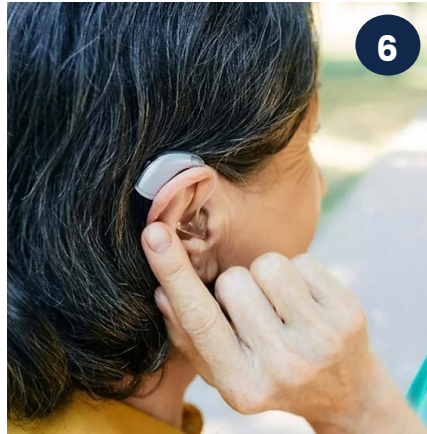


# Health New Zealand Te Whatu Ora Canterbury Waitaha Pānui

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



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*Cover photo: Some of the latest intake of House Officers during orientation, training with a manikin at Manawa's Simulation Suite. From left, Maia Wehi, Educational Supervisor Senior Medical Officer Jawwad Azam, Zoe Williams, Joshua Wensley, Henry Ward, Josh Ward and Nicholas Young*

# Kupu Arataki – Introduction

## Updated COVID-19 vaccine available soon

From 7 March an updated COVID-19 vaccine will be available to people aged 30 and over, those aged 16-29 who are pregnant, and people aged 12-29 at higher risk of severe illness from COVID-19.

The updated XBB COVID-19 vaccine is more effective against more recent subvariants of COVID-19 in New Zealand, and will help protect people from becoming seriously ill from newer strains. It replaces older versions of the COVID-19 vaccine for people aged 12 and over.

Read more about the new vaccine on [page 15](#) or see the latest information on the [Health New Zealand | Te Whatu Ora website](#)



## Be SunSmart this March

It may be past the height of summer but there's still plenty of time to get outside and enjoy the sun – so being SunSmart is just as important as ever.

Even on cloudy or cooler days you can still get sunburnt. You can't see or feel UV radiation, and it still gets through light cloud cover, so unprotected skin can be damaged.

Around 80,000 Kiwis get skin cancer each year but you can help reduce the risk by following the SunSmart protection system – slip, slop, slap and wrap:

- › Slip on clothing that covers as much skin as possible
- › Slip into the shade of a leafy tree, building or shade sail
- › Slop on plenty of broad-spectrum, water-resistant, sunscreen of at least SPF 30
- › Slap on a hat with a wide brim or with flaps covering ears and neck
- › Wrap on sunglasses. Choose close fitting, wrap around style

It's also important to regularly check your skin for any moles or skin patches that have appeared or changed over time. If you have any concerns, talk to your doctor and show them what is worrying you.

Find out more at [sunsmart.org.nz](https://sunsmart.org.nz)



# Health Status Report on New Zealand's population health available now

Last week Health New Zealand | Te Whatu Ora released the Aotearoa New Zealand Health Status Report 2023, a review of the current health of all New Zealanders.

The report is generally positive. On the whole New Zealanders are living longer with continued life expectancy growth. Mortality rates are dropping in some areas, such as for cardiovascular disease and cancer. We've also seen a decline in smoking rates in New Zealand.

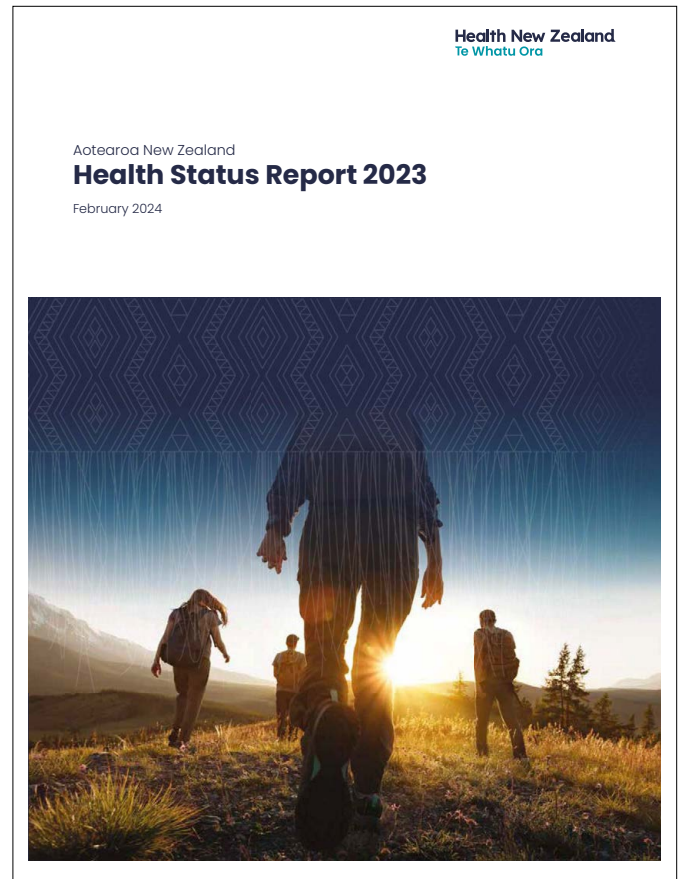
While we can be encouraged by the data, the report does also set out some significant challenges.

There are significant gaps between the health of Māori and non-Māori, Pacific and non-Pacific, and between those who live in the most deprived and least deprived areas. One of the most confronting examples is the six-year life expectancy gap between Māori and non-Māori and a seven-year gap between Pacific and non-Pacific peoples.

Other key challenges include our ageing population, the rise in obesity and preventable diseases, alcohol-related harm and an increase in mental distress and self-harm.

The data in this report, along with the Government Policy Statement on Health and the new health targets will help us to identify our priority areas for improvements in health outcomes to inform our three-year health plan.

You can read the [Health Status Report 2023](#) on our website.



## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

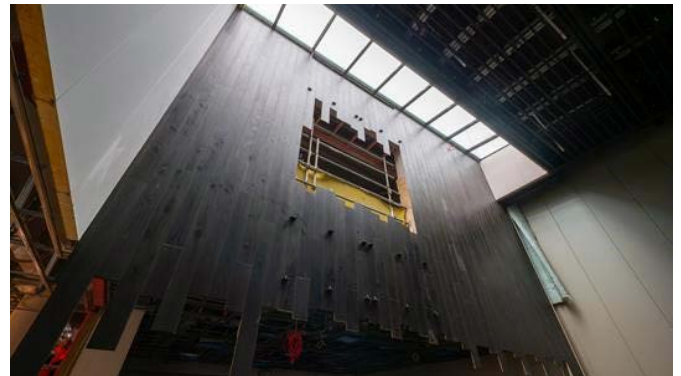


# Progress on Parakiore Recreation and Sport Centre



Parakiore Recreation and Sport Centre, neighbour to Te Papa Hauora/Health Precinct in Christchurch, is now about 75 percent complete. The latest milestone in the project was completing the final areas of glazing on the south-western corner of the pools building and at the southern entry to the reception hub.

With this glass now in place, work to make the building weathertight is almost complete. Inside, work is continuing on waterproofing, underfloor heating and tiling, as well as the installation of panelling and insulation.

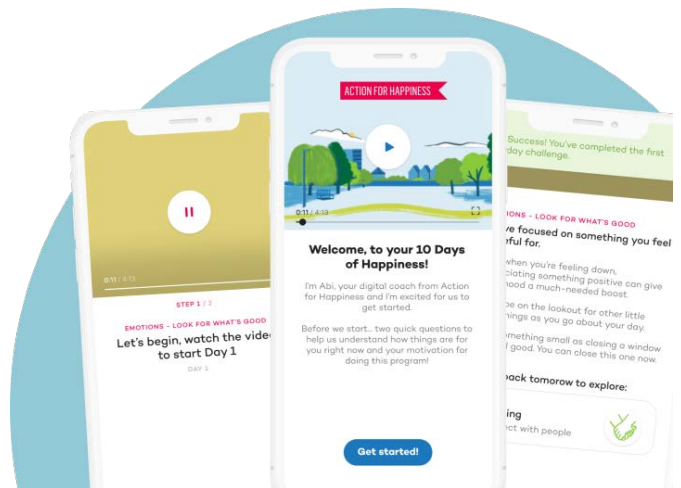


## Wellbeing spotlight – 10 Days of Happiness

10 Days of Happiness is a free online programme to boost your wellbeing, through daily actions for happier living. It is based on the latest research from positive psychology, neuroscience, and behavioural science.

Each day there's a short video clip on a different theme, and a short activity designed to give you a boost – and help you apply these ideas in your daily routine.

[Click here to register](#) and get started on the 10 days of happiness programme.



## World Hearing Day and Hearing Awareness Month

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This Sunday (3 March) is World Hearing Day, which marks the start of Hearing Awareness Month. The month is an opportunity for organisations to put a spotlight on hearing health, and raise awareness of the experiences of the more than 880,000 New Zealanders who are Deaf or hard of hearing.

Hearing loss affects 11 percent of New Zealand's workforce and that number is on the rise. An important step that organisations and individuals can take is to become more hearing loss-aware in the workplace. There are simple, proactive steps that organisations can take to create an inclusive and accessible experience for Deaf and hard of hearing staff and customers.

Check out the poster on [page 24](#) to learn ways you can support the Deaf and hard of hearing community in your everyday interactions and conversations.

Find out more about how you can help at [www.nfdhh.org.nz](http://www.nfdhh.org.nz)



## Brain Awareness Month spotlights Parkinson's research

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March is Brain Awareness Month and the Neurological Foundation is holding a series of events to raise awareness of neurological conditions and spotlight innovative new brain research.

From stroke, Alzheimer's and Parkinson's diseases to concussion, epilepsy and migraine, people of any age can suffer from neurological conditions.

This Thursday, Christchurch-based brain researcher Toni Pitcher will be sharing insights from her research into Parkinson's disease. Learn how her work is shining a light on the 12,000 New Zealanders living with the disease, and helping us find ways to move forward in a positive way.

The event is at 6pm in the Victoria room at the Christchurch Town Hall. Find out more and register for the event [at the Neurological Foundation website](#).

## Thousands use rural telehealth service over peak holiday period

Nearly 4000 people made use of the new rural telehealth service Ka Ora Telecare during the peak summer holiday period.

A total of 3973 patients accessed the service between 22 December and 7 January. Of the total consults, 1702 were resolved with advice from the kaiāwhina, with a further 1298 patients triaged by the nurses and issues resolved. These appointments were free for the patients.

A further 800 received an appointment with a general practitioner or senior nurse practitioner, 157 were triaged by a nurse from Emergency Consult overnight and 16 people received an appointment from an emergency medicine doctor.

Ka Ora offers out of hours phone and video consultations to people living in and visiting rural areas, who may not have easy access to primary healthcare outside of regular clinic hours.

The service is available from 5pm to 8am on weekdays and 24 hours a day on weekends and public holidays. Staffed by kaiāwhina, nurses, GPs, and emergency medicine specialists, Ka Ora is open to all rural areas whether they're enrolled with a primary care practice or not.

Find out more about the wide range of telehealth options available to all New Zealanders, regardless of where you live. Check the [information on healthify](#), and enjoy the convenience of health care from wherever you are at a time to suit you.

### Have you tried a virtual GP appointment?

If you can't see your own doctor, NZ registered GPs can see you virtually – via a phone, laptop or tablet.

Visit [www.healthify.nz](http://www.healthify.nz) and search for 'telehealth' to find a list of providers.

Health New Zealand  
Te Whatu Ora



## Supporting people's mental health "an honour"

Registered Nurse Lisa Zandbergen isn't looking back after changing career in her 40s to work in the Specialist Mental Health Service (SMHS).

A former Pharmacy Assistant, Lisa completed her Nurse Entry to Specialist Practice (NESP) first year in an acute unit at Hillmorton in 2023. The NESP programme supports nurses new to mental health, addiction, and intellectual disability services, to develop their professional practice.

She is now in her second year of nursing, working in Hillmorton's Forensic Mental Health Service which provides therapeutic support alongside tangata whaiora (people seeking wellbeing) who have mental health issues and have come into contact with the justice system.

"A lot of fantastic new graduate nurses are coming through the SMHS, I am just one of many passionate about mental health and helping people," Lisa says.

National workforce centre for mental health, addiction and disability Te Pou advises that there has been a 35 percent increase in NESP nursing and Allied Health numbers across Aotearoa since 2020. Canterbury NESP has grown to 36 FTE places compared to around 22 last year.

Lisa says she loved working in Pharmacy but "wanted to do something more".

"My own Māori whakapapa makes me acutely aware of how Māori are over-represented in our system. I feel very passionate about working with Māori consumers and their whānau to improve mental health outcomes. I believe this is so important."

Seeing people come in acutely unwell and how a whole team supports them to wellness is very fulfilling.

"You see people at the most vulnerable time in their lives and you are there in that time to support them. That's a real gift and quite an honour."

She is grateful for the support she has received.



Registered Nurse Lisa Zandbergen

"I am just three weeks into working in Forensic Mental Health and I ask so many questions and my colleagues are so supportive, helping me to understand why and how something is done," Lisa says.

There are significant workforce shortages in mental health and a diverse workforce, which is representative of the people we work with, is needed, says Specialist Mental Health Service Director of Nursing Patsy Tarrant.

"Now, enrolments for Te Pou are at a record high and last year, there were more Māori and Pasifika trainees than Pākehā," says Patsy.

Increased support and word of mouth has been a factor, as well as the increase in the nursing MECAs (Multi-Employer Collective Agreements) and changes to the pay structure, she says.



# New house officers welcomed with hands-on orientation

Every year the Medical Education and Training Unit (METU) welcomes around 60 new house officers who begin their medical careers at Health New Zealand | Te Whatu Ora Canterbury Waitaha.

In January this year 62 new house officers started their journey with a five-day orientation. Organised by METU, it outlines expectations and role requirements, offers scenario sessions, practical skill stations and various workshops, and a mini expo where the house officers can get to know the other services Canterbury offers.

In their first one to two years here, each house officer will do three-month rotations working in different services including Cardiology, General Surgery, Psychiatry, Older Persons Health, General Medicine and more.

Canterbury has 15 educational supervisors (senior medical officers) who work closely with each house officer, supporting them with education, training, mentoring and career advice.

Medical Education Officer Karen Dreaver says it is a privilege to be able to welcome and orientate our new house officers each year.

“With the help of other services and colleagues, METU are able to offer a comprehensive and enjoyable orientation that should enable our new house officers to start their careers with confidence – and knowing that they will be well supported while working here at Canterbury Waitaha.”



At right, Registrar Adam Simpson leads a skills session with a group of new house officers



The 62 new house officers welcomed to Canterbury Waitaha in 2024

# One minute with... Tamati Wairepo, Registered Nurse (NetP)

## What does your job involve?

Providing nursing care for children aged 0-15 years in the Paediatric Medical ward for varying medical conditions such as asthma, eczema, congenital heart defects and viral illnesses, alongside some surgical interventions for babies. Notably, care is led with a lens which incorporates the patient and whānau as one dynamic, nurtured and supported, so that the care provided is unique to them. We work closely in partnership ensuring that we actively participate together with the patient and whānau and vigilantly strive to protect their mana.

## What pathway got you to this job?

Entering the pre-health pathway first offered by Te Pūkenga. This ensured a smooth transition into the three-year Bachelor of Nursing programme.

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

Have morality and passion at the forefront of your mindset, which will then underpin the care you provide. Everything we do is done with intent, which leads and supports a pathway to a positive health outcome that extends beyond the patient and whānau into the community. Secondly, interpersonal skills will forever be your best friend and will only become stronger as time goes on – communication is key not only within your care delivery but also with your colleagues.

## Who inspires you and why?

Dr Kerry Orłowski, a consultant involved in care delivery on my ward. I remember as a nursing student attending her ward rounds and feeling a great sense of inspiration and positivity, seeing her fantastic interpersonal skills, empathy, and active involvement with her colleagues and the whānau during her ward rounds. I am now, fortunate enough to be a registered nurse on the ward. I have also always drawn inspiration from people who project confidence and individuality.

## 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?

My aspiration aligns with these values and with creating a culturally safe environment that fosters world-class care for the tangata whenua of New Zealand. My approach to patient care is centred around patient and whānau and their unique needs for improved health and wellbeing. As an advocate and navigator for patients, I am sensitive to their

health determinants and strive to address them with empathy and respect while maintaining integrity.

Creating inclusive spaces that remain safe and transparent,

which fosters authenticity and trust in patient environments, is so important, alongside honouring healthcare engagements that align with empathy, whakawhanaungatanga (the process of building relationships) and congruent patient and whānau kaupapa.

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

Greece, on the exact island where Mamma Mia was filmed, and I am sure I would feel just like Meryl Streep. Why? Growing up the only CD we had in our car at the time, particularly when Mum or Dad would do the before/after school runs was the Mamma Mia album.

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

I wish it could be Margot Robbie as she is my favourite person ever and she is positive and funny and looks fabulous! However, in terms of versatility and the journey I have been through, I again think Meryl Streep would be a good fit – and not just because of Mamma Mia.

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

At the moment it looks like taking my favourite sausage dog-themed reusable coffee cup to work, using my e-scooter as my primary mode of transport, and minimising my general waste at home as much as possible.

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

I have been teaching group fitness classes at Les Mills for the past seven years. I also really enjoy training before or after work as it is a space in which I can decompress and focus on one thing in that moment. My friends are so important to me, and I aim to spend time with them as my sleep allowance allows!



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

# Whakamihi – Bouquets



## **Ellesmere Hospital**

I have found a treasure in our community. The treasure is Ellesmere Hospital. My wife was in Ellesmere Hospital on palliative care for the last 19 days of her life. I am writing this letter because I am so impressed with their standard of care. The tranquil setting sets the ambience, but it is the staff who are the jewel in the crown. The gardener let my daughter pick flowers from the garden for her mother. The chefs produced wholesome food as good as any restaurant and the nursing staff are all so very professional. One can only be impressed with their empathy and compassion and the standard of nursing care I know would not be bettered or even equalled anywhere. My wife was privileged to be in their care, and I was privileged to witness their love and concern. I cannot thank them enough for the way they helped me and my family through this most difficult time, making the unbearable bearable.

## **Christchurch Hospital**

I was in Christchurch Hospital for shoulder surgery, and I am very impressed with the service I received from start to finish. Dr Paul Sharplin's surgery was first class, the Anaesthetic guys were brilliant, the nurses and the junior doctors were all premium and caring. Registered Nurse Xiaoye Geng took very good care of me in the recovery ward. It was a very pleasant experience and I consider myself very lucky to have been allocated to Christchurch Hospital.

## **Radiology, Burwood Hospital**

Very efficient, thanks to all in the X-ray department for a very pleasant visit.

## **Tracy, Dermatology, Christchurch Hospital**

I would like to commend the professionalism and care Nurse Tracy Fenton has given me over the last 15 years. She always has a smile is very knowledgeable and will always follow through. She is outstanding, and I do hope that you appreciate her dedication and commitment.

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

I had exceptional care from Registrar Matt who admitted me, followed by the most amazing Registered Nurse Paolo during the day. Catering Assistant Eve who did our dietary requirements was a breath of fresh air.

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

Please, please pass on my thanks and apologies to the staff who tended to me last night. The doctor and nurse were awesome. You guys are heroes and heroines. Thank you for your help!

## **Haematology, Christchurch Hospital**

We would like to compliment Haematologist Registrar Dr Andre Adam. He was so helpful and kind and had a great sense of humour.

### **Ward B4, Christchurch Hospital**

My husband spent three weeks in ward 4B, he was very sick for a lot of this time. He was operated on by Dr Lee and had many visits from various other teams, including Dr Warren. The nursing staff were so caring, friendly, and kind, not only to my husband, but to myself as well. The compassion, patience, empathy, and expert care was exemplary right down to the cleaners and catering staff. Honestly, I cannot express our thanks enough and all of this was free. [Patient name] is making a slow but steady recovery. Please pass on our sincere thanks to everyone who had a part in his care. Thank you from the bottom of our hearts.

### **Rosanne, Older Persons Mental Health, Burwood Hospital**

My mother had some fantastic communication from Medical Secretary Rosanne who was very kind to her. Please pass on to her that this was very appreciated.

### **Acute Care Unit, Christchurch Hospital**

Every person attending me conducted themselves in the best possible way. Their positive demeanour, pleasant and caring manner and efficiency gave me confidence that the care I was getting was the best I could ask for. Even though I was in hospital the atmosphere was friendly and comforting. While in the waiting room prior to triage we appreciated the roving nurse who inquired frequently as to my condition and was I okay. This person I think gave people a feeling that they were going to be well cared for.

### **Parkside Ground Medical, Christchurch Hospital**

Thank you so very much to all the teams that have helped me to get well! You are all lifesavers and it's much appreciated. The meals and service have been wonderful in terrible times. I appreciate your work and I thank you all.

### **Ward A4, Christchurch Hospital**

I want to pass on my thanks to all staff, especially Nurse Trish who was so caring, kind and funny. Just what my son needed after breaking his leg and spending time in the ward. She took time to explain things to him which really helped the situation.

### **Oncology Day Ward, Christchurch Hospital**

Everybody is an absolute superstar, compassionate, happy, empathetic, and relaxed – it's a pleasure to visit.

### **Surgical Assessment and Review Area (SARA) and Ward B3, Christchurch Hospital**

I've just spent a night here and prior to this, a few hours the previous week in SARA. Every single person I came across was so nice and made me feel at ease.

### **Ward A3, Christchurch Hospital**

Awesome staff. Doctors and nurses have gone the extra mile with my health care. You are the best!

### **Nicola, Physiotherapist, Christchurch Hospital**

I have been attending appointments with a hand therapist, Nicola, for three months. My experiences with her have been nothing short of exceptional. She is knowledgeable on the topic. She has a great bedside manner and a wicked sense of humour. All the therapists are great. I also like the relaxed atmosphere on the fourth floor. This department is a credit to the hospital.

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

I wish to express my gratitude and grateful thanks to Night Duty Nurse Megan for looking after me so well during my stay in Ward 12.

### **Gardeners, Christchurch Hospital**

Shout out to the hospital gardeners. We've been frequent flyers to the hospital over the last eight months. Watching the gardens through the seasons has been a nice change of focus. I have loved smelling the stock, especially as you come into Waipapa. The gardens look lovely.

### **Ward B5, Christchurch Hospital**

Just want to say thanks to the whole team on B5. My teenage son and I have been frequent flyers for chemo over the last 235 days and their attention and encouragement have really been appreciated. From the food service trying to find meals/snacks that appeal and knowing what to bring each week, to the nurses, hospital aides, doctors, and cleaners. Everyone was friendly and was good for a chat when time allowed. They have made a long and potentially stressful time, manageable.

**Ward 11, ED and Eye Outpatients, Christchurch Hospital**

Thank you so much for the excellent care and attention that I have received as a visitor, I cannot fault any aspects. All staff were welcoming, knowledgeable and professional; I have sat for many hours in the ED and other departments. Everyone appears to enjoy their job and gives 100 percent. The hospital is clean with all necessary facilities and is obviously very well run. My special thanks to Ophthalmic Registrar David who followed every avenue to try and give a diagnosis, and always kept me fully informed. Also, thanks to staff in Ward 11 who were all fantastic, and Heather in MRI who was at the end of a long day but still cheerful.

**Ward 24, Christchurch Hospital**

Lovely staff. Thank you so much for your care of [patient name].

**Christchurch Hospital**

I would like to compliment the IV Technician trainee on her ability. She was polite, professional and has a lovely bedside manner. She is very good at her job.

**Christchurch Hospital**

Thank you for your kind, loving and professional care for my husband's eye injection. May you all be abundantly blessed.

**Christchurch Hospital**

Very helpful and nice staff. Good care.

*Big Shout Out*

**To: Edward Sandiego, Registered Nurse**

We would like to do a Big Shout Out to one of our colleagues. When he has time on night shifts Edward does fantastic, informative drawings on one of the whiteboards on the ward. These cover all sorts of things which can affect patients. The whiteboard he uses is opposite the ward clerk's desk so every patient and visitor to the ward goes past it. I have seen any number of patients, visitors, and staff taking pictures of the drawings. They are interesting, and a fantastic way of getting information across to patients and whānau/family. Edward has done lots of them to cover many different topics over the past few years. Edward certainly deserves a great deal of praise for all his efforts.

**From: Colin Woodhouse**

#carestartshere

**Protect  
against HPV**

The HPV vaccine is  
**FREE** for everyone  
aged 9 to 26

**Te Aka Whai Ora**  
Māori Health Authority

**Te Whatu Ora**  
Health New Zealand



# Ā mātou kōrero – Our stories

## Huge turnout for university vaccinations

The Public Health Nursing Service Waitaha partnered with University of Canterbury (UC) on their Herea tō waka | Welcome Day to promote and provide immunisations for UC students.

This was a tremendously successful day with a huge turnout of students keen to check their immunisation status and get meningococcal vaccines, says Public Health Nurse Kate Parfitt.

“In total, 114 MenB, 90 Meningococcal ACWY, 24 HPV and 19 MMR vaccinations were administered until vaccine supplies were exhausted and students had to be turned away!”

Because of the level of interest and engagement from students, the Public Health Nursing team are prioritising a return to UC and will be onsite again this week to offer the same vaccinations, with a third return date booked for May to provide second doses.

A huge thank you to the Public Health Nursing Service nurses, administration staff from the Immunisation team at Community and Public Health Te Mana Ora and UC for their outstanding collaboration and mahi.



The Public Health Nursing team who carried out vaccinations at the University of Canterbury, from left, Caroline Ellis, Hazel Fernandez, Emily Templeton, Kirstin Lambie, Anna Marshall, Gemma Greenwood, and Deborah Ocheduszko



Public Health Nurse Anna Marshall vaccinating a UC Student

# Updated COVID-19 vaccine available in March

A vaccine to combat the newer strains of COVID-19 will be available to New Zealanders from 7 March 2024.

Pharmac has approved the transition to the updated COVID-19 vaccine for the XBB.1.5 strain to be used in New Zealand from 7 March 2024, says Pharmac's Director Pharmaceuticals Geraldine MacGibbon.

"We've secured stock of the XBB COVID-19 vaccine and are pleased to have it available for New Zealanders. The XBB vaccine is more effective against more recent subvariants of COVID-19 in New Zealand.

Pharmac is the government agency responsible for deciding which medicines, vaccines, and medical devices are funded for New Zealanders. The COVID-19 vaccine is funded from Pharmac's fixed pharmaceutical budget, set by the Government

The XBB vaccine will be funded for these eligible groups:

- > everyone aged 30 years and over
- > people aged 16-29 who are pregnant
- > people aged 12-29 at higher risk of severe illness from COVID-19

"We're not making any changes to who can access the COVID-19 vaccine at this time. If we were to consider changes to the eligibility criteria, we'd consult publicly to ensure feedback from the healthcare sector and the community is considered before making a decision," Geraldine says.

Health New Zealand | Te Whatu Ora leads the roll-out of the COVID-19 vaccine programme

Health NZ National Public Health Service National Director Nick Chamberlain says that COVID-19 is not a seasonal illness, and we've seen a rise in COVID-19 cases over the summer.

"It's timely that the updated vaccine will be available from 7 March. If you're eligible, you can get a vaccination if it's been at least six months since your last COVID-19 vaccine or if you have never had one before. It's recommended that you wait at least six months since your last COVID-19 infection.

## Updated COVID XBB vaccine

Available 7 March

Te Aka Whai Ora  
Māori Health Authority

Health New Zealand  
Te Whatu Ora

The XBB vaccine is especially recommended for those who are more likely to get seriously unwell if they get COVID-19.

This includes:

- > people aged 65 and older
- > Māori and Pacific people aged 50 and older
- > residents of aged care facilities
- > severely immunocompromised people aged 12 years and older people aged 12 years and over who have a medical condition that increases the risk of severe illness from COVID-19.

People who have had the previous COVID-19 vaccination are still expected to have protection against severe disease from recent Omicron subvariants.

Those due for a COVID-19 vaccine can book a vaccine for themselves, a family member, or a group on [bookmyvaccine.health.nz](https://bookmyvaccine.health.nz)

or call 0800 28 29 26 – 8:30am to 5pm, Monday to Friday.

You can also contact your local pharmacy, doctor, nurse or healthcare provider.

We continue to strongly encourage the public to follow this advice about COVID-19:

Stay at home if you are feeling unwell.

Test with a rapid antigen test (RAT) if you develop one or more of the following COVID-19 symptoms: a runny nose, sore throat, cough, fever, vomiting, diarrhoea, headache, loss of smell or taste, shortness of breath.

Continue to report your RAT result at [mycovidrecord.health.nz](https://mycovidrecord.health.nz) or call the RAT helpline on 0800 222 478). Reporting a positive result enables you to be connected with any help and support you may need and provides vital insight on the number of active COVID-19 cases across the motu.

If you test positive for COVID-19, it is recommended that you isolate for at least five days, even if you only have mild symptoms, starting at Day 0.

- › This includes if you have had COVID-19 before.
- › Day 0 is the day symptoms started or when you first tested positive, whichever came first.
- › You should not go to work or school and should discuss any return to work or school with your employer or child's school principal, as they may require additional precautions.
- › For 10 days you should stay away from healthcare facilities, aged residential care facilities, or anyone at risk of getting seriously unwell with COVID-19. If you must visit, phone ahead and remember to wear a mask.
- › Household contacts are recommended to continue to test daily for five days using a RAT.

Wearing a face mask remains an important way we can prevent the spread of COVID-19 and other respiratory illnesses in health and disability care settings. It is recommended you wear one when visiting healthcare services and when you are around people who are at higher risk of getting very sick.

This includes older people and kaumātua, babies, people living in aged residential care facilities, unwell or sick patients in hospital, people with other health conditions and disabled people. Mask wearing is also encouraged when you are in closed, crowded and confined spaces.

Do not visit elderly people if you are sick even if your RAT was negative. If you are sick you should only visit elderly people if the situation is critical and cannot be delayed until you are well. In this situation you should wear a mask and seek advice from the facility.

People with a high risk of severe illness from COVID-19 are **eligible** for treatment with COVID-19 antiviral medicines. People can access these medicines if they: have COVID-19 and symptoms, and

- › became sick within the last five days, and
- › are eligible for the medicine.

The latest information about COVID-19 vaccines is available on the Te Whatu Ora website [COVID-19 vaccines | Health Information and Services](https://www.tewhatuora.govt.nz/COVID-19/vaccines)

Be protected against  
**meningococcal  
disease**

**Te Whatu Ora**  
Health New Zealand





# Pānui – Notices

## Something *For You*

Something *for You* is the Health New Zealand | Te Whatu Ora 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.

**B A I L E Y  
N E L S O N**

**BAILEY NELSON** – Christchurch Central & Riccarton

Receive 15 percent off the purchase of any frame and lens combination purchase. This includes a discount on top of our amazing two-pair offer! – show your staff ID in-store to redeem. [See more information here.](#)

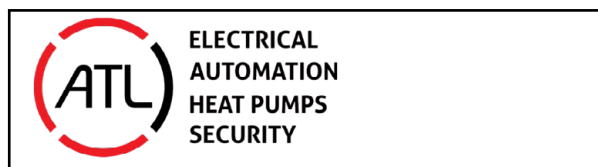
See the in-store team for more details. Terms and Conditions apply.

## Torpedo7

**TORPEDO 7**, *Endless Summer with Friends and Family* – from 22 February to 11 March 2024. [www.torpedo7.co.nz](http://www.torpedo7.co.nz)

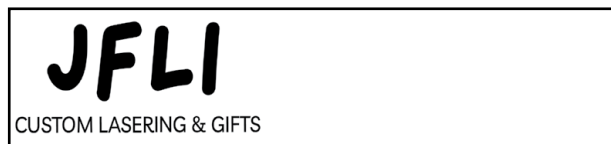
Get up to 50 percent off a huge range of gear, discounts are off the recommended retail price. If the product is already on promotion the customer will receive the lower of offer or promo pricing. Not all products are eligible for a discount.

[See here for terms and conditions](#) as well as the online code and instore barcode. Remember you can select Click & Collect to skip the queues and pick up local.



**ATL ELECTRICAL** – Showroom @ 351 Blenheim Road, Upper Riccarton, Christchurch

Electrical | CCTV & Automation | Solar | Heat Pumps & Ventilation | EV Chargers & more .... Any Health New Zealand Te Whatu Ora Waitaha employee is eligible for the following deals, just let us know when you call or email. Get 10 percent off heat pumps, home ventilation systems, heaters, EV chargers and all electrical work. Finance available. Call 0800 555770 or 027 212 2033 or [info@atlelectrical.com](mailto:info@atlelectrical.com) to enquire.



**JFLI CUSTOM LASERING & GIFTS** – online at <https://jfli.nz/>

Get 15 percent off storewide at JFLI. We are your local supplier of personalised laser engraved products, including drink bottles, travel cups, slate, mini-New Zealand number plate keychains, Spotify keychains and even personalised pens (you'll never lose one again!) plus heaps more! [See here for online code](#) and ordering instructions.

# Apply for a Health Delivery Research grant

The first round of the Health Research Council's 2024 Health Delivery Research grants recently opened.

These grants are dedicated to increasing research engagement within healthcare settings, supporting research that can directly inform health policy, practice and systems.

To read about the scope of health delivery research that the HRC supports through these grants, check out the 2024 Health Delivery Investment Signal document.

## 2024 Health Delivery Research Activation Grant 1

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Up to \$30,000 is available to establish health delivery research evidence needs or research opportunities, or develop research capacity, before applying for further health delivery funding.

Registrations close: 13 March 2024 (1pm)

Full applications close: 27 March 2024 (1pm)

Full results available: 5 July 2024

## 2024 Health Delivery Research Career Development Award 1

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These grants provide support for health professionals (clinical or non-clinical) and academic health researchers to undertake a funded placement in a health delivery research team, health sector setting, or health delivery policy setting. Funding includes salary supplemented by a contribution of up to \$20,000 to the host organisation.

Registrations close: 13 March 2024 (1pm)

Full applications close: 27 March 2024 (1pm)

Full results available: 5 July 2024

## 2024 Health Delivery Research Project Grant

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Up to \$1.4 million is available to support health delivery research that directly impacts healthcare and health outcomes for New Zealanders.

Registrations close: 13 March 2024 (1pm)

EOI applications close: 27 March 2024 (1pm)

EOI results available: 19 June 2024

Full applications open: 19 June 2024 (8am)

Full applications close: 8 August 2024 (1pm)

Rebuttals period: 4 October 2024 to 14 October 2024 (1pm)

Full results available: 19 December 2024

# Youth Advisory Council seeking members

The team at Health New Zealand Te Whatu Ora Waitaha Canterbury Youth Advisory Council are currently recruiting for new members!

If you or someone you know is between 16-24 years old and passionate about the health system, we would love to hear from you. YAC is for you if you want to use your lived experience with health services, have an interest in working in the health sector, or want to gain some skills in volunteering and advocacy.

[Apply via the recruitment form here](#)

Recruitment closes Friday 1 March at 8pm. If you have any questions, don't hesitate to contact us at [cdhbyouth@gmail.com](mailto:cdhbyouth@gmail.com).

# JOIN OUR TEAM

Are you between **16-24** years old and **passionate** about having the **youth voice** heard in the Canterbury **Health System**?



Apply here or find the link on our socials.



Te Whatu Ora Waitaha  
Youth Advisory  
Council;  
[cdhbyouth@gmail.com](mailto:cdhbyouth@gmail.com)



**Te Whatu Ora Waitaha Youth Advisory Council provides health advocacy for youth (12-24 years) by youth (16-24 years).**

Advocacy projects often include providing feedback to health services, producing resources, hosting events, collaborating with different health professions, and supporting tangata whai ora (people seeking health) in creative ways. Our team has lived experience (first-hand or as a support person) of the health system, and we're all at different stages of various education and work pathways.

YAC is for you if you want to **make a difference**, gain **experience**, learn about health **careers**, and **connect** with peers.

# SEAWEEK

1-10 MARCH 2024

## EVENTS AND ACTIVITIES IN GREATER CHRISTCHURCH

### ENTER SEAWEEK ART COMPETITION

For more details  
go to [ecan.govt.nz](http://ecan.govt.nz)  
search 'Seaweed'.

Entries close  
Friday 11 March.

**GREAT  
PRIZES TO  
BE WON!**

[Click here to download the full calendar of events](#)

### WĀ KŌRERO Seaweed Storytimes

Join Christchurch City Libraries  
as we celebrate Seaweed!

Bring the whānau for stories, rhymes and  
songs at our Wā Kōrero: Seaweed Storytimes,  
with special appearances by local authors  
Rosalind Potter and Janice Belgrave.

Check out our website Christchurch City  
Libraries [ChristchurchCityLibraries.com](http://ChristchurchCityLibraries.com)  
for more details!

**Lyttelton Library**  
Tuesday March 5, 11-11.30am

**New Brighton Library**  
Tuesday March 5, 10.30-11am

**Shirley Library**  
Tuesday March 5, 10.30-11am

**Matuku Takotako: Sumner Centre**  
Wednesday March 6, 10.30-11am

**Parklands Library**  
Thursday March 7, 10.30-11am





**NZ TELEHEALTH**  
FORUM & RESOURCE CENTRE

YOU'RE INVITED TO A TELEHEALTH WEBINAR:

# Telehealth Stocktake - what now?

**WEDNESDAY 28 FEBRUARY, 7PM - 8.15PM**



**MODERATOR:**  
**Dr Ruth Large**

Chief Clinical Officer –  
Whakarongorau  
Aotearoa; and Chair  
of NZ Telehealth  
Leadership Group

**YOUR  
QUESTIONS  
MATTER!**

Participate  
in a dedicated  
Q&A session.

The NZ telehealth Forum and Massey University have recently completed a stocktake of public hospital telehealth in New Zealand, and it appears there is much work to do to resuscitate services. Join us for our upcoming webinar where we will take a comprehensive look at the state of telehealth in hospitals across the country, and touch on the findings of the stocktake (released prior to this webinar) with an expert panel, including the author, to sense-check the findings and explore options for the future. This webinar promises to deliver insightful conversations as we collectively chart the course for the future of telehealth.

Register today and contribute to the discussion through the Q&A. We welcome anyone interested in access to health care, telehealth and virtual healthcare to come along and take part.

**PANELLISTS**

**Prof. Inga Hunter**

Associate Professor, Massey University

**Matthew Pettersson**

Telehealth Implementation Manager, Te Whatu Ora – Health NZ | Southern

**Laura Joyce**

Emergency Medicine Specialist – Te Whatu Ora – Health NZ | Waitaha Canterbury

**Nicole Redfern**

Facilitator – Telehealth – Te Whatu Ora – Health NZ | Waitaha Canterbury

**Marama Tauranga**

GM Innovation and Transformation – Te Aka Whai Ora – Māori Health Authority

**Sym Gardiner**

Lead Service Improvement Analyst - Data and Digital - Te Whatu Ora - Health NZ

**REGISTRATIONS REQUIRED**

Please use the following link: [telehealth.org.nz/whatnow](https://telehealth.org.nz/whatnow)

SPACPAC & NEED TRUST PRESENT

# Canterbury POLYFEST

16 MARCH 2024  
SPECIAL EVENTS AREA  
HAGLEY PARK

PACIFIC PERFORMANCES  
KOHA ENTRY FEE  
FOOD STALLS





# MedTech Innovation in Ōtautahi Christchurch

Join us to learn more about research and commercialisation  
in bioengineering and connect with local industry leaders.

- Meet members of the local MedTech ecosystem and discover the support, resources and initiatives available.
- Discover study and research pathways in Bioengineering at Otago.
- Engage with a poster competition, rapid-fire presentations, and panel discussions.
- Join us for post-event networking at the Health Technology Centre.

A FREE hybrid  
event aimed  
at industry,  
researchers and  
students

Tuesday 19 March 2024

**Conference:** 9am–4pm

Beaven Lecture Theatre, University of Otago Christchurch, 2 Riccarton Avenue, or via Zoom

**Networking:** 4:30–6pm

The Health Technology Centre, Te Matatiki Toi Ora The Arts Centre, 2 Worcester Boulevard

**Registration:** [events.otago.ac.nz/2024-medtech/registration](https://events.otago.ac.nz/2024-medtech/registration)

**For further information:** [otago.ac.nz/bioengineering](https://otago.ac.nz/bioengineering)



IM02112-14-20240205

# Are you Deaf or Hard of Hearing?

We are here to support the Deaf and hard of hearing community.  
Please let us know how we can help.



We understand that masks make lipreading very difficult.



I understand I need to be facing you for you to hear me.



Do you need me to speak up or to speak more clearly?



Please tell me if there is anything you haven't understood.



We will do our best to eliminate background noise.



Do you use NZSL? I will let you know if there is someone here who signs.



You have my patience, let me know if I need to repeat some words.



Do you need me to write down key words?

Please indicate how we are best to communicate with you and if you need further support from our team.

## #ImHearForYou



NATIONAL FOUNDATION FOR  
Deaf & Hard of Hearing

P: 0800 867 446  
E: [enquiries@nfdhh.org.nz](mailto:enquiries@nfdhh.org.nz)  
W: [www.nfdhh.org.nz](http://www.nfdhh.org.nz)



A CANTERBURY CLINICAL  
NETWORK (CCN) **WEBINAR**



# The game-changing impact of integrating pharmacists into general practice teams

**WEDNESDAY 6 MARCH, 7PM - 8PM**



**KANWAL SHAH**

*Practice Manager at  
Moore Street Medical Centre*



**MEGAN HARROP**

*Practice Pharmacist at  
Amberley Medical Centre*



**DR SARAH MARR**

*Clinical Director and  
GP at Halswellhealth*

Join us for an informative webinar about the transformative benefits of integrating pharmacists into general practice teams. In today's rapidly evolving healthcare landscape, pharmacists play increasingly diverse roles that go beyond traditional pharmacy tasks. The webinar showcases how pharmacists can enhance the quality of patient care and streamline healthcare delivery contributing to transfer of care, medication management, patient education and chronic disease management.

Take away practical insights from success stories across Waitaha where pharmacists have been pivotal in improving clinical outcomes and supporting the wider general practice team.

Webinar will cover:

- The broad range of tasks pharmacists can undertake in general practice, including work focused on supporting priority populations.
- Key factors to consider when integrating a pharmacist into a practice team.
- Different approaches to funding and employment for integrating a pharmacist in practice.
- Practical guidance to help practices successfully employ a pharmacist.

**REGISTRATIONS REQUIRED**

Use the link:

<http://tinyurl.com/6MARCNN>

