manager Lynne O'Donoghue*

[Photos continue on page 20.](#)



# One minute with...

## Jen Cunningham, Midwife Manager, Rangiora Health Hub

### What does your job involve?

My job provides a real mix between clinical and non-clinical work, depending on the day. This includes managing all aspects of the Rangiora Maternity Unit, from maternity staff through to catering staff, rostering, ordering supplies, coming up with unique solutions to solve problems at short notice, attending births to support community midwives, and ensuring our unit is providing the best care we can to the families of Canterbury.

### What pathway got you to this job?

I began as a new graduate midwife at Christchurch Women's Hospital and worked my way through to Clinical Midwife Manager on the Birthing Suite and the Maternity Ward. After gaining experience of how the tertiary hospital system worked, I then began covering the midwife managers while they were on annual leave. Throughout this period, I also had two children and began to realise that shift work is quite a juggle with young children. So, when the midwife manager role came up at Rangiora, I decided to have a change from tertiary-level care and move to a primary birthing unit. This has allowed more flexibility in my hours but also shown me the other side of maternity – having more time to interact with community midwives and the community.

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

Being a midwife is an awesome job, with so much variety and different skills required every day. We get to witness the best and unfortunately also, sometimes, the worst moment in a family's life. It is important to have a good support system from family and friends around you and make time for yourself. It's very easy to let the job absorb you, so finding the right work-life balance is very important to lasting the distance in this field.

### Who inspires you and why?

One of the midwives I used to work with had a lot on her plate outside of work but was always one of the first people to help out and no matter the situation she was always kind and respectful. If I'm having a hard day, I always think of her, and know if she can do it, so can I.

### 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?

These values mean everything to me and they are why we come to work each day. Knowing that you have made the difference in someone's journey to becoming a parent is very rewarding. Even the smallest gesture or change in care can make the world of difference to how women and their families hold on to their childbirth experience. Being a manager does come with some very hard conversations and decisions which aren't always popular, but at the end of the day I need to be true to my values and have a clear conscience that the right decision has been made.

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

Tahiti! I love the warm weather and relaxed environment, and it feels a million miles away from everyday life.

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

Margot Robbie, her latest movie has been very successful, so it bodes well for mine!

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

Being a tidy Kiwi, making sure when we have been somewhere that we leave it as we found it, or if there is some rubbish lying around that isn't ours to pick it up anyway. Everyone doing a little bit makes a difference.

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

Outside of work I'm a mum and wife, but in my spare time I like a good project, something I can build. It's quite nice to 'tune out' and build something.

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



# Akoranga reo Māori – lesson #28

## Tāwahi – Overseas

*Ahakoā nō hea mai koe, e whakamānawa ana ahau i a koutou katoa.*

*Regardless of where you come from, I pay tribute to you all.*

This week we are going to look at the names of places overseas. Many of these as you will come to see, are borrowed words that have been transliterated. You may also be aware that for many of these words, there are several options that are available to use. For instance, Ingarangi and Ingarani are both used for England. Only one option is presented here to avoid confusion.

### Ngā Wāhi

### Locations

<b>Ahitereiria</b>	Australia
<b>Ingarangi</b>	England
<b>Amerika</b>	America
<b>Te Tonga o Āwherika</b>	South Africa
<b>Āwherika</b>	Africa
<b>Ūropi</b>	Europe
<b>Āhia</b>	Asia
<b>Ngā Moutere of te Moana-nui-a-Kiwa</b>	Pacific Islands
<b>Piripīni</b>	Philippines
<b>Īnia</b>	India
<b>Whītī</b>	Fiji
<b>Hāmoa</b>	Samoa
<b>Haina</b>	China
<b>Hapani</b>	Japan
<b>Iharaira</b>	Israel
<b>Irāki</b>	Iraq
<b>Irāna</b>	Iran
<b>Hiria</b>	Syria
<b>Kānata</b>	Canada



### He whakapātariari – A challenge

How many of these did you know? Is your place of origin in this list? If not, perhaps do a little bit of research and find out if there is an ingoa Māori (Māori name) for where you come from. If you have been working on a pepeha or introduction of yourself and your connections to place, and you haven't already, you might like to exchange the ingoa Māori for that place, now that you know.

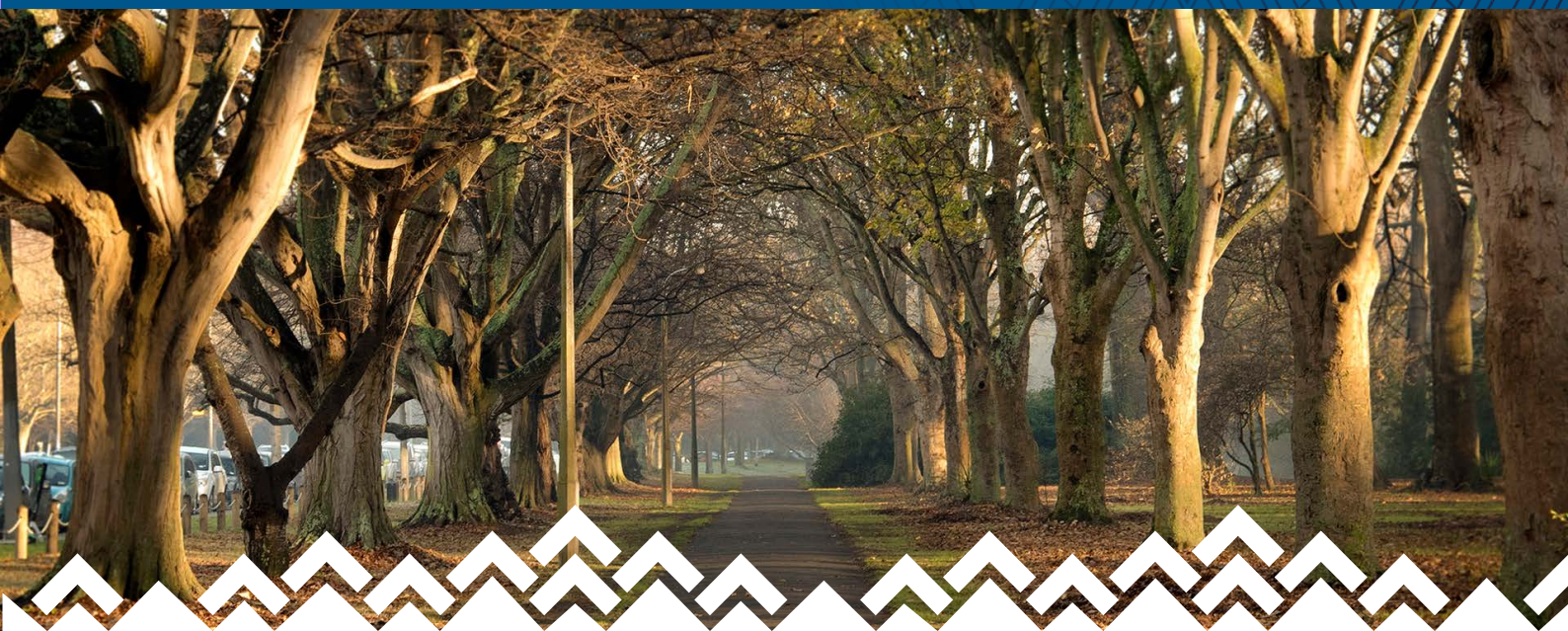
Ahakoā, nō tawhiti, nō tata rānei, nō tēnei whenua e noho nei tātou ko te reo Māori. Nō reira, kumanutia tō tātou hei pīwhara.

Whether you come from afar or from close by, the Māori language comes from this land where we all live. Therefore, treasure our cherished position.

If you have any questions or feedback, please make contact via the email below. [Hauora.Maori@cdhb.health.nz](mailto:Hauora.Maori@cdhb.health.nz)



# Whakamihi – Bouquets



## **Eve, Christchurch Hospital**

I am writing to give my highest commendation for Eve (Catering Assistant, Wellfood), who attended to my husband during his recent stay at Christchurch Hospital on Ward 11. Her selfless devotion, tireless efficiency, and consistent cheerfulness were exemplary and served to make our time there a pleasant one. It is her very personal touch which impressed me the most, for such genuine empathy is very rare these days. Ward 11 is, indeed, fortunate to have Eve as part of their team whose service remained always of the highest standard, not only for us but for the other patients on the ward also.

## **Kris, Emergency Department (ED), Christchurch Hospital**

I presented with severe abdominal pain and Dr Kris Walpot in ED made me feel heard and listened to.

## **Parkside Ground Medical (PGM), Christchurch Hospital**

I would like to pass on my grateful thanks to all the staff who cared for me. It was a lovely atmosphere, and the staff were so friendly and smiley. The care I received was nothing short of expert. Thank you again.

## **ED, High Dependency Unit (HDU) and Ward A8, Christchurch Hospital**

A heartfelt thank you to the ED staff for their professional skill and care of a loved husband, father, and grandad. To Dr Adib Khanafer and his vascular team, our immense gratitude for saving [patient name's] life. We all appreciate the expertise

from the staff in the HDU and Ward A8, as well as the empathy and communication shown to the family during a very tough time.

## **ED and Medical Assessment, Christchurch Hospital**

My sincere gratitude to every nurse, doctor and healthcare worker who helped me. I was so well looked after, which was very reassuring after a frightening experience. The facilities were well maintained, and I would like to thank every single person who helped me during my stay.

## **Ward B4, Christchurch Hospital**

I wish to convey my very sincerest gratitude to every single staff member who was involved in my care. From the surgeons and their Theatre staff, through to the ever-patient nurses and other ward staff, the physiotherapists, cleaners and orderlies. I am deeply indebted to you all for your cheerfulness, patience, skill and dedication to your patients. I would be more than happy to place myself in your care again. You 'guys' are legends.

## **Eye Clinic, Christchurch Hospital**

We found all the staff very pleasant and friendly, and they explained every detail very well. We were very happy with this experience. Thanks very much.

## **Ward B4, Christchurch Hospital**

I want to commend the amazing nurse team that has been looking after my brother. They are all wonderful thank you.

### **Ward 18, Christchurch Hospital**

I had many wonderful nurses, hospital aides and support staff during my time in Ward 18 and they all helped me with my physical recovery, but also my emotional support as I fight breast cancer. I would like to make a special shout out to Registered Nurse Marcos who took extra time (past his home time) to make sure I knew what I needed to do next. He went above and beyond.

### **Radiology, Christchurch Hospital**

I would like to compliment the fantastic service I received from Medical Imaging Technologist Yufei when I had my CT scan. He was very professional, and kind and he explained everything very well. We are very lucky to have such great staff like this in our city. A big thank you to him. Thanks also to Receptionist Leanne who was very welcoming when we arrived on a very cold morning.

### **Ward A8, Christchurch Hospital**

Wonderful staff. I was well looked after. I so appreciated it.

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

Nurse Lydia was awesome to our daughter. She is very caring. Thank you.

### **General Surgery, Urology and Cardiothoracic Wards, and Radiology, Christchurch Hospital**

Last week I had to spend a couple of nights in Christchurch Hospital for emergency surgery. Despite the stories we hear about difficulties and shortages in the health system, I would like to say how impressed I was by my experience (apart from the pain!). During the 48 hours I had contact with a considerable number of frontline staff – doctors, nurses, orderlies, radiographers etc. Without exception the ones I met were polite, friendly, caring people. I would like the management to know what a wonderful group of people you have working there, although you probably knew already. Thank you.

### **Ward B6, Christchurch Hospital**

I would like to compliment the staff of Ward B6 for providing a kind caring and professional service in all aspects of my care.

### **Home Dialysis**

Nurse Tracey from Peritoneal (PD) Home Dialysis is such an amazing Nurse. She is kind and easy to get on with. Her instructions are very friendly and she always has a smile on her face.

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

I would like to thank everyone for looking after me so well during my stay here. Everyone here, from the surgeons to the nurses, have simply been incredible. A special thank you to my Nurse Rebecca, for constantly checking in on me and making sure I was doing alright both before and after my procedure. I really appreciate all your help and support.

## *Big Shout Out*

### **To: Nicola Fairbrother and Bridget O'Malley, Elective Ambulance and Shuttle Services**

I would like to thank the wonderful Nicky and Bridget and the rest of the Ambulance Shuttle Transfer team. They do such a fabulous job in juggling all the Burwood shuttles and ambulances. We are super grateful and just want to shout out a big thank you for all their hard work. You are all amazing!

### **From: Mel Salmons, Administration, Parkside Ground Medical, Christchurch Hospital**

#carestartshere



# Ā mātou kōrero – Our stories

## Kōrero mai: Encouraging communication between patients, families, and healthcare providers for better outcomes

Kōrero mai, the patient and whānau escalation of care process, has now been rolled out in adult inpatient services at Christchurch Hospital, the Emergency Department (ED), and Burwood Hospital.

Kōrero mai, which means 'talk to me' in te reo Māori, encourages patients, their whānau, carers, and support people to speak up and report any concerns they have during their hospital stay. This was first introduced as a pilot in Paediatrics and later rolled out in Maternity.

"The rollout in adult inpatient services began in the week of 17 July and so far, the uptake has been promising. Staff have been interested in understanding the new process and its importance", says Nursing Director Older Persons Health, Caroline McCullough.

Patients and their families can expect to see kōrero mai signs or stickers on bedside boards and may receive a patient and whānau information leaflet explaining the process.

The project is a part of the Health Quality and Safety Commission's broader national patient deterioration programme which also includes the use of Early Warning Scores to help clinicians recognise a deteriorating patient sooner, and Shared Goals of Care which will be rolling out at the end of August.

"We believe that whānau, carers or your support person know you best, so may recognise changes in your health condition sooner than the healthcare staff", says Paediatrician and Chief of Child Health Clare Doocey, who was involved in the initial work in Paediatrics.

By sharing their concerns, patients and their whānau can help healthcare staff respond more quickly to any deterioration in the patient's condition.

"We hope this process makes patients and their families feel comfortable to raise any concerns they may have. By working together, we can ensure the best possible care for our patients."

The kōrero mai adult inpatient process includes three steps to follow if a patient or their whānau member has concerns or feels the patient is getting sicker. Patients and their whānau are encouraged to speak to their nurse or the nurse in charge right away (step one).

If they are still worried after speaking with their nurse, they can ask for an urgent doctor review (step two). If concerns persist after the doctor has seen the patient, they can contact an operator for assistance in organising another medical review 24/7 by calling an 0800 number (step three).

The three-step process for ED is also very similar with the main difference being the number to call for the step three escalations – patients/whānau are directed to a cell phone number instead.

"The number of kōrero mai step three escalations (0800 number calls) in Paediatrics and Maternity has been very low since the process was introduced. Paediatrics has had six calls in total since the staged roll out from early 2019 with the most recent being in June 2023, and only two calls have been received for Maternity since the process was launched in November 2021," says Quality Manager for Women's and Children Roisin McGarr.

For more information on the kōrero mai go to the kōrero mai [intranet page here](#).

# Canterbury researcher studying disease identified as an emerging threat to children

Samoan medical student Taliah Su'a understands the harsh reality of a diagnosis of rheumatic fever.

Her aunt contracted the highly infectious disease and required intensive, ongoing drug treatment and surgery to replace the damaged valves of her heart. Rheumatic fever usually starts when a child with a sore throat doesn't get the treatment they need.

Su'a is also keen to play her part in addressing inequities in health care so jumped at the opportunity to study rheumatic fever and identify ways to improve care for patients in Canterbury.

"This is a really meaningful project for me. It feels good to be doing it and hopefully making a difference, particularly for Pasifika and Māori communities and those living in overcrowded and more deprived households who have higher rates of this disease."

With support from [Research for Children Aotearoa](#), [Pasifika Medical Association Group](#) and [Te Papa Hauora](#), Su'a will spend a year reviewing a decade's worth of (not personally identifiable) clinical data from Canterbury patients to understand factors such as demographics of patients and treatment outcomes. She will also interview families who have dealt with the disease on their perspectives of care.

[A recent paper by leading New Zealand infectious diseases specialists](#) identified the bacteria that causes rheumatic fever (Group A streptococcus (GAS)) as an emerging threat to children in Aotearoa. The World Health Organization (WHO) identified numerous high-income countries reporting increased cases of GAS-related diseases and New Zealand will likely follow this trend – with numbers having already risen over the past decade.



**TE PAPA  
HAUORA**  
*The future of health*



Medical Student Taliah Su'a

The majority of rheumatic fever cases occur in children aged under 10.

Su'a says there is a gap in knowledge about how the disease presents in communities in the South Island, which is likely to be different from the North.

The ultimate aim of the University of Otago student's one-year Honours degree project is to better understand the disease in the context of Canterbury and identify ways to improve care.

Su'a says patients diagnosed with rheumatic fever typically require specialist care and treatment spanning many years. There is no one test to diagnose the highly infectious disease. The disease inflames the heart and can cause it severe damage.

Paediatrician and Research for Children Aotearoa leader Professor Tony Walls says this is an important topic and there is a need to develop a better understanding of how rheumatic fever affects children and their families in Canterbury.

Research for Children Aotearoa is committed to providing opportunities for talented Pasifika students to get involved in research directly relevant to their communities.

# Daffodil Day – so no one faces cancer alone



This Friday 25 August is Tautoko te rā Daffodil | Daffodil Day.

Cancer affects us all at some point in our lives, whether personally or through someone we know or love.

The daffodil is one of the first flowers of spring and a prominent feature around Christchurch and Canterbury. The bright yellow blooms indicate warmer weather is coming and reminds us of the joy of the new season.

Daffodil Day is a major funding source for the Cancer Society and a wonderful opportunity to raise awareness of cancer in New Zealand.

## **There are several ways you can contribute to Daffodil Day:**

- › Purchase a pin or flower or donate at a street appeal location
- › Contribute through the Cancer Society Daffodil Day website
- › Donate at any ANZ bank
- › Fundraise through your school, business, or community through an event such as a morning tea or 'wear yellow day'.

## **How do your Daffodil Day donations make a difference?**

- › \$10 provides people affected by cancer with important support and information resources
- › \$20 contributes to the free Cancer Information Helpline – 0800 CANCER (0800 226 237)
- › \$35 provides safe transport for cancer patients to get to hospital appointments
- › \$50 provides counselling and support to people affected by cancer
- › \$100 helps make schools SunSmart and our communities Smokefree
- › \$150 provides accommodation for those undergoing cancer treatment away from home
- › \$500 helps fund ground-breaking research into new and better ways to prevent, diagnose or treat cancer.

All contributions, no matter how big or small, can make a difference.





# World Photography Day 2023 continued



Taken from my seat on the way from Paris to Hong Kong earlier this month. I thought the clouds looked pretty cool.  
*Registered Nurse John Hewitt*



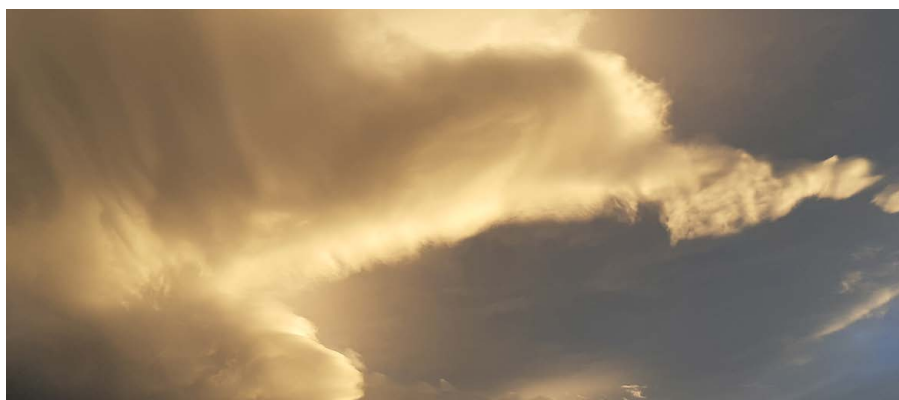
Taken in 2019 at Lake Marian, Fiordland. Infection Protection and Control Nurse Specialist Ethan Walker is in the photo. We were in Fiordland looking for scenery and kea. We found clouds and ducks.  
*Health Protection Officer Olivia Walker*



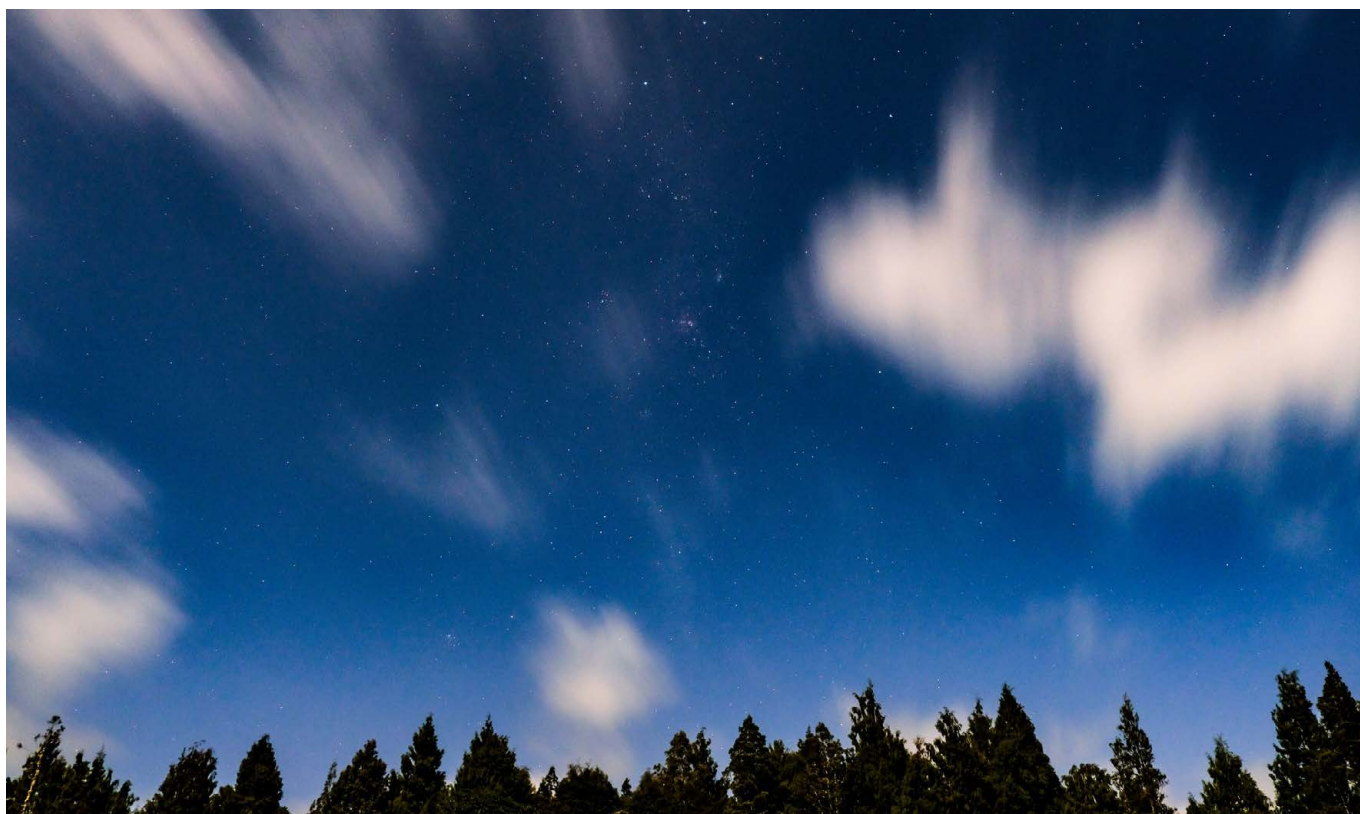
Taken 9 May 2023 at the Wigram Road overbridge on the bike ride home. Dramatic mammatus clouds over the Port Hills, the tail end of a weather system wreaking havoc in the North Island.  
*Radiation Oncologist Chris Harrington*



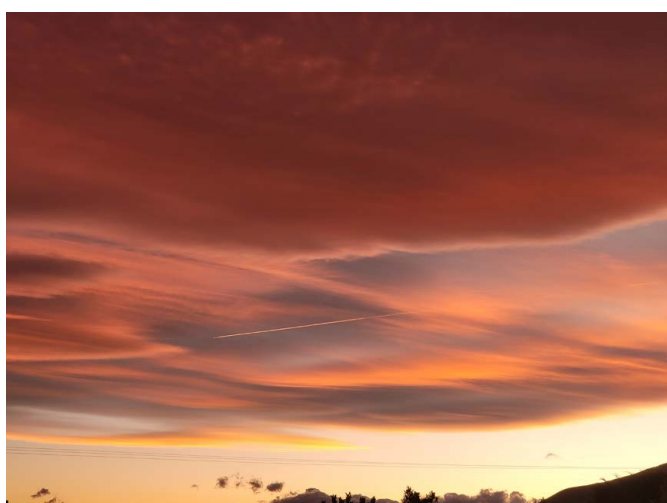
The photo was taken in January of this year from my balcony. It is a mesmerizing scene of the sky with the half-moon and colourful clouds on a summer evening. It fits the theme of 'understanding clouds' because the orange and bluish clouds are stealing the show in this photo.  
*Medical Secretary Sandy Kaur*



At sunset in January 2021. I took this from our back yard, when we had the most beautiful light on the clouds. There is something about clouds and light that draws our gaze up from the mundane.  
*Care Capacity Demand Management Nurse Coordinator Jacqui Bennetts*



This was taken on 3 July right outside where I live (West Coast). I think the image shows how quickly the clouds move! This was taken with a 10 second shutter speed and clouds in the picture drag as they move on the sky, creating this look. If you look close enough, it may look like there's a cluster of stars in the middle of the picture; that's actually the Milky Way but it was a full moon that night and the moon was so bright it's not possible to see the shape of it. *Health Promoter Beyning Tey*



Taken 23 April 2023 at Whiterock, Loburn. Change of weather, the Northwestern Arch. *Hyperbaric Chamber Supervisor Moira Rihari*



Taken 13 August 2023 at 5.36pm on my driveway facing the neighbour's house, looking north. I think it looks dramatic and I like the shapes and colours of the clouds. *Medical Secretary Mishka Smorfitt*

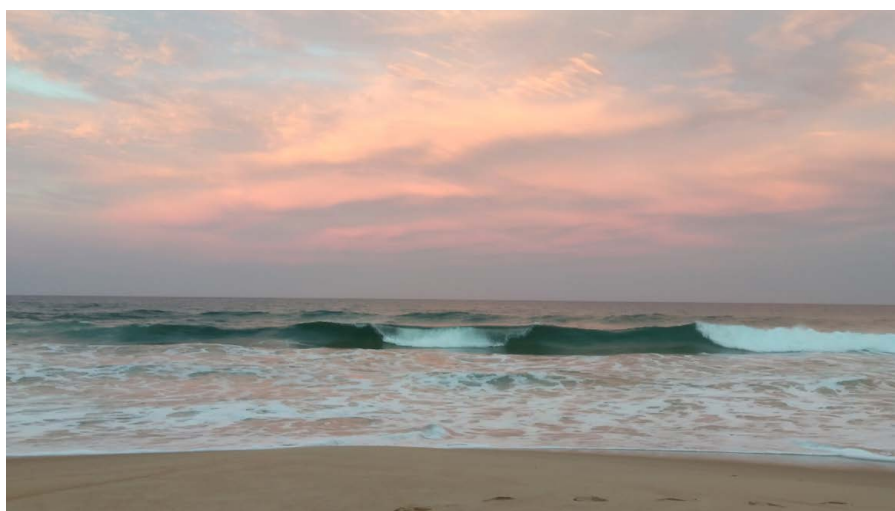




Taken 24 August 2022, Utah Beach, Normandy, France. The clouds speak for themselves and are brooding in this scene, quite fitting for the site. *Clinical Nurse Educator Tim McMillan*



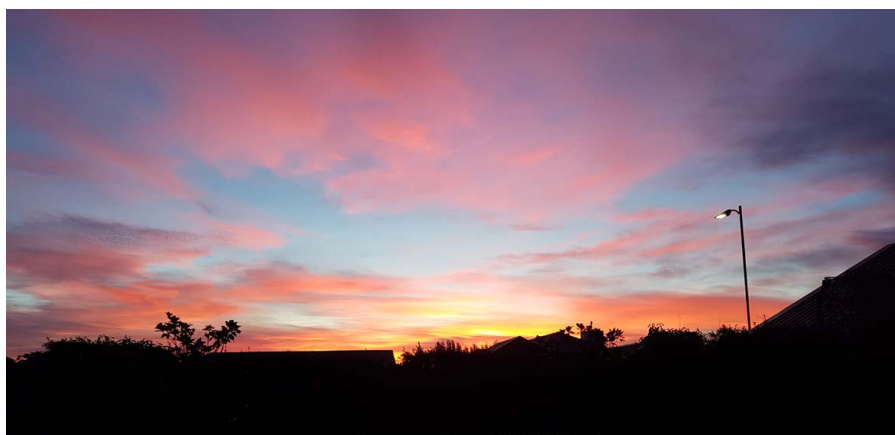
This was taken back in 2014 (I think) up on the Port Hills on a rather dreary day. A bird luckily came along despite the weather. Being above the cloud line really changes the appearance when being at a higher elevation. I think this is possibly my favourite photo I have ever taken. *Sterile Services Technician (trainee) Amelia Ward*



This was the most beautiful sunset taken while on a family holiday in June at Sunrise Beach, Queensland. These clouds are ethereal and are colouring the sea and sand with their light as the sun sets. *Paediatric Pharmacist Prescriber Christchurch Hospital Louise McDermott*

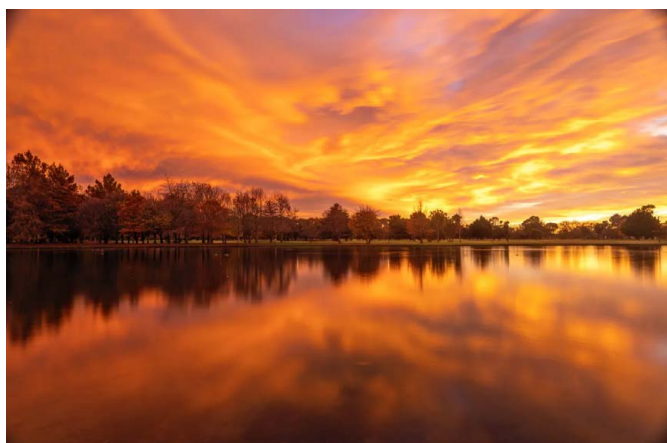


Sunset in Blenheim taken in June 2019. Clouds at sunset provide an opportunity to reflect on the beauty of the day. *Clinical Record Manager Karen Comber*

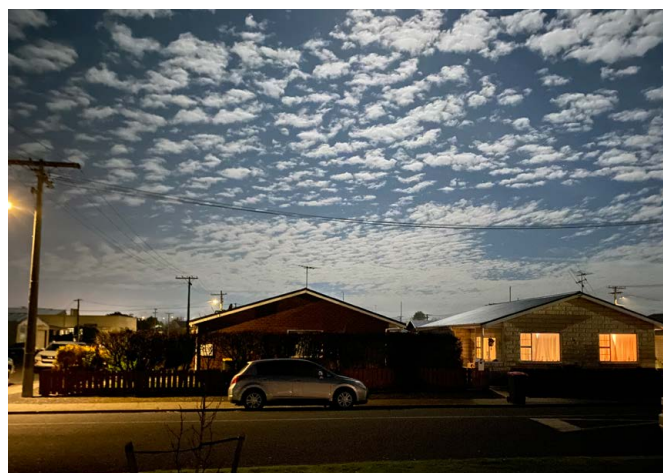


Taken 9 April 2020 in Marshland, Christchurch. Fits the theme of 'understanding clouds' because without clouds there is nothing for the last coloured light rays of the setting sun to reflect off, to give a lovely sunset. *Medical Secretary Rosanne Clark*





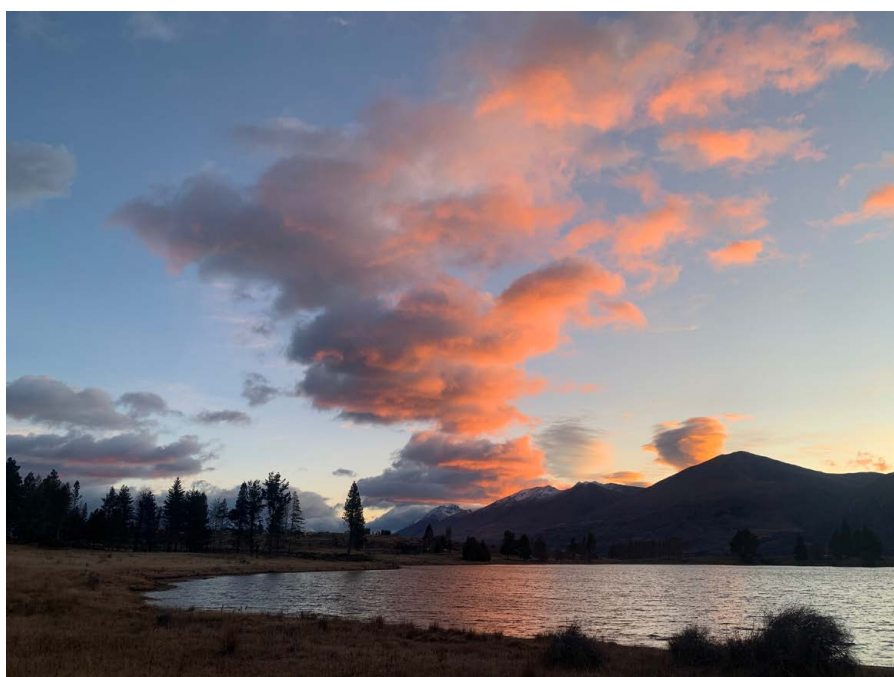
Taken in Hagley Park in May this year. The clouds that morning lit up like they were on fire making for great reflections on Victoria Lake. We are so lucky to have this in the middle of our city. *Manager Policy and Information Teams Sandy Brinsdon*



Taken on 15 May 2022 at Gordon Street, Balclutha, New Zealand. Clouds above the house at nightfall. *Operating Theatre Assistant Jaimeson Samuel*



Taken 11 August 2023 Tuam Street Christchurch. The clouds had been following me all day and I finally decided to take a photo. I believe this is called a mackerel cloud formation; the photo doesn't do the cloud justice. I have no understanding, only appreciation. *Food Development and Quality Manager, Well Food Canterbury Sacha Drinnan*



Taken just after dawn near Lake Middleton. Shows an example of lenticular clouds forming over the Ben Ohau range. These form due to strong nor'westers and let people know that it is time to get out of the mountains as bad weather is on the way. Very useful for planning outside activities in this area. *Dr Sharon English*

# 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.

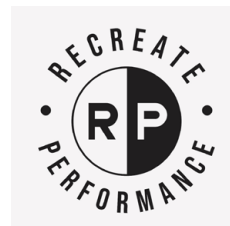
**Please see below offers for you.**



## FITSTOP.

**Fitstop – 221 Blenheim Road, Riccarton**

To celebrate the relaunch of Fitstop, Te Whatu Ora staff are being offered a \$29 per week membership when joining in August. No contract or joining fee. Sign up at 217 Blenheim Rd showing your staff ID.



**Recreate Performance – 33 Moorhouse Ave**

Offering 20 percent off all services to staff and their family members. [More information found here.](#)



**Ivana House of Beauty – 2/95 Westminster Street (entrance off Cranford Street)**

Get 15 percent off all hair services and a free hair cut on your seventh visit to the salon. Book by calling 03 383 8888. Show your staff ID at the time of booking.



**Boxfit Brothers – Wharenui Sports Centre, 73 Elizabeth Street, Riccarton**

Weekly membership discount now \$25 per week. This includes unlimited boxing workouts and classes. [See more information here.](#)

## QUIZ ANSWERS – Name that song (2000s edition)

1. c. Yellow by Coldplay
2. a. Toxic by Britney Spears
3. c. Irreplaceable by Beyonce
4. d. Without Me by Eminem
5. b. Crazy by Gnarls Barkley
6. b. Dreams in my Head by Anika Moa
7. c. Poker Face by Lady Gaga
8. a. Can't Get You Out of My Head by Kylie Minogue
9. b. You're Beautiful by James Blunt
10. d. So What? By P!nk



## George Abbott Symposium

Rolleston Lecture Theatre, University of Otago, Christchurch

Thursday 31 August, Friday 1 September 2023

[Click to register](#)



### Thursday 31 August

9-10am 9.30am	Welcome and Research for Children Aotearoa Collaborative update <b>Professor Laurie McLay</b> <i>Delivery of Psychosocial Sleep Interventions for Neurodiverse Children and their Caregivers</i>
<b>10-10.30am</b>	<b>Morning tea</b>
10.30-11am 11-11.30am	<b>Professor Brian Darlow</b> <i>Bronchopulmonary dysplasia: an ongoing problem</i> <b>Dr Jennifer Knopp</b> <i>Insights from model-based respiratory monitoring during mechanical ventilation</i> <b>Dr Sam Dalton</b> <i>20,000 leagues under the seas...or at least into the trachea and bronchi</i>
11.30am-12pm	
<b>12-1pm</b>	<b>Lunch</b>
1.30-2pm 2-2.30pm 2.30-3pm 3-3.30pm	<b>Professor Janet Hoek</b> <i>Clearing the clouds: How can we respond to youth vaping?</i> <b>Ms Frances Soutter</b> <i>The State of Child Health Report 2023</i> <b>Professor Don Hine</b> <i>Climate Change and Youth Mental Health</i> <b>Young investigator presentations</b>
<b>3.30-4.30pm</b>	<b>Afternoon tea and posters</b>

### Friday 1 September

9-10am 10-10.30am	<b>Professor Anne Chang</b> <i>Approach to chronic cough in children and why it is important</i> <b>Professor Stuart Dalziel</b> <i>Bronchiolitis: an update</i>
<b>10.30-11am</b>	<b>Morning tea</b>
11-11.30am 11.30am-12pm	<b>Dr David McNamara</b> <i>Looking back to look forward. The future of asthma</i> <b>Professor Tony Kettle</b> <i>Neutrophil oxidants in cystic fibrosis: From chlorine bleach to toxic warfare gases</i> <b>Professor Philip Pattemore</b> <i>Acknowledgement of service</i>
12-12.30pm	
<b>12.30-1.30pm</b>	<b>Lunch</b>
1.30-2pm 2-2.30pm 2.30-3pm 3-3.30pm	<b>Professor Anne Chang</b> <i>Recurrent respiratory infections: their investigation and treatment</i> <b>Professor Stuart Dalziel</b> <i>COVID-19 in children: an overview</i> <b>Mellanie Isitt</b> <i>Cystic Fibrosis Nutrition – How new drug developments are changing our focus.</i> <b>Taliah Su'a</b> <i>Acute rheumatic fever in Canterbury: epidemiology, clinical care and the impact on patients and whānau</i>
	<b>Closing and farewells</b>