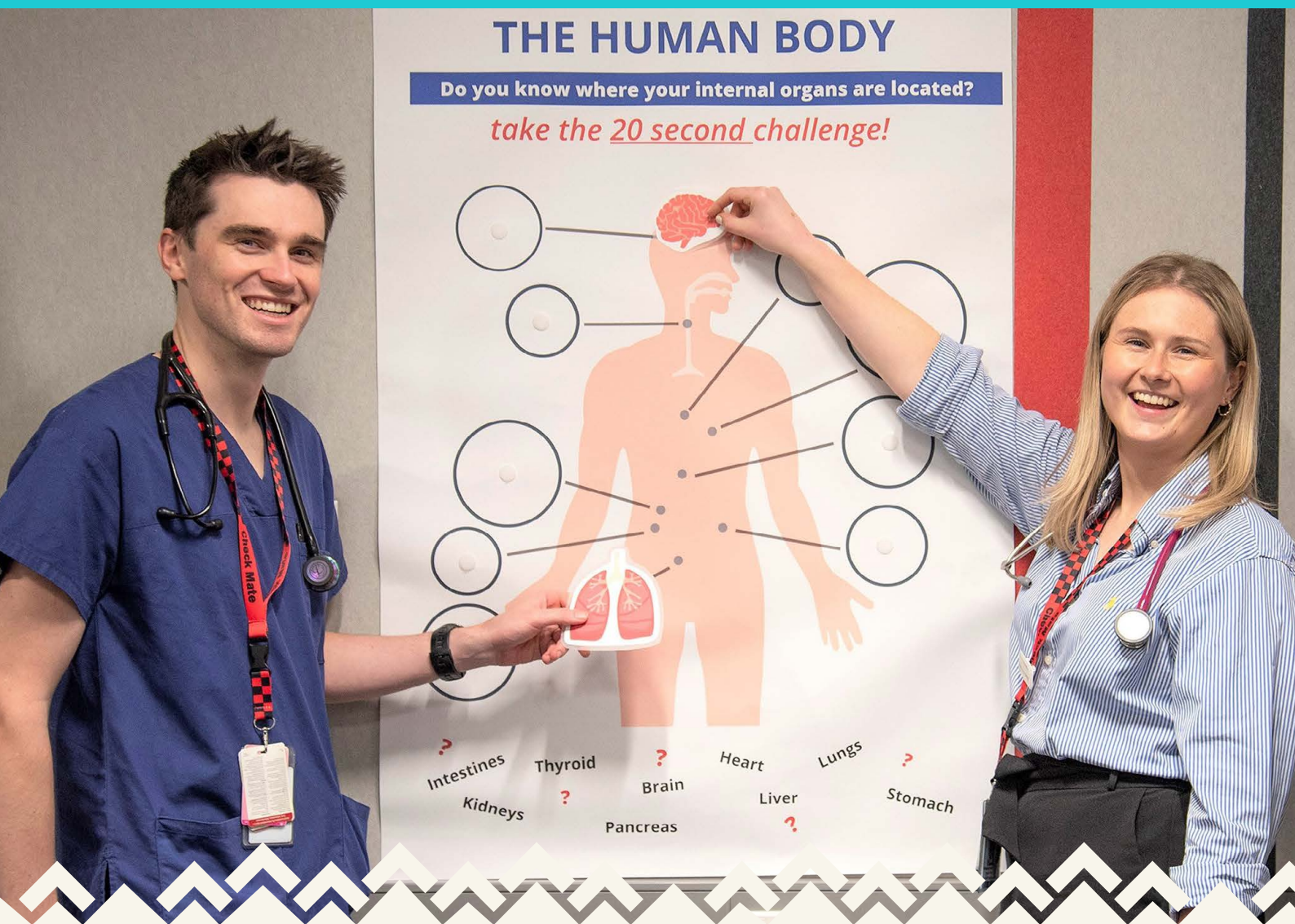


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: House Officers Harry White and Rebecca Van Berkel presented at a careers expo for secondary school students in Manawa last week

Kupu Arataki – Introduction

Pause on use of female surgical mesh products

Last week the Director-General of Health, Dr Diana Sarfati announced a time-limited pause on the use of surgical mesh for stress urinary incontinence.

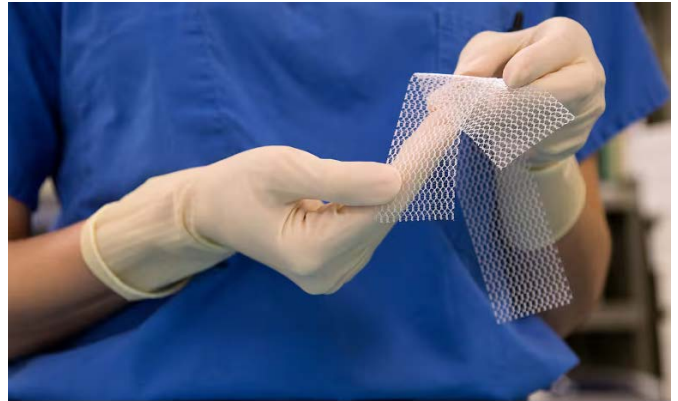
The Surgical Mesh Roundtable (MRT), an oversight and monitoring group chaired by Manatū Hauora | Ministry of Health, has been investigating a pause since earlier this year. Alongside this, Parliament's Health Committee recommended in June that Manatū Hauora investigate a pause in the procedure after it considered the petition presented by a mesh-injured woman.

The MRT's assessment is that the balance of benefit and harm from the procedure will be improved by the series of additional measures already planned, and it recommends a pause until those measures are substantively in place.

The measures are:

- › Providing tailored training and certification for surgeons performing the procedure
- › Establishing a registry of all public and private patients who could benefit from it
- › Reviewing patients and the decision to carry out the procedure at multi-disciplinary meetings, which include a range of experts from physiotherapists to surgeons
- › Using a structured and guided informed consent process for patients.

You can read more on the [Ministry of Health website](#).



The use of urogynaecological mesh (also known as transvaginal or pelvic mesh) to treat stress urinary incontinence has been paused in New Zealand

COVID-19 return to work guidance for health staff

A simple one-page flowchart for health staff has been added to the COVID-19 and return to work tile on PRISM. It outlines the updated instructions for staff who test positive for COVID-19 or who experience household or high-risk workplace exposures.

You can see it [here](#) or go to the latest [COVID-19 information on PRISM](#).

Don't feed our data to AI

Our data is taonga and to protect it, we need to be careful when using Artificial Intelligence (AI) tools like ChatGPT. These are also called Large Language Models (LLMs) and Generative Artificial Intelligence (Generative AI).

While you can still use these tools (if your region allows it), you must not:

- › Enter in any personal, confidential, or sensitive patient or organisational data
- › Use these tools for any clinical decision, any personalised patient-related documentation, or for personalised advice to patients.

If these tools are used for any other purpose, you are fully responsible for checking the information generated.

These tools are still under review by our National Artificial Intelligence and Algorithm Expert Advisory Group (NAIAEAG). The group will share its findings as the team learns more about the potential risks.

If you have any ideas or plans for using these tools or want guidance on the process, please contact NAIAEAG through this [online form](#). They welcome any information that can help improve our knowledge of safe, effective, and appropriate use.

The [advice and resources are available on the Te Whatu Ora website](#).

**Our data
is taonga –
Treasure it,
protect it,
don't feed
it to AI.**

Te Whatu Ora
Health New Zealand

International Dog Day

Last Saturday, 26 August was International Dog Day and a time to acknowledge the important role dogs play in human healthcare and wellbeing.

We thank and recognise kuri (dogs) like Biskit from Canine Friends Pet Therapy for bringing joy to people in health facilities, hospitals, and aged residential care. We are grateful for the service dogs, guide dogs, therapy dogs and canine companions who work tirelessly every day to make life better, safer, and more accessible for people.

Finally, a huge thank you to the dogs of Te Whatu Ora Waitaha kaimahi (staff). These special kuri ensure their humans get exercise, play time, unconditional love, and plenty of snuggles. You're all very good boys and girls!



Canine Friends Pet Therapy dog Biskit at Christchurch Hospital

Thank an Orderly Day

This Friday 1 September we will mark Thank an Orderly Day. Our hospital and health facility orderlies are unsung heroes, clocking up the kilometres as they provide support to patients, consumers, whānau and staff.

The hospitals wouldn't function without them, and we thank them for everything they do.



Thank you

*to all of our amazing
orderlies for everything
you do to support our
patients & staff.*

**Thank an Orderly Day
Waitaha Canterbury
– 1 September**

Nominate your 'everyday hero' for the 2023 Clinical Informatics Leadership Award

Clinical informatics is fundamental to successful healthcare. It is about getting the right information to the right person at the right time, and it makes clinical workers' jobs easier and more manageable.

The [Clinical Informatics Leadership Network](#), (CiLN) partnered with Health Informatics New Zealand (HiNZ) to launch the [Clinical Informatics Leadership Award](#) in 2019. The award aims to recognise an everyday hero, a clinician who has made a difference with their interaction with information, providing others with the tools they need to do their job well.

Accenture is sponsoring the award with \$5,000 in funding for the winner to attend a conference or do further study. They will also receive a free pass and speaking slot at Digital Health Week NZ 2024.

CiLN's [Clinical Informatics Position Statement](#), details five key ways in which clinical informaticians bring value to the sector; these are: expertise, clinical leadership, stakeholder engagement, competence and capability, and communication.

The 2023 award is looking for a clinical informatician who best demonstrates the 'value added' in two of these areas.

[Click here](#) to submit your nomination(s).

Nominations close on 14 September 2023 and three finalists will be chosen by the judging panel. A public vote will decide the winner, who will be announced at [Digital Health Week NZ 2023](#) this November in Hamilton.

Random Acts of Kindness Day

Friday 1 September is Random Acts of Kindness Day in New Zealand. Started in 2005, we were the first country in the world to have a national day dedicated to random acts of kindness (RAK).

A random act of kindness is an unexpected act of charity or helpfulness and is often done for a stranger. The term is generally attributed to American writer Anne Herbert who wrote, "Practice random kindness and senseless acts of beauty" on a restaurant place mat.

Research shows that performing acts of kindness may improve your mental health. Working to help others can help you positively manage your own problems. Some people find that their own

problems seem less severe when they help others, and the positive regard many people receive when they do kind things can help improve their mood.

Kindness shouldn't be limited to just one day a year, but this week consider what you could do to mark this day. Something kind for a loved one, friend, colleague, or a stranger.

Check out the suggested random acts of kindness on the [RAK Day website](#).

If you're fortunate enough to be on the receiving end of a random act of kindness, please let us know! Email communications@cdhb.health.nz and tell us what happened. Did you pay it forward and give a little kindness to someone else?



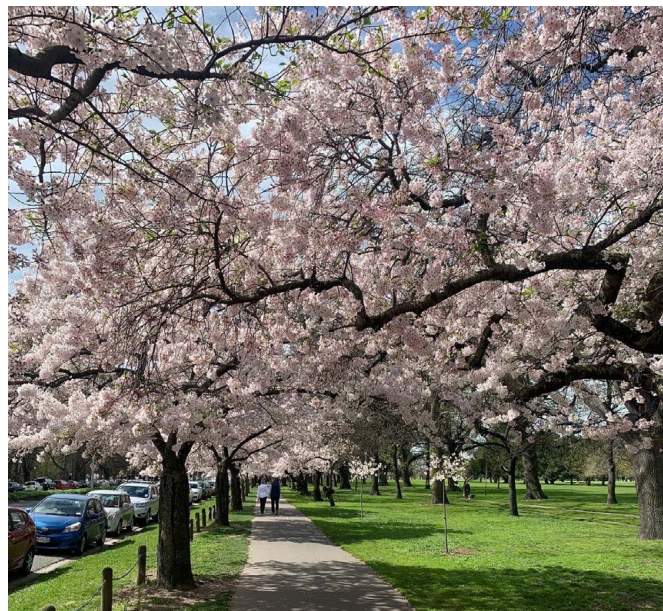
What does spring mean to you?

With flowers beginning to bloom, the days getting a little longer, and daylight saving just a month away, it's starting to feel like spring!

The welcome change of season means something different to each of us. Perhaps it triggers you to clean, maybe you think about getting out the tramping boots and camping gear, or spring means spending time in the garden and planting some vegetables for summer.

Whatever spring means to you, we would love to hear about it. Share a photo and tell us what you love about the season, what you're looking forward to, or what defines spring in Canterbury for you.

Turn to [page 13](#) to see our first submissions, and you can contribute by [clicking here](#) or on this URL: <https://forms.office.com/r/7aGbwjdy36>



Spring in Christchurch; blossom in Hagley Park along Harper Avenue (photographed in 2022)



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Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand

QUIZ – William Shakespeare

Whether you were forced to read Shakespeare at high school or have a genuine love for his work, test what you know with this quiz.

- 1. What Shakespeare character was referred to as the Moor?**
 - a. Hamlet
 - b. Othello
 - c. Romeo
 - d. Macbeth
- 2. When Hamlet utters the famous words: “Alas, poor Yorick! I knew him, Horatio, a fellow of infinite jest, of most excellent fancy”; what is he holding?**
 - a. Yorick’s sword
 - b. Yorick’s wallet
 - c. Yorick’s skull
 - d. Yorick’s hand
- 3. Who does Lady Macbeth tell to “screw your courage to the sticking place, and we’ll not fail”?**
 - a. Her husband
 - b. Herself
 - c. Macduff
 - d. The three witches
- 4. Shakespeare’s Sonnet 130 mocks the conventions of typical flowery love poems. It represents ‘his mistress’ as an ordinary or plain woman but he loves her deeply for all her features despite her lack of traditional beauty. Complete this line; “My mistress’ eyes are nothing like the”?**
 - a. Stars
 - b. Sea
 - c. Sun
 - d. Moon
- 5. Claudio and Hero, and Beatrice and Benedick are couples in which Shakespeare comedy?**
 - a. Twelfth Night
 - b. Much Ado About Nothing
 - c. The Taming of the Shrew
 - d. Love’s Labour Lost
- 6. True or false. Shakespeare is credited with the invention or introduction of more than 1700 words to the English language.**
 - a. True
 - b. False
- 7. How did Juliet die in Romeo and Juliet?**
 - a. She drank poison
 - b. She kissed the poison from Romeo’s lips
 - c. She died of a broken heart
 - d. She stabbed herself
- 8. Shakespeare was 18 years old when he married his 26-year-old wife in 1582 and they stayed together until his death in 1616. She had the same name as a well-known modern-day actress, what was it?**
 - a. Anne Hathaway
 - b. Jane Seymour
 - c. Jennifer Lawrence
 - d. Elizabeth Taylor
- 9. What best describes the plot of the Shakespeare comedy, All’s Well That Ends Well?**
 - a. Bertram pretends to be someone else to persuade Helena to marry him
 - b. Helena and Bertram are in love but must fight against their families who don’t want them to be together
 - c. Bertram is forced to marry Helena whom he does not love, so she undertakes a series of deceptions to make him love her
 - d. The King matches Bertram and Helena together and insists that they marry but they can’t stand each other so they try to stop their wedding
- 10. Which Shakespeare play is performed the most? (Based on documented major theatre company productions since 2011.)**
 - a. Hamlet
 - b. A Midsummer Night’s Dream
 - c. Romeo and Juliet
 - d. Twelfth Night

Check your answers on page 20.

Ā mātou tāngata – Our people

Meeting needs of young people with psychosis

Ensuring taiohi (young people) and their whānau have the information, support, and resources they need to meet the challenge of experiencing serious mental illness is the aim of Te Whatu Ora Waitaha Canterbury's Early Intervention (EI) Psychosis Pathway in the Child, Adolescent and Family Community Service (CAFS).

The specialised care is for taiohi as young as nine years old and up to the age of 18/19 who have been identified as having their first episode of psychosis. It is believed to be one of the few dedicated EI models for young people in New Zealand embedded in a CAF service, rather than an adult psychiatric service. This ensures treatment is carried out in the context of their age development.

Psychosis is a term that covers a range of symptoms where a person's beliefs, thoughts, feelings, perceptions, or behaviours are affected, says Nurse Specialist, CAF North, Rachael Higgins.

"A person with psychosis might misinterpret or confuse what's going on around them, find it difficult to distinguish what's real and what's not, and become angry or upset for no clear reason. It can be very distressing and confusing, so, the earlier they get help, the better."

The multidisciplinary team involved in the EI Psychosis Pathway include a doctor, pukenga atawhai (Māori mental health advisor), registered nurse, occupational therapist, and a social worker. Two Emerge Aotearoa community support workers are embedded in the team, and they help the young people become reconnected in the community as often they have become very isolated.

There is a strong interface with Ngā Kākano (the CAF inpatient unit at Hillmorton) which has nominated staff who oversee the client base and who support the delivery of the EI model, Rachael says.

"Our early intervention model principles are about assertive outreach, trying to reduce the length of time someone is unwell, and getting them back to the normal trajectory of their adolescence or early adulthood.



From left, Emerge Aotearoa Service Manager Lolita Greig, Senior Medical Officer Lisa O'Connell, Clinical Nurse Specialist Rachael Higgins, Pukenga Atawhai Nepia Reweti, Emerge Aotearoa Specialised Community Support Worker Sav Wyld, Clinical Occupational Therapy Specialist Nicki Falconer, Emerge Aotearoa Specialised Community Support Worker Ellen Fisher, and Social Worker Alison West

"These taiohi can be challenging to engage with. There is often a long history of trauma and family challenges. They are often out of school, involved in minor offending, and abusing alcohol and drugs. We work alongside these young people and their whānau creating a positive experience of mental health services.

"The big difference between this service and those for adults is our taiohi are at the height of their development and there are so many things happening for them at this stage of their life. Added to that, is that they are embedded in a family – with all its complexities."

The strength of the EI approach in Waitaha is the capacity to do assertive outreach for an extended period of time, and build therapeutic alliances with taiohi and their whānau, and any agency, such as school, Oranga Tamairiki etc, that they may be involved with.

"Being culturally responsive, we include a close partnership with our pukenga atawhai in the team, incorporating Taha Māoritanga, Wairuatanga, te reo māori, korero, whanaungatanga and Te Whare Tapa Whā Hauora models."

The EI team run a weekly Te Mauri Ora Rōpū (wellness group) at Te Korowai Atawhai (Māori Mental Health Service at Hillmorton) for taiohi which is a partnership between clinical staff, community support workers and pukenga atawhai.

“The focus is to enhance whanaungatanga—relationships and feeling connected – and includes tikanga and aspects of te ao māori that promote wellness.”

In this group the taiohi learn skills towards identity, independence, self-awareness, and confidence, explore and engage with community, and spend time with other taiohi who are on a similar journey, Rachael says.

“It’s about sowing he kakano (seeds) around improving mental health/hauora and some beginning changes. We have seen some young people’s lives turned around and while others may have a smaller change, the quality of their lives improves in that moment.

“They deserve so much. They are such cool young people who are amazing to work. Life has thrown them lots of wero/challenges and they are incredibly resilient – that’s pretty impressive.”

He tina ki runga, he tāmore ki raro

In order to flourish above, one must be firmly rooted below

One minute with... Sven Christensen, Lived Experience Advisor

What does your job involve?

As a Lived Experience Advisor, sometimes referred to as a Consumer Advisor, I work in a systemic role representing the voice of tangata whai ora (people seeking wellness) collectively within the Specialist Mental Health Services (SMHS); as opposed to a peer support or advocacy role, where someone works alongside tangata whai ora directly. We utilise themes and insights we bring from, not only our own mental health journeys, but information and experiences we hold in trust from others, to bring a “heart space” influence into the bio-medical model of health care. Specifically, policy, staff training, projects, and innovation development to help our service (SMHS) support the clinical staff, who in turn assist our tangata whai ora on their journeys to wellness. We do this alongside other related support teams such as our whānau advisors and our pukenga atawhai (cultural advisors).

What pathway got you to this job?

I am one of the new faces of the Lived Experience team, which includes both lived experience advisors and the whānau advisors. A requirement for being a lived experience advisor is to have personally and successfully navigated a journey to wellness.



In my case that was through a significant mental health diagnosis and along the way developing (to quote Liam Neeson) “a very particular set of skills, skills I have acquired over a very long career.” I bring many years of collective experiences from those tangata whai ora I have worked alongside in various social services, including youth mental health, intellectual disability, youth justice, and many other fields in between.

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

Three things:

1. Make sure you are 'well' first; it is only after our successful journey that we can bring to others the taonga of strength and resilience, tempered with understanding, patience, and kindness that the lens of time brings.
2. Understanding that we are a part of the supports to the service (SMHS) and the hardworking kaimahi (the staff and clinicians) who work so diligently for the benefit of those needing help with their own journeys of wellness, our tangata whai ora.
3. Maintain a good sense of humour and laugh daily.

Who inspires you and why?

My family. My parents for the care and support they have always given me through good times and tough times, my beloved wife who continues to love and support me all these many years, and all my children, both our natural children and our whāngai (Māori tradition of children being raised by someone other than their birth parents) children, who get up and brush themselves off and give it another go.

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 are core to the role of a lived experience advisor, we are the kaitiaki (guardian/keeper) for many voices that we hold in trust, and what we do affects not only today, but into the future for all tangata whai ora.

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

Right where I am. There is so much to see and do right here in Aotearoa, and I am a great believer of "home is where the heart is."

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

Honestly, I would be hard pressed to select from Yogi Bear or Kung Fu Panda. Yes, we may share some similarities of physique, but it is more about having good friendships, an appreciation of fine cuisine, and an abundant capacity for mischief.

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

I have been raised to have a great love for our whenua and prefer to tread as lightly as I can upon it, I like growing as much of my own food as I can and enjoy showing others how to do the same, easily and cheaply.

What are your hobbies/interests outside of work?

Curiously most of my hobbies have a central theme. I enjoy mara kai (food gardening), fishing, hunting, cooking, and reading books on international cuisine.

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

Be protected against
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disease**

Te Whatu Ora
Health New Zealand



Akoranga reo Māori – lesson #29

Kēmu Patapatai – Quiz

Mā te huruhuru, ka rere te manu.

Adorn the bird with feathers so that it may soar.

E mihi ana ki a koutou, ki te kāhui manu e kamakama ana ki te hāro. Naia ētahi atu kupu hei huruhuru mō koutou.

Greetings to you, the flock of birds eager to soar. Here are some more words to serve as feathers for you.

This week we will have another kēmu patapatai (quiz) looking at a range of things that have been covered in previous akoranga. Karawhiua! Give it heaps.

Ngā Pātai – The Questions

1. What is the kupu tauaro (opposite word) to ora (alive)?
2. What is the kupu tauaro (opposite word) to mā (clean)?
3. What does the kīwaha “Kia tau” mean?
 - a) What a crack up
 - b) Broke
 - c) Relax, settle down
4. Which of the following means blood?
 - a) Tōtō
 - b) Toto
5. Which of the following means armpit?
 - a) Keke
 - b) Kēkē
6. What is the word for bruise?
 - a) Tīhaehae
 - b) Marū
 - c) Haukume
 - d) Takahuri
7. What is the most tapu part of the human body?
8. What can lift tapu?
9. Why do some Māori keep a bowl of water outside the room where a tūpāpaku lies (dead body)?
10. What does the kīwaha “Taua āhua anō” mean?
 - a) I am hungry.
 - b) As per usual.
 - c) Very well thank you.

He whakapātaritari – A challenge

Go back through some of the older akoranga and do a bit of revision. How much do you remember? Make up your own kēmu patapatai to see how much you are retaining

Tukuna te reo kia hāro! E mihi ana.

Let the language soar! – Thank you.

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

Hauora.Maori@cdhb.health.nz

Ngā Whakautu – The Answers

1. Mate (dead)
2. Paru (dirty)
3. c) Relax, settle down
4. d) Toto
5. d) Kēkē
6. b) Marū
7. Head
8. Karakia, food, water
9. To lift the tapu associated with death on exiting the room
10. b) As per usual

What is spring?



Spring is my favourite time of year in Christchurch and to me, it's all about Hagley Park. The daffodils and snowdrops are spectacular, not to mention the beautiful blossom-covered trees that frame the park on Harper and Deans Avenues. I like to take my dogs, Richie and Dougie, into The Woodlands in South Hagley Park (near the hospital) for a run around and to take photos. Occasionally they stay still long enough for me to get a good shot.

Senior Communications Advisor Sue Henderson



This spring is going to be about rediscovering the joy of motorbikes after 30 years of not riding. In January 2023 I pre-purchased a newly designed, sight unseen, pre-release, Royal Enfield Super Meteor 650. Waiting for the release date and shipping meant I didn't lay eyes on my gorgeous 'interstellar green' motorbike until May. I wasn't disappointed.

I'll freely admit I'm a fair-weather motorcyclist; wet winter roads are not the ideal surface to get used to a new bike. Spring to me will be crisp air, bright blue skies, and a three-hour cruise with my hubby Stephen alongside.

Medical Photographer/Graphics Chris Mahon

What is spring to you? Share your favourite thing about the season, what you're looking forward to or what defines spring in Canterbury for you. Just a few words and a photo (if you have one) will help us all get excited about the upcoming change in season. you can contribute by [clicking here](https://forms.office.com/r/7aGbwjdy36) or on this URL: <https://forms.office.com/r/7aGbwjdy36>

Whakamihi – Bouquets



Gynaecology, Christchurch Women's Hospital

I had a hysterectomy nearly six months ago. This procedure radically changed my life. I just want to thank my specialist and surgeon. I am now employed, and I cry because I haven't been this happy in a very long time. Thank you for fighting for me to live a life and now I can leave my home regularly due to being well. Thank you deeply. Please pass this on to the specialists and surgeons, they have changed my life.

Audiology, Christchurch Hospital

My son and I visited the Audiology unit this morning for a hearing test. First off was the volunteer who directed us to the right part of the hospital (these guys and gals are amazing). Once at the unit we were met by Sarah and Sarah who were fantastic with our son. He eventually enjoyed his time there, after a period of shouting and crying which both ladies took in their stride, helping to calm him through it. The ladies were happy, very helpful and fantastic in explaining the issues. I have no doubts about our return visit later this year for a check-up.

Dave and Karen, Ward A4, High Dependency Unit, and Surgery and Plastics, Christchurch Hospital

I was recently collected by a car whilst riding to work. It ran into the back of me causing some serious injuries including a broken pelvis and multiple breaks in my left leg. I was taken to Christchurch Hospital and through to surgery that afternoon. My day nurse in Ward A4 was Dave H, an exceptional nurse. His care was enough to make this 55 year-old tear up. I didn't realise it at the time,

but he cocooned me, not from reality, but from the pain, from the discomfort.

His clinical discussions were comforting while being direct. His manner, care, and compassion were exceptional. I'm tremendously grateful to him, and to his boss Karen who came to check on me also, explained the ward and had some helpful advice.

My first day out of my bed was nine days after the accident. I cried when I saw Dave, I am not ashamed of that. He pulled me through. Thanks Dave. Thanks also to the surgical and plastics teams. They got me through in three days, no mucking around, and as I have a complete disdain for 'burning time' I found comfort in this also.

Radiology, Christchurch Hospital

A big thank you to the team in Radiology. I have recorded a personal thank you video message for the team which I hope you will pass on to them. I really wanted to pass on credit where credit is due, and a typed message just does not do it justice!

Ward A8, Christchurch Hospital

What an amazing team. They have been wonderful with Mum and Dad the whole time they have been in their care. Clear and concise information.

Emergency Department (ED) and Ward 12, Christchurch Hospital

I want to say a big thank you to all the staff, from the cardiologist and nurses in ED, to the nurses on the wards, they were all fantastic. They made my stay so much better, greeting me with my name.

I didn't feel like a number. The Theatre staff, with Cardiologist Ian Crozier at the helm, made me feel less anxious and explained everything to me.

Whilst the staff were busy, you didn't feel rushed or ignored. The food I couldn't complain about, it was tasty and enough for my needs.

Ward B4, Christchurch Hospital

Absolutely wonderful team. Everyone we have encountered has been super! Special shout out to Sally, Jordan, Steph and Thea and anyone else who has looked after Mum in Ward B4. You guys are awesome.

Ward A8, Christchurch Hospital

[Patient name] arrived by helicopter and went straight to surgery as he'd had a stroke. The doctors, nurses, and therapist kept us totally informed all the time, answering our questions etc. We have appreciated all that has been done for us. The total honesty has been so appreciated.

Wards A3 and A5, Christchurch Hospital

Thank you so much for the excellent care you have taken with my 97 year-old mother, both on this occasion and also five weeks ago. Thanks to all the nurses, doctors, lab technicians and others who are part of making the hospital system function.

Ophthalmology, Christchurch Hospital

Thank you for the excellent service.

Claire, Adult Surgical Admission, Christchurch Hospital

I am writing to compliment Claire for the lovely care received. She combines professionalism and warmth. Her attention to pain relief was dedicated. Timetable changes were dealt with in the best possible way – with commiseration and frequent updates. In general, she combines the human touch and nursing professionalism in a delightful way. Many thanks.

Ward 10, Christchurch Hospital

All the nurses, doctors and staff here have been absolutely fantastic at caring for my dad after his accident. They really go above and beyond for their patients, and I am so grateful. Thank you so much, we really appreciate everything you do.

In-Jung Lee, Emergency Eye Clinic, Christchurch Hospital

I was most grateful to In-Jung Lee who came in on his day off to reattach my retina. He has always been professional, explaining procedures etc and friendly with a good sense of humour which makes me feel more relaxed.

Ward A7, Christchurch Hospital

I think all the doctors and nurses who work in Paediatrics are brilliant. Children are our most valuable asset and their health is a priority. Nothing harder than sick children, so thank you to all the paediatric staff, including the WellFood catering staff, the hospital aides, admin staff, etc.

Maternity Ward, Christchurch Women's Hospital

The nurses that I had during my stay on the maternity ward made my experience very enjoyable and relaxed.

Braidie Bown, Physiotherapist, Community Stroke Rehabilitation Service, Older Persons Health and Rehabilitation

Thank you so much. Knowing what takes energy will relieve my anxiety not to expect more than I have been doing. I must say that your interview technique is outstanding. You've got it just right!

Ward A4, Christchurch Hospital

Absolutely amazing staff. Thank you for looking after my son.

Ward B4, Christchurch Hospital

Amazing level of care. Thank you for the way you are looking after my mother. You are all amazing.

Ā mātou kōrero – Our stories

Explore your career with us – Te Whatu Ora Waitaha Canterbury Career Expo

A global shortage of healthcare workers has affected how we must find and attract talent to Te Whatu Ora Waitaha. Now more than ever, we must be more proactive, providing visibility of career options in health to our young people and a greater experience for applicants. It's also important to ensure our workforce reflects the population we care for.

Last week Waitaha Canterbury held a career expo for local secondary school students. The purpose was to showcase Te Whatu Ora and raise awareness of the multiple opportunities that exist in health. It also provided an opportunity engage our wider Māori and Pacific communities with the goal to increase the diversity of our workforce.

Two of the key messages included “If I can, you can” and “It’s about the people – your place, your people”.

The event was held in Manawa and was run across three floors, with 27 clinical and nonclinical professions and three tertiary education providers, Careerforce and KiaOra Hauora, represented.

Wellfood and Environmental Services, Allied Health kaiāwhina and Hato Hone St John staff joined nursing and medical colleagues. There was a strong contingent of Allied Health Scientific and Technical professions including psychology, medical imaging, radiation therapy, cardiac physiology/sonography, medical laboratory science, respiratory and sleep, clinical engineering, pharmacy, nutrition/dietetics, physiotherapy, occupational therapy, and social work. The Simulation Centre ran activities that the young people could actively participate in, including listening to heart and lung sounds and maintaining an airway in theatre.

About 140, year 11, 12 and 13 students, as well as their career advisors, teachers and some parents attended from 17 Canterbury secondary schools. Pathways into health were discussed with the students and they received advice on the various avenues available to work in the health system.

The feedback on the day has been positive with the students noting what they enjoyed:

“The wide range of different professions/roles in attendance. Being shown the practical teaching spaces – impressed with simulation technology.”



From left, Unit Charge Medical Imaging Technician Henri Nellis and Medical Imaging Technician Kate Stoddart represented Radiology at the career expo



From left, Service Manager Wellfood and Environmental Services (Hillmorton and The Princess Margaret Hospital) Justin Bellass, Retail Manager Food Services Nick Abernathy and Food Development and Quality Manager – Wellfood Sacha Drinnan

A career advisor wrote:

“It exceeded our expectations. Such valuable conversations had with our young people and your staff. The interactive activities were engaging as well. It was excellent professional development for our career advisors too, to support our young people who have an interest in healthcare”.

The career expo provided an opportunity to expose some young Canterbury people to the idea of a career in health, something many of them may not have previously considered. The ‘Explore your career with us’ career expo will now run annually.



From left: Respiratory Physiologist Cameron Avery and Respiratory/Sleep Physiologist Helen Slater demonstrate some equipment



A student gets hands-on in the Simulation Centre



Simulation Technician Dionne Rogers, about to show the students what's hiding under the sheet



Students in the Simulation Centre with one of the infant manikins (a manikin is a life-sized anatomical human model used in education and training)



Coordinator of the Manawa Simulation Centre Christine Beasley chats with some students

The power of conversations: Serious Illness Conversation Guide and Shared Goals of Care

Shared Goals of Care (SGoC), an approach that places patients and their aspirations at the heart of medical decision-making is transitioning.

It involves a collaborative dialogue among patients, their whānau, and the clinical team to reach a shared goal of care (for example curative, restorative, focused on improving quality of life or providing care at end of life) based on the patient's values. It allows people a say in how they deal with their illness, with a focus on which treatments may or may not meet their health goals, including CPR.

The upcoming change on 30 August sees the replacement of the old yellow DNA CPR (do not attempt cardiopulmonary resuscitation) form with the new SGoC plan. The plan records conversations between patients, their whānau, and the clinical team and the outcome of a shared decision-making process.

This conversation extends beyond medical treatment preferences, says Respiratory Medicine Clinical Director and Palliative Care Physician, Rachel Wiseman.

"I think of it as 'flipping the conversation'. Rather than starting with talking about what treatments a person may or may not want, we are using the person's values and goals as a starting point and aligning their treatment with these."

This approach bridges the gap between clinical expertise and personal values, fostering a holistic understanding of the patient's illness, prognosis, and future health objectives.

Key to this initiative is the Serious Illness Conversation Guide (SICG), a framework that enriches SGoC dialogues says Advance Care Planning Facilitator, Karla Olorenshaw.

"The SICG framework is used to navigate SGoC conversations. It gives words to good intentions."



The Shared Goals of Care team, from left, Respiratory Medicine Clinical Director and Palliative Care Physician Rachel Wiseman, Shared Goals of Care Facilitator Tina Dunnings and Advance Care Planning Facilitator Karla Olorenshaw

This guide equips healthcare professionals with patient-tested language, in exploring and understanding patient preferences while fostering shared planning that aligns with individual values and goals.

The tangible benefits of SGoC reverberate across healthcare settings.

Early conversations can have a profound impact, Rachel says.

"In a recent experience having the plan in place meant the decision-making was clear around what to do when the patient deteriorated. This preventive aspect of SGoC prevents reactionary decision-making, enhancing both patient outcomes and peace of mind."

The approach's implementation in Aged Residential Care (ARC) facilities in Waitaha Canterbury has also yielded impressive results, says Karla.

"Since adopting Shared Goals of Care in an ARC facility, there has been a significant improvement in patient satisfaction and transparent communication.

In the Bay of Plenty, for example, this initiative guided high-risk surgery pre-assessments, resulting in 53 percent of patients opting against a procedure when it didn't align with their care goals."

Shared Goals of Care is targeted Advance Care Planning. People can have significant life events while they are admitted to the hospital. On discharge, they may wish to complete their Advance Care Plan with support from their general practice. Letting people know that this is an option available to them may help people identify their priorities of care before any subsequent admissions," she says.

The process supports a team approach. Any healthcare professional who already has conversations with a patient can participate in the Shared Goals of Care conversation. The discussion with the patient is best placed early in care when treatment decisions are being made. As teams become familiar with the documents, there can be further talks within departments about how it best fits into the patient flow.

To learn more about the plan, visit the [Shared Goals of Care page on Prism](#) or email SGOC@cdhb.health.nz

Health Precinct events

Poster Expo evening

The Health Research Society of Canterbury (HRSC) hosted its annual Poster Expo, welcoming poster submissions across the tertiary institutions as well as Te Whatu Ora researchers. Sponsored by the Canterbury Medical Research Foundation, three cash prizes were awarded to Ashley Deane, Rebecca Lee and Jenny Hamilton (pictured) on the night.

It was a great evening celebrating health research in Canterbury. For more information about the Health Research Society of Canterbury, go to the [HRSC website here](#).



Living well and ageing well research talks

Te Papa Hauora and the Canterbury Medical Research Foundation (CMRF) took 'Living well and ageing well' research talks out into the Rangiora community.

Together with Dr Tracy Melzer and Dr Kyla-Louise Horne of the University of Otago, Christchurch and the New Zealand Brain Institute, and Professor of Clinical Psychology at the University of Canterbury Julia Rucklidge, (pictured) the topic of brain health was explored in depth.

More of these events are planned for the future: if you would like to keep up to date with our events, please register for the [newsletter here](#).



Jane Cartwright appointed to role of CCN Executive Director

Jane Cartwright has been appointed to the role of CCN Executive Director (ED) | Kaiwhakahare.

Jane has substantial governance and operational experience in the health, local government and education sectors and a steadfast commitment to working in partnership to improve people's health and wellbeing.

She has been a key member of the CCN whānau for many years and previously held the ED role while CCN was being established and during Kim Sinclair-Morris' maternity leave in 2015/16.

A registered dietitian who holds an MBA from the University of Otago, Jane is also Chairperson of the Nurse Maude Board, Chair of the Board of Brackenridge Service and Executive Officer of the New Zealand Breastfeeding Alliance.

Jane's experience, knowledge and compassion means she is well positioned to provide leadership to the transition of CCN functionality into the new system.

Jane will be 0.5 FTE in the role from Monday 14 August 2023 to 30 June 2024.



CCN Executive Director
(ED) | Kaiwhakahare Jane Cartwright

QUIZ ANSWERS – William Shakespeare

1. b. Othello
2. c. Yorick's skull
3. a. Her husband (Lord Macbeth)
4. c. Sun
5. b. Much Ado About Nothing
6. a. True – critic, gossip, hurry and obscene are just a few of the words credited to Shakespeare
7. d. She stabbed herself
8. a. Anne Hathaway
9. c. Bertram is forced to marry Helena whom he does not love, so she undertakes a series of deceptions to make him love her
10. b. A midsummer Night's Dream (the top five in order are: A Midsummer Night's Dream, Romeo and Juliet, Twelfth Night, Hamlet and Taming of the Shrew).

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.



Adrenalin Forest – 105 Heyders Road, Spencerville

10 percent off admission fees for Te Whatu Ora Waitaha employees and their children. Show your staff ID to redeem.



Gloucester Cottage – 746 Gloucester Street, Christchurch Central

10 percent off all services including massages,



waxing, tans, facials and more. Show your staff ID to redeem.

Specsaver – Ashburton, Riccarton, Shirley, Papanui, Hornby, Rangiora

Get 25 percent off lens options when selecting one pair from the \$169 range or above. Click here to view this offer and [details on how to redeem](#).



Korure – www.korure.com

Korure offers health supplements, joint and muscle creams. Get 15 percent off all products excluding subscriptions and bundles. Use [discount code found here](#).

CCN leadership key messages

Read the latest [key messages here](#) from the CCN Leadership Team meeting held Monday 24 July

2023. You can view previous key messages via the document library on the [CCN website here](#).



Pito kōrero hou tonu

The latest news from Te Tāhū Hauora, Health Quality & Safety Commission.

- › Update from Dr Peter Jansen
- › Feedback on Human Factors e-learning
- › Patient story – the unseen impact of developing an infection after surgery
- › And more

[Read more here](#).