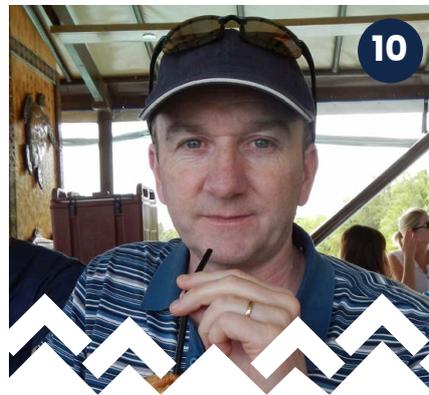


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: An aerial view of Building 14, one of the new facilities opening soon on Hillmorton campus

Kupu Arataki – Introduction

Outlook email migration

During the Matariki long weekend approximately 15,000 Te Whatu Ora Waitaha Canterbury email accounts were migrated to Microsoft Exchange Online. You can go [page 8](#) to read about the migration and follow up.

Many staff were able to resume their normal use of email immediately and haven't required assistance. For those who have needed some help, we have been ably supported by on-site ISG staff across our campuses as well as virtual assistance through the service desk.

Many thanks to all the ISG staff who have worked on the planning, preparation, and implementation of the migration, as well as those who have provided support and advice in the days following. You can read some positive feedback for the ISG team on [pages 13-14](#).

Reminder about social media and confidential information

Social media is great when used as a platform for sharing appropriate communication. We should be mindful however, of what we post online, as it could have unintended consequences, such as damaging your or the organisation's reputation. Never discuss confidential work information in a public setting.

You should not post any sensitive or confidential information. If you want to share data or other information from our intranet with others, you must seek and obtain approval of your manager before sharing this information.

Please see our [code of conduct](#) and [external communications policy](#) for advice about what doing the right thing looks like on social media.

social media polices and they are available on Prism [here](#).



Many professional work groups have their own

International Security Officers' Day

Today is International Security Officers' Day and an opportunity for us to recognise and thank the security staff working across our campuses. Our security teams provide support to staff, patients, consumers, and visitors and keep us and our buildings safe.

Often the first welcoming face to greet patients, consumers and visitors who enter our facilities, we appreciate everything our security teams do and thank them for being there when we need them.



Outstanding fundraising effort

Congratulations and thanks are in order for the team on Ward A5 (General Surgery) for their recent fundraising activities. Inspired by Bowel Cancer New Zealand's 'Move your Butt' campaign, the staff walked, cycled, and ran to raise money as part of Bowel Cancer Awareness Month.

It was the first time the team had taken part in a charitable fundraising event together, but it is unlikely to be the last.

Read more and find out how much they raised on [page 7](#).



Some of the Ward A5 team who fundraised for Bowel Cancer New Zealand. They are holding an imitation ostomy bag made from plastic and paper. It's filled with paper money and was on the team's 'awareness board' as a visual tracker of their progress during the fundraising campaign

**“Getting all
their shots for
the best start
in life”**

Prioritise to immunise our children.

Te Whatu Ora
Health New Zealand



Giving whānau more choice: Increasing access to funded vaccines available in pharmacies

Last month, Pharmac decided to provide pharmacies with access to additional funded vaccines. The National Immunisation Programme has since been working to operationalise this for pharmacies, with a go-live date of 1 August.

From 1 August 2023, vaccinating pharmacies will be able to order additional National Immunisation Schedule vaccines, resulting in wider availability of vaccination sites in the community.

Community pharmacies can already offer funded influenza, MMR, Tdap and COVID-19 vaccines.

This exciting change sees the following vaccines added:

- › Bexsero (Meningococcal B vaccine)
- › MenQuadfi (Meningococcal ACYW vaccine)
*limited access due to low volume
- › Gardasil (Human papillomavirus (HPV) vaccine)
- › Shingrix (Varicella zoster [Shingles vaccine])

To understand who should receive what vaccinations and when, check the [immunise.health.nz website](https://immunise.health.nz).

Be protected against
meningococcal disease



We want your input

We are always on the lookout for interesting and engaging stories about the people of Te Whatu Ora Waitaha Canterbury. If you know of a good story or have something to share, please let us know. It may be an achievement, an initiative, a retirement, recognition, or just a feel-good story.

All contributions and ideas are welcome! Please email communications@cdhb.health.nz.

QUIZ – FIFA Women’s World Cup 2023

New Zealand is currently co-hosting the 2023 FIFA Women’s World Cup with Australia. How much do you know about this tournament and the teams competing in it?

- 1. In what year was the first FIFA Women’s World Cup held?**
 - a. 1987
 - b. 1991
 - c. 1995
 - d. 1999
- 2. Which team has won the most World Cup titles?**
 - a. USA
 - b. Japan
 - c. Germany
 - d. Norway
- 3. Twelve teams competed in the very first World Cup. How many teams are competing in the 2023 competition?**
 - a. 18
 - b. 22
 - c. 28
 - d. 32
- 4. After winning the World Cup in 2019, the US team got a lot of attention because of something they didn’t do. What was it?**
 - a. They didn’t shake hands with the opposition
 - b. They didn’t do any post-match interviews
 - c. They didn’t attend a White House reception
 - d. They didn’t enthusiastically celebrate their win
- 5. True or false. 2023 FIFA Women’s World Cup matches will be played in Christchurch.**
 - a. True
 - b. False
- 6. New Zealand has drawn Group A with three other teams. Which country is not in Group A?**
 - a. England
 - b. Norway
 - c. The Philippines
 - d. Switzerland
- 7. Which retired professional basketballer has a daughter in the USA team at this year’s World Cup?**
 - a. Michael Jordan
 - b. Charles Barkley
 - c. Dennis Rodman
 - d. Larry Bird
- 8. There are only seven teams that have competed in every FIFA Women’s World Cup, the USA, Germany, Norway, Sweden, Brazil, Japan and which other country?**
 - a. Australia
 - b. The Netherlands
 - c. Argentina
 - d. Nigeria
- 9. Who is captain of the New Zealand Football Ferns?**
 - a. Olivia Chance
 - b. Ali Riley
 - c. Rebekah Stott
 - d. Victoria Esson
- 10. What city hosted the World Cup opening ceremony?**
 - a. Auckland
 - b. Wellington
 - c. Sydney
 - d. Melbourne

[Check your answers on page 18.](#)

From server to cloud – A successful email migration

In an ambitious undertaking, our Data and Digital team in conjunction with our customers and suppliers united to tackle a crucial project – the migration of our email system, comprising 15,000 accounts, from on-premise to the cloud-based Microsoft Exchange Online. This migration promised enhanced functionality, improved service, and fortified security; more importantly, it addressed a very significant risk as our current platform was no longer supported.

“This project was first investigated about four years ago. COVID-19 and other challenges meant we were not able to resource or prioritise this piece of work”, said ICT Services Manager, and Project Sponsor Dan Coe.

As part of the Te Whatu Ora strategy, several regions had already migrated to the cloud and were reaping the benefits. Waitaha Canterbury and Te Tai o Poutini West Coast remained two of the few still to migrate.

This transition was not without its fair share of challenges. It is one of the few projects where everyone would be impacted either on their mobile or desktop devices. The team knew they had a massive task ahead that required a lot of planning and coordination.

“For a number of reasons we decided to migrate in one big bang, with special attention being given to large mailboxes, aging devices, and the numerous shared mailboxes, ensuring they received the extra assistance needed during the migration”, added Dan.



Pou Whirinaki – Ruru Hona at the blessing with the entire team.

Anticipating a three-day email outage during the Matariki weekend, the team advised everyone to prepare for temporary disruption and establish alternative communication channels for critical matters during this period.

Interim Chief Digital Officer, James Roberts, said “Success would be measured on how well-prepared everyone in Waitaha was for this move. Communication was identified early on as the key requirement to making this successful.

We therefore needed a proactive key stakeholder group to get the message out and prepare everyone for the migration.”

A stakeholder advisory group was formed, overseeing each area of the region to manage challenges specific to their location.

Extra IT support was also arranged before, during, and after the migration, ready to assist anyone encountering difficulties.

On Thursday 13 July, Data and Digital held a blessing led by Pou Whirinaki Ruru Hona, marking the start of the great mailbox migration project, and as the clock struck 6pm, the migration began.

The team's precision and tireless efforts were evident throughout the long weekend. An Emergency Operations Centre (EOC) was also set up which provided steadfast support during this crucial period, ensuring a seamless transition.

As Monday dawned, most staff successfully logged into their email accounts without assistance, a testament to the project's success. Data and Digital facilitated drop-in sessions at various locations, including virtual support for rural hospitals and Wharekauri (the Chatham Islands). Support teams also went from desk to desk, aiding individuals with their PCs and phones.

"I am immensely proud of what the project team and our stakeholder group achieved, together with the buy-in from our customers in embracing change on this scale. To all our technical teams who stepped in, up, and out of your comfort zones to achieve this ngā mihi nui.

This was a great example of what an empowered team can achieve. So my personal thanks to Dan Coe, Rachele Allan, and Berni Marra; the enablers", added James.



From left: Team leader Sergio Silva, Project Manager Gavin Young, Ruru Hona Pou Whirinaki, Transalpine Problem and Incident Manager Rachele Allan, Interim Chief Digital Officer James Roberts and ICT Services Manager and Project Sponsor Dan Coe

This work is not yet complete. A piece of work of this scale will have a long tail. We still have support teams available across the campus to assist, so please contact the Service Desk who will either resolve the issue or point you to one of our floor walking teams for resolution.



Some of the talented ISG kaimahi who have been providing support during the email migration

One minute with... .. Stephen Hill, Communications Contractor

What does your job involve?

I work as part of the Communications team, putting together communications and information for all sorts of projects. That could include promoting new projects and services, profiling the work our people are doing in the community and in our facilities, preparing comms plans for emerging issues and challenges, keeping staff up to date with news and developments, and helping respond to media and public enquiries. Never a dull moment!

What pathway got you to this job?

I started my working life as a journalist, then moved into public relations and corporate communications. I've worked in local government for most of the past 20 years, and I've also had interesting stints with the likes of Plunket, the Blackcaps and Police.

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

Read widely. Think critically. Listen. Always ask questions. There are plenty of good courses on journalism and communications which are great pathways for learning the technical skills, but there's no substitute for an enquiring mind. Oh, and learn how to use apostrophes correctly!

Who inspires you and why?

My late father has been a lasting influence. He was a pharmacist, counsellor, church leader, musician, wit ... always calm and unruffled, and always with a listening ear and wise words. I'm also inspired by good writing and often come back to interesting authors who take your mind to new places and ideas ... a couple of favourites include Malcolm Gladwell (Tipping Point, Outliers) and Bill Bryson (Notes from a Small Island, A Short history of Nearly Everything).

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?

Relationships are at the heart of good communications. For me that means understanding where people are coming from and what they're dealing with, being open to others' views, and being up front and genuine in how I interact with people.

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

Right now? Somewhere warm, like Rarotonga, sipping coconut juice! Otherwise probably the UK – it would be great to catch up with our younger son who lives in London.

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

Hmmm. I'm going to go with Hugh Laurie. Just the right combination of hilarity, cynicism and gravitas, and he plays a mean guitar!

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

We grow a lot of our own veges and try to make sure we're keeping our waste to a minimum – that includes having a worm farm and making lots of compost!

What are your hobbies/interests outside of work?

Music – both listening and playing. During lockdown, like many people I got back into listening to vinyl LPs and find it's quite addictive. My passion is playing bass guitar, and in recent years I've played in a blues band and a Pink Floyd tribute band.



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 – lesson #24

Whakatauākī – Proverbial statements made by a person who is known

Ranea ana te kai a te rangatira i te pātaka nei o tēnei kaupapa. Nau mai ki te hākari! The food of the chiefs is indeed abundant within the pantry of this akoranga. Welcome to the feast!

This week, we are going to look at some statements that are well known in te ao Māori (the Māori world). Whakatauākī are widely utilised by Māori and they provide unique glimpses of the Māori worldview. They embody the values and wisdom of the Māori people and are often used as a concise and metaphorical way of conveying a deeper message – Ahakoa he iti te kupu, he nui te kōrero – although there may be few words, they speak volumes.

Whakatauākī

Nā te iho ko te kōrero, nā te whakaaro nui ko te mūmū.

Talking comes naturally, silence comes from wisdom.

Te Wharehuia Milroy (Ngāi Tūhoe).

Kua tawhiti kē tō haerenga mai kia kore e haere tonu. He tino nui rawa ō mahi, kia kore e mahi tonu.

You have come too far not to go further. You have done too much, not to do more.

***Tā Hemi Henare (Ngāpuhi, Ngāti Whātua).
E toa ai a whiro, me noho puku noa a kou tāngata***

All that evil needs to triumph is for good people to do nothing.

Te Wharehuia Milroy (Ngāi Tūhoe).

Whakahokia te reo mai i te mata o te pene ki te mata o te arero.

Bring back the language from the tip of the pen to the tip of the tongue.

***Te Wharehuia Milroy (Ngāi Tūhoe).
Ahakoa taku iti, he iti matā.***

Don't underestimate me because of my size.

Te Rakaitauheke (Ngāi Tahu)

He whakapātaritari – A challenge

Think about all the times that you might use a whakatauākī in your native language. Do you do it often?

Think of Neil Armstrong and his statement “That’s one small step for man, one giant leap for mankind”. What about Martin Luther King’s statement: “I have a dream that my four little children will one day live in a nation where they

will not be judged by the colour of their skin but by the content of their character.”

Consider where and when you might be able to incorporate some of these whakatauākī Māori, or perhaps some others, in your daily life.

I mōhio rānei koe? Did you know?

On 21 July 1865, New Zealand Governor George Grey was responsible for overtaking the Pai Mārire pā at Weraroa.



Pai Mārire was a new religion that emerged in 1862, founded by the prophet Te Ua Haumēne. The faith based upon the principles of

goodness and peace was developed following land conflicts in Taranaki. Members of the religion were however, often involved in warfare, opposing the land confiscations and consequently Europeans viewed the faith as an anti-Pākehā movement and associated it with violence.

When the fighting in Waikato and the Bay of Plenty ceased in 1864, Grey wanted to make good use of the British troops that he had before they were withdrawn from New Zealand. Capturing the pā at Weraroa would provide more land for Europeans to occupy. After multiple advances of troops and battles over months, the remaining Māori at the pā surrendered and Grey confiscated the land.

[Capture of Weraroa pā | NZHistory, New Zealand history online](#)

[Pai Mārire - Pai Marire | NZHistory, New Zealand history online](#)

Kia tau te rangimārie ki tēnā, ki tēnā o tātou.
May peace be with each and every one of us.

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

Hauora.Maori@cdhb.health.nz

Winter warmer recipe

Healthy chocolate cake

Ingredients:

- > 1 cup mashed kumara (no skin)
- > 1 cup self-raising flour
- > ½ cup cocoa powder
- > ¼ tsp salt
- > ¼ tsp baking soda
- > 3 large eggs, lightly whisked
- > 1 tsp vanilla
- > ½ cup olive oil
- > ½ cup maple syrup

Chocolate mousse ganache

- > 2 ripe avocados
- > ½ cup cocoa powder
- > ½ cup maple syrup

Method:

Grease and line the bottom of a 23cm round cake pan and preheat the oven to 180°C.

Peel, cook and mash the kumara and allow to cool.

In a separate bowl, sift the flour, cocoa powder, baking soda and salt and stir to combine.

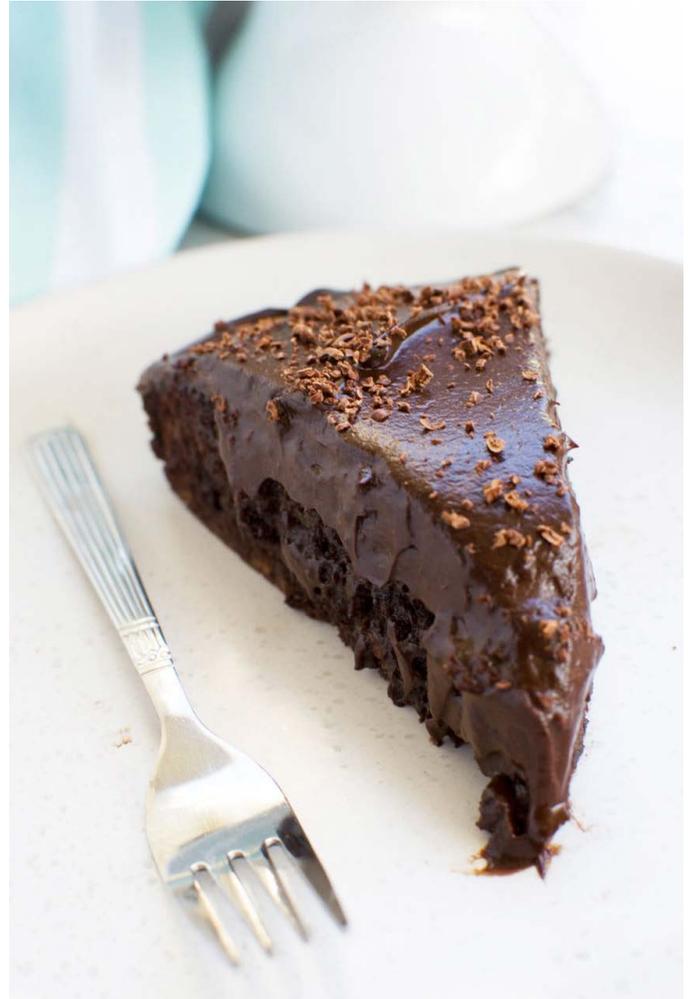
Mix together the sweet potato with the eggs, vanilla, oil, and maple syrup and pour over the dry ingredients. Mix until well combined.

Pour the batter into the prepared baking pan and bake for 18 minutes or until the top is just cooked and the centre is still a bit gooey.

Let the cake cool for 10 minutes in the pan, then carefully turn out onto a wire rack to cool completely.

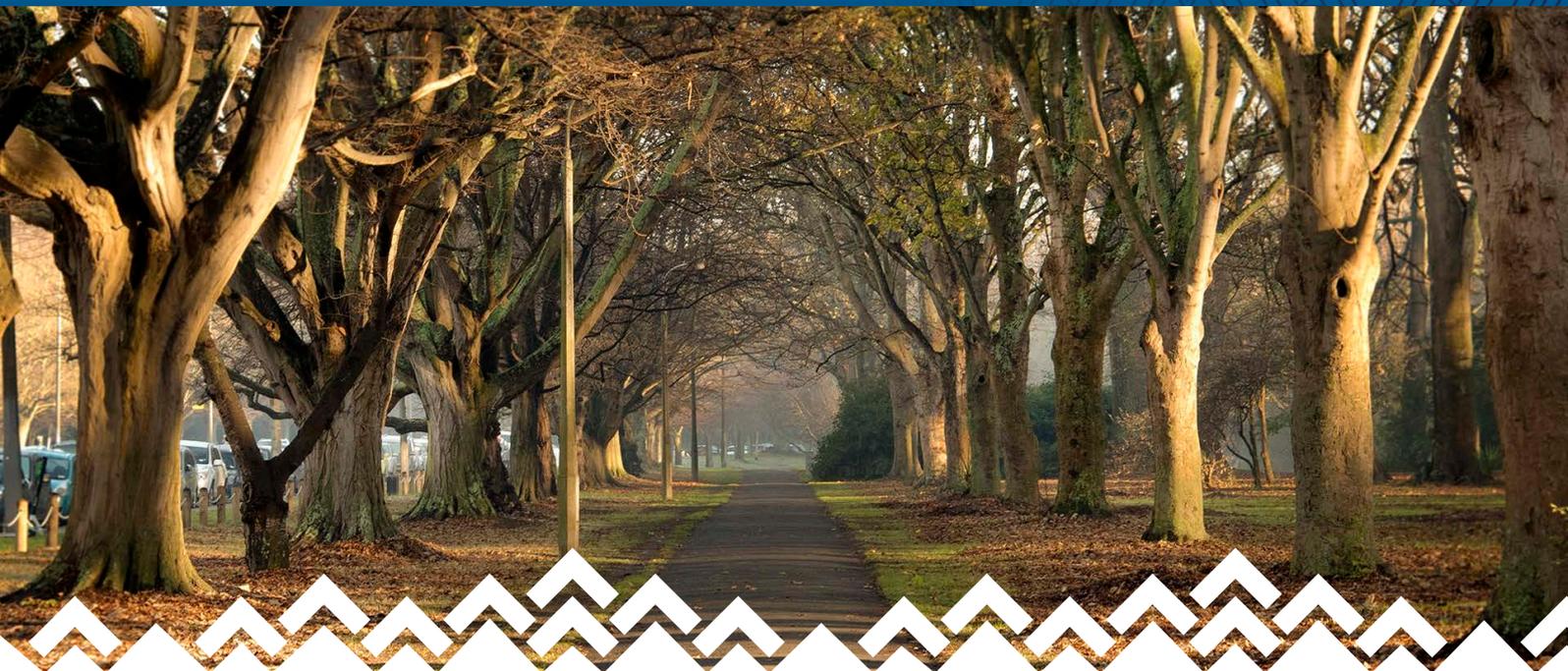
To make the ganache, pulse the avocado, cocoa and maple syrup in a blender or mixer until silky and smooth. Once the cake is completely cool, spread the ganache thickly all over the top and sides.

Garnish with a little grated dark chocolate if you wish.



This cake and ganache will freeze. You may prefer to just freeze the cake and wait to make the ganache when you're ready to eat the cake.

Whakamihi – Bouquets



Marita and Anastasia, Urology, Christchurch Hospital

I would like to acknowledge two nurses on your urology ward, Marita and Anastasia. My partner has been on your ward on numerous occasions over the past nine months. These two nurses are real standouts, they both advocate for their patient, and have shown compassion, empathy, and care to the highest standard. They both go the extra mile for patients, and deserve acknowledgement.

Medical Progressive Care Unit, Christchurch Hospital

I cannot thank everyone enough for the care, kindness, and compassion they had towards my nana and all our family. Everyone who was a part of this made a difficult time such a special experience because she wasn't in pain and was treated with such respect and care in her final days. I know that just writing this isn't enough to say how grateful we are as a family to have been able to experience such an incredible team you have on this ward. We just wanted to let you all know how much we appreciated everyone that was a part of Nana's care. Thank you so much for everything you all did.

Adrienne and Lynley, Hillmorton Community Dental

I want to pass on some feedback about your amazing Dental Therapist Adrienne Henry and Dental Assistant Lynley, they were absolutely brilliant. My daughter was very anxious about

getting a filling and they talked through everything they were doing and really took such great care of her. We were expecting for her to need sedation and she was so brave and calm thanks to your team. We are so thankful to you all!

Yvonne, Christchurch Women's Hospital

Yvonne, the phlebotomist in Women's outpatients is absolutely amazing, she was so helpful and reassuring on the phone right through the appointment! She is a true asset to the unit and deserves a great big compliment!

Ward A4, Christchurch Hospital

The only word is 'brilliant'. Great staff and care of my wife.

Big Shout Out

To: ISG

A big thank you to the roving ISG team at Manawa. The ISG team were resolving issues following the Outlook email migration. They were extremely helpful, knowledgeable, and friendly. It was much appreciated and helped us to quickly get back to working at full capacity.

From: Sacha McMillan Clinical Nurse Specialist

#carestartshere

Ward 18, Christchurch Hospital

To the team on Ward 18 for my recent post-surgical care, thank you. Special mention goes to nurses Armie, Katie, Jessica, Taylor and April (helping from a surgical ward), for their professionalism and kindness in often busy and difficult circumstances. Admissions and bells ringing 24/7 but they always came to me with professionalism, a smile and reassurance.

Rachael, Canterbury Hauora Coordination Hub

To Canterbury Hauora Coordination Hub Social Worker Rachael Green (from a client's daughter):

I'm sure you hear this all the time, but your work and care are invaluable for people like myself, trying to navigate through foreign territory, so a big thank you.

Gastroenterology, Christchurch Hospital

Everyone was so friendly and caring. They all just put you at ease. One incredible group of humans. Thank you.

Jason, Dental department, Christchurch Hospital

Jason was extraordinary – understanding of my anxiety and extremely patient. Thank you so much.

WellFood, Christchurch Hospital

Thank you to the staff serving dinner who got some ice cream for my husband who was just out of surgery and did not want a full dinner.

ED, Christchurch Hospital

I would like to thank the awesome team for helping me so kindly and efficiently. The receptionist gave me clear instructions on where I needed to wait for a nurse. The nurse was very kind and professional. The X-ray staff quickly guided me to get my X-rays completed. The doctor explained to me clearly and concisely and explained anything I did not understand. I felt like I was treated superbly by the entire team that I interacted with. Many thanks to all involved.

Ward 24, Christchurch Hospital

To all the wonderful staff on Ward 24. Thank you for caring for our mum. Your kindness and professionalism were second to none.

Nigel, WellFood, Christchurch Hospital

Catering Assistant Nigel is a wonderful staff member. He was so kind, caring and helpful when my father was sick in Parkside Ground Medical.

JB, Christchurch Hospital

I am writing to let you know that I have been very impressed by Registrar Dr JB Kim. He is warm, supportive, professional, and very patient. He is also culturally sensitive and has great communication skills. He is truly a great doctor.

Big Shout Out

To: Peter Middelkoop and Bimal Devkota, ISG

Thank you to Peter and Bimal who are currently providing IT support onsite at Burwood Hospital. They are so approachable, cheerful, and patient in providing IT support to staff needing help. Also, a bouquet to whoever had the idea of providing onsite IT support at Burwood Hospital around this time of email changeover, as it makes it so much easier and more efficient timewise for those of us at Burwood Hospital to access this help.

From: Joan Halliwell, Registered Social Worker

#carestartshere

Big Shout Out

To: Dialysis and Social Work staff

I would like to give a shout out to the Dialysis staff who calmly evacuated 13 dialysis patients from the Home Dialysis Training Centre last Monday, following the oxygen tank leak. Also, to the Social Work department who welcomed them all into their offices down Stewart Street. The nurses appreciated having some space to remove the patients needles, and the patients enjoyed the warmth from the crispy air outside. It was fantastic to have this support from our colleagues, and the patients felt safe and cared for in a stressful situation.

From: Wendy Cuthill, Charge Nurse Manager

#carestartshere

Return to Work Programme led with compassion

The COVID-19 Return to Work (RTW) programme ended on 30 June 2023.

The programme was established in February 2022 in response to the large COVID-19 wave within Aotearoa. Its aim was to provide a wellbeing-based service across Te Whatu Ora Waitaha Canterbury and Te Tai o Poutini West Coast to assist managers and kaimahi impacted by COVID-19.

The RTW team has ensured there has been a consistent process during this time of great pressure and strain across the healthcare system, says Nurse Manager Jacinda King.

“We wish to take this opportunity to extend our appreciation to all the kaimahi who have been involved in the delivery of the RTW service, right from the initial establishment through the continual changes, growth refinement and maintenance of the service.”

During the time this service was in operation they coordinated:

- › 16,885 individual registrations
- › 7,662 positive COVID Cases
- › 22,007 outbound calls made to COVID-19 positive kaimahi

The RTW team has had support from district leaders to build a wellness model and to lead with empathy and compassion. This service provided a single navigation point for kaimahi and managers and worked in collaboration with many other services such as the Illness Management, Occupational Health, Data & Digital, Communications, Infection Prevention and Control Teams and the COVID-19 Technical Advisory Committee.

The anonymous RTW data held within the RTW team in Waitaha Canterbury and Te Tai o Poutini West Coast is the only dataset of its type in Aotearoa. It has provided critical information in relation to managing COVID-19 infections among healthcare staff to both the Te Whatu Ora National Investigation and Tracing Centre and Manatū Hauora, she says.

“On behalf of Te Whatu Ora Waitaha Canterbury and Te Tai o Poutini West Coast, we would like to express a sincere thank you to all those who have worked within the RTW team. This includes a special mention to the two longest-serving members of the team who were integral to the refinement and delivery of the service – Nurse Coordinator Leah Hackney and Administrator Catherine McGee.

A staff member who received care and support from the RTW team says:

“Initially it felt strange getting a call from this team, and I thought they were going to tell me to get back to work, however, that was not the case at all. The team really helped me focus on my wellbeing, and with their fantastic support I was able to return to work when I felt I was ready to. It was never just a phone call, the care and compassion that this team has shown me will always stay with me.”

Waitaha Canterbury and Te Tai o Poutini West Coast COVID-19 Programme Team, kua kaha, kua māia, kua manawanui, you have been strong, you have been brave and steadfast.

E ngā toka tū moana, e kore ā mātou mihi e mimiti

To you, the resilient ones, our thanks and acknowledgements will never wane.

Ā mātou kōrero – Our stories

World Hepatitis Day – new machines remove barriers to testing

For the first time in the South Island, people will be able to get their hepatitis C results within an hour thanks to new portable testing units now available here.

Point of care finger prick antibody testing has been available for about three years and can tell if a person has been exposed to hepatitis C, but not if they have the active virus, says Hepatitis C Regional Coordinator Rob Hallinan.

“The portable GeneXpert testing machines confirm with a finger prick if someone has active hepatitis C or not. This has previously required a blood sample.”

The mobile GeneXpert® machines are based in Christchurch, Nelson, and Invercargill.

Implementing this technology has been a collaborative endeavour between hepatitis C clinicians, Canterbury Health Laboratories and Southern Community Laboratories. Funding for the initiative was provided via a Ministry of Health grant for the provision of Telehealth and Digitally Enabled Health Services in Primary and Community Care.

“The machines provide a viral load result within 60 minutes which is then reviewed by a hepatitis nurse to determine the next steps. Another key advantage of these machines is that they only require a finger prick blood sample.

“This is significant because it removes a barrier to testing. The portable testing units bring testing to the people, for example, they can go to homeless shelters, prisons, and needle exchanges – removing testing from the clinical environment which can be a stigma for some.

“They also mean we can give fast reassurance when the test result is negative.”

Hepatitis C nurses, and needle exchange staff will identify and assist with the logistics of mobile testing, he says.

Friday is World Hepatitis Day, which is observed on July 28 every year. It aims to raise global awareness of hepatitis – a group of infectious diseases known as hepatitis A, B, C, D, and E – and encourage prevention, diagnosis, and treatment.



Hepatitis Community Clinic Registered Nurse Emily Wooff demonstrating the GeneXpert machine with Hepatitis C Mobile Service Coordinator Rosemary Collins

About 45,000 New Zealanders are living with hepatitis C (a blood-borne virus that attacks the liver and can lead to cancer), however, due to symptoms often not appearing for many years, half of them may be unaware they have it.

Those at risk include people who have received a tattoo or body piercing using unsterile equipment, been in prison, received medical treatment in a high-risk country, had a blood transfusion before 1992, been born to a mother with hepatitis C, or ever injected drugs.

Hepatitis C is the leading cause of liver transplantation in New Zealand and the second leading cause of liver cancer behind hepatitis B. Around 1,000 people contract hepatitis C every year and 200 people die from it.

There is now a highly effective treatment that can cure up to 98 percent of those with chronic hepatitis C. To achieve elimination, we must ensure that everyone who has the virus is diagnosed so they can receive this treatment.

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.



Fitness Passport - *Your Fitness Passport vote is here*

The Fitness Passport survey launched last week and thanks to those who have voted so far. For those who haven't yet, you have until 4 August and you can do so by following the link <https://www.surveymonkey.com/r/TeWhatuOraFP> or scanning the QR code



Te Whatu Ora Waitaha and Te Tai o Poutini have the opportunity to have a Fitness Passport programme designed exclusively for us. This survey will allow you to nominate your favourite gyms and pools for inclusion in the programme and tells us how many employees are interested in membership.

Don't miss this chance to have your say!



Laya Massage & Aroma Therapeutic - *Ilam Health Room 10, 110 Memorial Ave, Burnside, Christchurch*

Get 20 percent off all treatments - show your staff ID to redeem. The shop is located inside the Ilam Health building with plenty of free car parking. See the [flyer here](#) for more information..



Marsh Insurance

Policies and premiums at wholesale rates to all Te Whatu Ora Waitaha employees - [see more information here](#).



Greenroots Juicery

Offering cold-pressed, local, organic juice cleanses juice packs and wellness shots. Get 20 percent off all products online using [discount code found here](#).

Postgraduate nursing education fairs and postgraduate/graduate funding round 2023/2024

****Recalling the previous notice that went out for our *Canterbury Postgraduate Nursing Education Fair 2023*, due to updates and rescheduling.**

The Postgraduate Nursing Education Fair will run at the following locations:

- › Monday 7 August: Burwood Hospital 11.30am – 1.30pm
- › Tuesday 8 August: Christchurch Hospital 1.30 – 4pm
- › Thursday 10 August: Hillmorton Hospital 12 – 2pm
- › Thursday 10 August: Burwood Hospital 2 – 4pm
- › Monday 14 August: Ashburton Hospital 2 – 4pm
- › Wednesday 16 August: Manawa Campus 2 – 4pm

Come along and meet our education providers and Te Whatu Ora's postgraduate nursing office.

Open to all registered nurses – at any date, time and venue that is convenient for you!

Please note only one funding round is available for 2024 graduate and postgraduate applications in 2023. This is open from 28 August – 6 October 2023

Please ensure to check out our webpage: <https://edu.cdhb.health.nz/Hospitals-Services/Health-Professionals/Postgraduate-Nursing-Education/Pages/default.aspx>

If you have any queries, please direct them to: PostGraduateNursingOffice@cdhb.health.nz

QUIZ ANSWERS – FIFA Women's World Cup 2023

1. b. 1991
2. a. USA (four wins). Germany has won it twice and Japan and Norway have one title each.
3. d. 32
4. c. They didn't attend a White House reception. After a couple of players publicly stated that they wouldn't attend a reception at the White House, even if ordered, and it became obvious that they had the support of the rest of the team, then President Donald Trump didn't hold the event at all.
5. b. False. Sadly, the only New Zealand games will be played in Auckland, Hamilton, Wellington, and Dunedin.
6. a. England. New Zealand will compete against Norway, The Philippines, and Switzerland in Group A.
7. c. Dennis Rodman. His 21-year-old daughter Trinity is considered 'one to watch' this tournament.
8. d. Nigeria
9. b. Ali Riley
10. a. Auckland

PUBLIC LECTURE

2023
ipl
Inaugural Professorial Lecture

Professor Tony Walls

Department of Paediatrics

1973-2023



UNIVERSITY
OF OTAGO,
CHRISTCHURCH

*Te Whare Wānanga
o Ōtāgo ki Ōtautahi*

50
YEARS



Research for Children Aotearoa

Tuesday 19 September 2023
5pm
Rolleston Lecture Theatre,
University of Otago,
Christchurch

MOI 465-LJ-20230309

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Te Whare Wānanga o Ōtago
NEW ZEALAND



**CERVICAL
CANCER**



Gynaecological Cancer League
Alliance For Better

Nau Mai, Haere Mai Tauti Mai

**He Korowai Oranga
Latest clinical updates 2023**

HPV and cervical cancer prevention in Aotearoa New Zealand

Associate Professor Peter Sykes

Thursday 27th July

Cashmere Club, 50 Colombo Street

Cashmere, Christchurch

Programme

6:05 Registration / Mihi Whakatau

6:15 kai paramanawa / tea

6:45 Assoc Prof Peter Sykes

7:45 Questions and concerns

8:00 Closing

Registration @

Kathy Simmons

simmonsafk@xtra.co.nz

021-1159178

Dr Mak Sarwar

mak.sarwar@otago.ac.nz

022-0287026