

# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No. 64 | 30 October 2023 | 30 Whiringa-ā-nuku 2023



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





9



11



15



17



18

## In this issue

**Kupu Arataki – Introduction...** pg 3-7

**QUIZ – Difficult general knowledge ...** pg 8

**Ā mātou tāngata – Our people**

- › Home-grown app a simple way to manage professional development... pg 9-10
- › One minute with... Kayla Boland, Medical Laboratory Scientist... pg 11
- › Akoranga reo Māori 38 – Lesson #38 – Te moana – The sea ... pg 12

**Whakamihi – Bouquets...** pg 13-14

**Ā mātou korero – Our stories**

- › Mental health services vital to the young people of Ashburton... pg 15-16
- › Heart research funding... pg 17
- › Award recognises commitment to improving Māori health... pg 18

**Pānui – Notices...** pg 19-20

Cover photo: At the formal blessing and celebration of the newly refurbished Child, Adolescent and Family Mental Health Services, Community and Outreach Unit based on the Ashburton campus (CAFSouth). From left, front row, former Trustee of Advance Ashburton Gary Fail, Trustee Advance Ashburton Elizabeth Ashford, Office Administrator Advance Ashburton Aimee Mateo, Executive Officer Advance Ashburton Carolyn Clough, Registered Social Worker Annalise Hurrell, Psychologist Molly Mazey-Richardson, Chair Advanced Ashburton Mary Ross, and Clinical Nurse Specialist / Clinical Lead Helen Mountford. From left, back row, Registered Nurse Toni Maughan, Consultant Psychiatrist Dr Nabeel Pirwani, and Registered Nurse Emma Murphy

# Kupu Arataki – Introduction

## Ashburton Child, Adolescent and Family Mental Health Services

Last Thursday marked the official blessing and celebration of the refurbished Child, Adolescent and Family (CAF) Mental Health Services Community and Outreach facility based on the Ashburton campus.

The service provides invaluable mental health care to children and young people in the Ashburton district, while working with whānau and other local health providers and schools. This service is vital to the community as it can be difficult and costly to travel to Christchurch for care and support.

Financial assistance for the refurbishment was generously provided by local community foundation, Advance Ashburton.

You can read more about the CAF unit, Advance Ashburton, and last week's blessing on [page 15](#).



## Halloween

Tomorrow, 31 October is Halloween, and Friday 3 November is National Oral Health Day (see below). If you're taking children trick or treating, remember these tips from Specialist Paediatric Dentist Arun Natarajan:

- › Go easy on the sweets and sugary drinks. Don't eat them all at once
- › Parents or caregivers should brush their child's teeth until they are eight years old. This is to ensure all the teeth, including the adult molars that come in at around six or seven years of age, are brushed properly. From the age of eight, the kids should be able to brush their own teeth
- › Use a good fluoride toothpaste
- › Don't rinse the child's mouth with water after brushing. Let the toothpaste stay on the teeth and continue to 'do its thing'.

Good oral health and hygiene applies to grown-up trick or treaters too!



If you or your team are dressing up for Halloween, please take some photos and share them with us for next week's pānui. If you have photos of your whānau or pets dressed up, we would love to see those too! Please share by emailing [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).



## National Oral Health Day

---

As mentioned above, Friday 3 November is National Oral Health Day and this year we are being encouraged to 'switch to water'.

New Zealanders are being asked to ditch the sugary drinks and make water their drink of choice for 30 days in November.

As we know, sugar sweetened beverages have a negative impact on our health and wellbeing, leading to tooth decay and contributing greatly to obesity and other health problems. Choosing water is better for your teeth, your health, and your wallet.

Read more about 'switch to water' and how you can take the 30-day challenge on the [New Zealand Dental Association website](#).

## Pink afternoon tea for Breast Cancer Awareness Month

---

A group of ladies who attend the Elizabeth Street Day Centre in Ashburton, participated in a pink afternoon tea for Breast Cancer Awareness Month.

The Elizabeth Street Day Centre on the Ashburton Hospital campus aims to provide opportunities for seniors to maximise their abilities which enables them to live in their own home for as long as possible. All the members of the centre currently live independently but have complex health needs. These may include varying degrees of dementia, mobility issues, stroke, or other health problems. They are referred to the centre by their general practice or health practitioner and may attend one or more days per week.

The centre's mission is to improve the health and well-being of the people living in Canterbury, and recently featured in a pānui story about a visit from a very cute therapy dog.

October is Breast Cancer Awareness Month, and the Elizabeth Street Day Centre ladies' group had a pink afternoon tea with pink food and fancy pink cups and saucers. Everyone was encouraged to dress in something pink and a collection box was available for those wishing to donate to the pink ribbon appeal. The centre's men's group will be having their pink afternoon tea today.



Enjoying the pink afternoon tea, from left, Marlene Crequer, Coyla Chisnall, Val Farr, Maggie Jackson, and Betty Ellis

## New de-escalation e-learning module for patient and public-facing kaimahi

---

A new de-escalation e-learning module called Prevention First is now available. The training is mandatory for all our patient and public-facing kaimahi (staff) and their immediate leaders. People are required to complete the module every two years.

This interactive, scenario-based tool will help you understand the dynamics that can contribute to escalated behaviours, know how to engage in a supportive way to prevent or reduce such behaviours, and know when to call for assistance.

It takes about 90 minutes to complete, and you don't need to do it all at once, you can save it and come back to it later. If you want to find out more, please [read the FAQs on Te Haerenga, our national intranet](#).

Thanks for taking the time to help keep you, our patients, visitors, and colleagues safe.

For more information contact the [Violence at Work Programme Team](#).

## Cyber Smart Week

---

It's Cyber Smart Week (30 October – 5 November) and a timely reminder for us all to take great care to protect ourselves at work and at home.

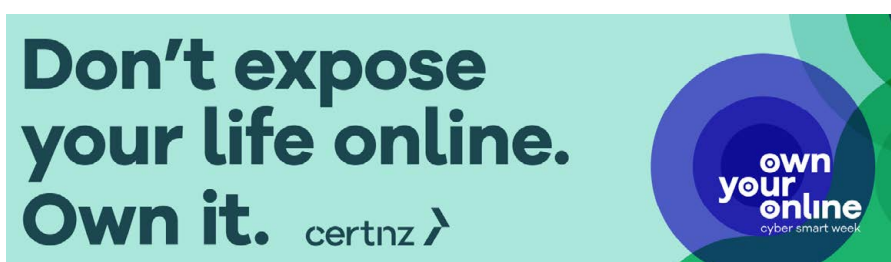
Every day, thousands of New Zealanders are targeted by cyber criminals with scams trying to defraud or steal personal

information. This year's Cyber Smart Week – organised by [CERT NZ](#) – focuses on the personal cost of these scams, and five simple steps you can take to 'own your online':

- › Create long, strong and unique passwords
- › Turn on two-factor authentication
- › Activate automatic updates on apps and devices
- › Set your social media settings to 'private' or 'friends only'
- › Think before you click.

To find out more, visit the [Own Your Online website](#).

This week is also a good time to check out Te Whatu Ora's own [Cyber Hub](#). You can find links to all the campaigns about keeping yourself safe online, as well as important information about how we can keep the New Zealand health sector safe.



# Major works may impact the time it takes to get to Christchurch Hospital

---

Staff, patients, and visitors travelling to Christchurch Hospital from the southern motorway may experience delays due to upcoming works on Brougham Street.

A new underground 66kV power cable is being installed underground between Bromley Substation and Milton Substation. The new cable is being installed in the road and from 6 November, work begins on Brougham Street between Opawa Road and Ensors Road. Crews will be working at night between 6pm and 6am until early December. Brougham Street will remain open while during this time with some restricted turn movements.

You can read more and view maps of the affected areas on the [Orion website](#).

## Hillmorton facilities videos

---

As shared in previous pānui, the new facilities on Hillmorton campus are now open. Two short videos have been produced that showcase the features of the buildings.

- › [Video one](#) is two and a half minutes long
- › [Video two](#) is 35 seconds long.





## SPANZA 2023 scientific meeting

Last week, the annual Society for Paediatric Anaesthesia in New Zealand and Australia held its annual scientific meeting in Ōtautahi Christchurch. Hosted in the Te Pae conference centre, the conference attendees came from across Aotearoa New Zealand and Australia. Speakers also came from Australia, New Zealand, and North America.

The five-day programme included several workshops and activities, and participants were also able to squeeze in some touristy fun around the city.

Last Friday, around 30 participants attended optional workshops held in Manawa, here on the Christchurch campus. The sessions covered emergency treatment and resuscitation of children and infants, as well as other refresher training. The 'hands-on' activities made good use of the Manawa manikins.



Participants practice infant resuscitation on a manikin



SPANZA conference attendees at one of the Manawa workshops



**Born between  
1989 and 2004?**

Make sure you're fully protected against measles

[www.immunise.health.nz/measles](http://www.immunise.health.nz/measles)

**Te Whatu Ora**  
Health New Zealand

# QUIZ – Difficult general knowledge

For our third week of general knowledge quizzes, we have reached the difficult level.

How many of these can you get right?

- 1. What nationality was Charlie Chaplin?**
  - a. American
  - b. Canadian
  - c. British
  - d. German
- 2. Deglutition is the scientific term for what common bodily function?**
  - a. Sniffing
  - b. Perspiring
  - c. Crying
  - d. Swallowing
- 3. Who wrote the book, 'I know why the caged bird sings'?**
  - a. Harper Lee
  - b. Maya Angelou
  - c. Truman Capote
  - d. Ernest Hemingway
- 4. Which of the following artists has an EGOT (an Emmy Award, Grammy Award, Oscar, and Tony Award)?**
  - a. Adele
  - b. John Legend
  - c. Meryl Streep
  - d. Tom Hanks
- 5. Which of the following is an example of an oxymoron?**
  - a. Angry crowd
  - b. Deafening silence
  - c. Kath and Kim
  - d. Team unity
- 6. Why was the Warren Commission formed?**
  - a. To investigate the assassination of President John F Kennedy
  - b. To investigate the events of September 11
  - c. To investigate alien abductions
  - d. To investigate the assassination attempt on President Ronald Reagan
- 7. What is the first name of Police Chief Wiggum in The Simpsons?**
  - a. Charlie
  - b. George
  - c. Clancy
  - d. Ralph
- 8. What sport featured in the 2011 movie Moneyball?**
  - a. American football
  - b. Baseball
  - c. Soccer
  - d. Golf
- 9. What year was Archduke Franz Ferdinand assassinated?**
  - a. 1899
  - b. 1905
  - c. 1912
  - d. 1914
- 10. Put the following social media, communication and sharing platforms in order of launch date, from earliest to most recent.**
  - a. Facebook
  - b. WhatsApp
  - c. Instagram
  - d. YouTube
  - e. Myspace

[Check your answers on page 19.](#)



# Ā mātou tāngata – Our people

## Home-grown app a simple way to manage professional development

A Christchurch Hospital anaesthetist has turned his interest in technology into a time-saving app that's helping clinicians manage their continuing professional development (CPD).

The newly-launched SimpleCPD app was developed by Anaesthetist Christian Brett, to provide a simple way for clinicians to keep track of their training and meet recertification requirements.

Christian says the inspiration for the app came from his time as educational supervisor for junior doctors at Christchurch Hospital, mentoring and overseeing their professional development.

"We ran the teaching programme with paper-based attendance records, which was time-consuming both for administrators and users. I was thinking about how we could use technology to improve the system, and find a way to keep automated records."

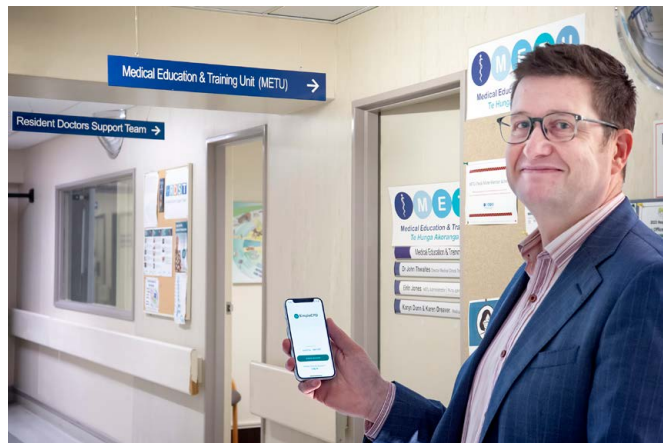
That is when Christian came up with SimpleCPD.

Around 2017 Christian approached the then-Canterbury District Health Board's Via Innovations unit for support in developing the technology. They helped with the development of a provisional prototype and connected him with the New Zealand Health Innovation Hub, which helped secure additional funding and technical support.

"We developed a rough beta version in 2017/18, which I tested with the junior doctors I was supervising at the time. It was very successful and easy to use, even in its initial basic form. We had over 1000 users during this testing phase, so the concept was well proven," Christian says.

Christchurch-based health tech company Webtools came on board with development and commercialisation expertise, and full beta trials were well under way until COVID-19 hit in 2020-2021.

"We got things back on track and by March this year we were ready to launch the release version. I'm really happy with the app – it has been very stable and has needed very little maintenance.



Christchurch Hospital Anaesthetist Christian Brett with the SimpleCPD app

The interface is simple to use, both for attendees and event creators."

Training providers use a web interface to set up a new event in SimpleCPD with programme details including subject categories, claimable hours, and any attached documents.

The app generates a one-off, time stamped QR code, which is displayed at the event. Attendees scan the QR code using the SimpleCPD mobile app, which registers their attendance with the organiser. The system also emails a certificate of attendance and creates a continuing personal learning record, which can be uploaded to the relevant college for annual CPD requirements.

Further enhancements are in the pipeline including extending the app for use with virtual/online events, and push notifications to alert users to upcoming events in their areas of interest, he says.

SimpleCPD already has 500 active users within the Waitaha Canterbury hospital system, across multiple departments, as well as the Medical Education Training Unit.

Now that the app is widely available, Christian hopes other disciplines will make use of the technology.

"It definitely has potential beyond the hospital setting – for other parts of the health workforce, and the private health sector, for example. But also, for other organisations and disciplines such as the legal profession, where there are CPD requirements or a need to manage training."

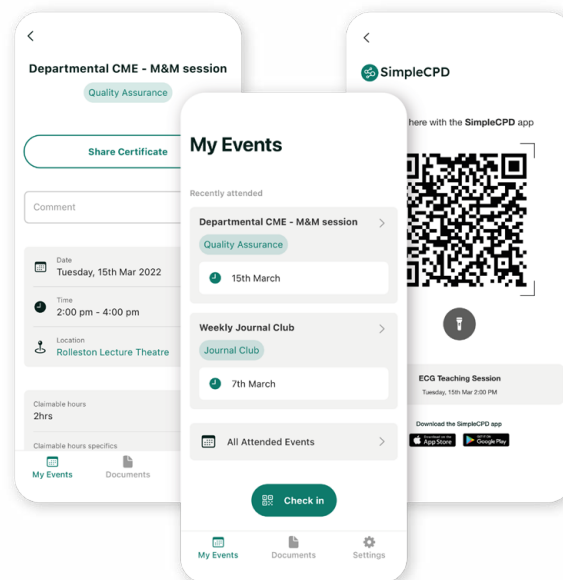
Christian says he's had a long-standing interest in technology.

"That's not unusual for people working in anaesthetics and intensive care – we're using technology on a daily basis and seeing developments and innovations all the time.

"I'm very keen to keep an active interest in health IT. I do have ideas for other apps in the future, but for now I'm focused on further developing this app and seeing it fully commercialised."

For download links and more information about SimpleCPD visit [www.simplecpd.app](http://www.simplecpd.app)



For more about New Zealand Health Innovation Hub visit <https://innovation.health.nz/>



## Top tips for cyber security

certnz 

Online security is becoming more important than ever. While there's no bulletproof way to prevent a cyber attack, here are some easy tips to help you keep your personal information safe and secure.

<b>Back up your data</b>  Using an external hard drive or a cloud-based service, copy your data to another separate location so you can retrieve it if necessary.	<b>Keep your operating system up to date</b>  Updates often fix vulnerabilities that attackers can find and use to access your system. It's an effective way to help keep them out.	<b>Install antivirus software</b>  Free online antivirus software can be fake. Purchase antivirus software from a reputable company and run it regularly.	<b>Choose unique passwords</b>  Create unique passwords for each account – that way if an attacker gets hold of one of your passwords, they can't get access to all of your other accounts.	<b>Set up two-factor authentication (2FA)</b>  Choose to get a code sent to another device like your phone when logging in online – it helps stop hackers getting into your accounts.	<b>Use creative recovery answers</b>  Common security answers like your pets name or your school can be easy for an attacker to find out. Choose novel answers that aren't necessarily real.
<b>Be cautious of free WiFi networks</b>  Be careful using free Wifi and hot spots - they are untrusted networks so others could see what you are doing.	<b>Be smart with social media</b>  What you post on social media can give cyber criminals information that they can use against you. Set your privacy so only friends and family can see your details.	<b>Don't give out personal info</b>  Legitimate-looking emails are very clever at trying to trick us into giving away personal or financial information. Stop and check if you know who the email is from.	<b>Check bank statements regularly</b>  Keeping an eye on your bank statements could be the first tip-off that someone has accessed your accounts. Ring your bank immediately if you see something suspicious.	<b>Get a regular credit check</b>  An annual credit check will alert you if someone else is using your details to get loans or credit.	<p>To report a cyber security problem, visit <a href="http://www.cert.govt.nz">www.cert.govt.nz</a></p>

# One minute with... **Kayla Boland,** **Medical Laboratory Scientist**

## **What does your job involve?**

Working in the Bacteriology lab involves analysing patient samples for infection, including bacteria, fungi, mycobacteria (like tuberculosis), and parasites. Lots of looking at bacteria on agar plates and determining what they are!

## **What pathway got you to this job?**

I went to the University of Otago for the four-year Bachelor of Medical Laboratory Science (BMLSc), which includes a placement year in a laboratory.

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

Behind every sample is a patient, and sometimes the stories of how patients have got these infections hits harder or closer to home than you'd expect. Clear, compassionate communication is a must as we're a big department with a variety of people.

## **Who inspires you and why?**

Last year one of my friends decided to leave Christchurch to live in a van and travel around New Zealand, figuring out what she'd do from there. That courage to just go for it and trust that everything will work out is incredible and inspires me to let go of rigidity and be open to opportunities.

## **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?**

All these values are vital to my role as a scientist, as we're putting out results that directly impact patient care and wellbeing.

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

I'm not sure! I'd like to do some travelling but have yet to do so, and I have a very clingy cat who would be sad to be left behind.

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

I'd love Saoirse Ronan to play me. We have similar facial features and she's Irish which gives a nod to my ancestry.



Medical Laboratory Scientist Kayla Boland at GapFiller's Bloco De Carnaval event earlier this year

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

Asides from the usual recycling spiel, I mainly eat plant-based foods and try to support local groceries as much as possible to reduce the carbon footprint of my food. Fast fashion is a huge environmental issue so I'm in the process of sewing my own wardrobe, and I mend my clothes and items when they're broken instead of buying new ones.

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

I have too many hobbies! I train aerials, hula hoops, and contortion at Circotica Circus School Inc. and I teach contortion and flexibility to adults. I'm also on the school's committee – we're a non-profit circus school and it's a very collaborative community which takes up most of my time outside of work. I also love crafts, both the beer and the art!

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).



# Akoranga reo Māori 38 – Lesson #38

## Te moana – The sea

E rere atu nei ngā tai o mihi, ngā tai whakamihi ki a koutou.

The tides of acknowledgement and admiration flow out to you.

Living in the island paradise that we do and being so close to the sea, it is only right that we dedicate time to looking at some kupu (words) and rerenga kōrero (sentences) that relate to the moana, or the sea.

### Kupu – Words

<b>Ika</b>	Fish
<b>Tangaroa</b>	God/Deity of the sea
<b>Hinemoana</b>	Female guardian of the sea
<b>Tai</b>	Tide
<b>Kōura</b>	Crayfish
<b>Wheke</b>	Octopus
<b>Tātahi</b>	Beach
<b>Tai pari</b>	High/incoming tide
<b>Tai timu</b>	Low/outgoing tide
<b>Tohorā</b>	Whale
<b>Rimurimu</b>	Seaweed
<b>Kirikiri</b>	Sand
<b>Kōhatu</b>	Rock

### Rerenga Kōrero – Sentences

<b>He makariri te wai?</b>	Is the water cold?
<b>He mahana te wai?</b>	Is the water warm?
<b>Kia haumaru, kia kitea</b>	Be safe, be seen.
<b>Kia tūpato ki te kauere</b>	Be careful of the rip.
<b>Tīkina tō pōtae</b>	Fetch your hat

### He whakapātaritari – A challenge

See how many more words you can learn that relate to the sea and are relevant to your life. For instance, if you are someone that likes to go fishing, you like to hī ika (fishing with a hook and line). Or, if you enjoy going for a dive, you like to ruku moana (diving in the sea).

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

[Hauora.Maori@cdhb.health.nz](mailto:Hauora.Maori@cdhb.health.nz)

### I mōhio rānei koe? Did you know?

30 Oketopa (October) 1865 the Native Land Court was established.

The Native Land Court was one of the key products of the Native Lands Act 1865 which enabled the conversion of Māori land that was traditionally communally owned, into individual titles.

This made it much simpler for Pākehā to purchase Māori land.

The function of the Land Court affected Māori more strongly than any other colonial institution. Historian Judith Binney described the Native Lands Act as an 'act of war'.

The Court required no more than 10 owners be named, regardless of the size of the section of land and all other tribal members were effectively dispossessed.

Even though most Māori at this time lived rurally, all claimants were required to attend in person and many incurred large bills for legal costs, food and accommodation as they awaited their hearings. Many Māori were forced to sell the very land they had been defending to cover their debts.



*Tēnā koutou katoa. Mō koutou i whai wāhi tonu mai. Thank you all for your continued participation.*

# Whakamihi – Bouquets



## **Emergency Department (ED), Intensive Care Unit (ICU), Medical Assessment Unit (MAU) and Ward 11, Christchurch Hospital**

We were on holiday from the U.S when my husband felt sick, and the urgent care clinic referred us to Christchurch Hospital's ED. He was seen immediately and ultimately was in hospital for four nights. We were very impressed with the wonderful medical care, attentiveness, concern, and kindness of every staff person we encountered. Of course, it was stressful being ill in another country, but the excellent care and compassion made it less stressful. We especially appreciated the care provided by staff and nurses in the MAU and later in Ward 11, especially Nurse Callum, Dr. Garrick Edge, who first saw my husband in MAU and then later in Ward 11, and the physician and nurses from ICU who came to my husband's bedside to evaluate him and discuss whether he should be moved to ICU. Eve from WellFood was also very kind, including to me, as the spouse (not just the patient). The housekeeping staff were excellent, and we were impressed by how often they cleaned. Although we have personally always been fortunate to have excellent health insurance in the U.S, our country very unfortunately does not provide universal health care. We have long-supported universal health care and are frustrated that it is only available to those 65 and older (Medicare). Our experiences at Christchurch Hospital reinforced our belief that UHC can definitely work and provide top-notch medical care. Many thanks to all we encountered.

We can attest that the quality of care at Christchurch Hospital was comparable to, if not better than, care at hospitals in our community, and certainly at a much lower cost.

## **Security, Christchurch Hospital**

I had to drop off a piece of equipment today and expected to to take it back to the department. However out of the blue the lovely security lady sitting just outside the front door said I will take that and offers to take it for me. Have always had great service here but just wanted to pass this on.

## **Ward 11, Christchurch Hospital**

Thank you to all the team in Ward 11. Every staff member I came into contact with treated me with care, concern and professionalism. I felt safe, well fed, and nurtured. A special shout out to the student nurses. Once again, thank you and please know how grateful your community are for the amazing mahi you do.

## **Christchurch and Burwood hospitals**

Over the past few years, I have had excellent treatment from the staff at both Christchurch and Burwood Hospitals, both as an inpatient and an outpatient in ED, Cardiology, the Eye department, Urology and Endocrinology. The system is timely and has worked well, from initial diagnoses to follow-up and treatment.

### **Maxillofacial, Christchurch Hospital**

Just wanted to acknowledge the amazing care my daughter has had with the Maxillofacial team over the last few weeks. A particular shout out to Ellen who has so been amazing, kind and fun to deal with (even in the middle of the night). Also Peter the surgeon, who had the loveliest bedside manner and put my daughter at ease before her surgery. Thank you, team. The people are outstanding.

### **Ward 10, Christchurch Hospital**

To all the nurses, physios and all who keep Ward 10 running, a huge thank you for your kindness, compassion, and superb care during my stay. I had all sorts of complications, and you all went out of your way to comfort and care for me which I am truly grateful. I congratulate you for helping to save lives in such a compassionate and professional manner. Well done to you all.

### **Lou, Children's Emergency, Christchurch Hospital**

We had some amazing nurses, but by far Lou was a stand-out. She was so fun and kind and treated my daughter like a person. She spoke to her first every time, and explained things in way that a six-year-old would understand.

### **Neethu and Brad, Ward A5, Christchurch Hospital**

The care I received was excellent, but there were two staff members who really stood out and made some pretty grim days a lot brighter. The first was a nurse whose name was Neethu, she was kind, compassionate and nothing was a problem for her. The second person was the catering assistant who delivered the meals, his name was Brad. He soon became the highlight of my day, he was kind, friendly and had a warm personality which just made you happy to see him each time. Like I say though, the care I received from everyone was excellent, and I couldn't find fault in my stay. Thank you so much for everything.

### **Children's Emergency and Ward B7, Christchurch Hospital**

This was a really challenging time for us as a family, but we were continually blown away by every medical professional we came into contact with, particularly the nurses. Every single nurse on the ward was warm, professional, knowledgeable, and went above and beyond to ensure our comfort during our son's stay. We will be forever grateful for the incredible care given to our son.

### **ED, Christchurch Hospital**

I was treated with the utmost care and respect. I would like to personally thank Dr Danielle, Radiographers Kate and Julia, and Dr Sulaiman Almubarak, who spent hours on my foot, cleaning multiple glass fragments out of the wound, and checking with an X-ray every time to make sure they were all gone. He made the procedure as painless as possible. I know it's a thankless job and you don't deserve the abuse you get trying to help people. What I saw and heard in the ED was a real eye opener. Please pass on my personal thanks for all who looked after me that night, I really appreciate it.

## *Big Shout Out*

### **To: Interpreter, Henry Rudd**

We utilised the services of a hospital provided interpreter. The situation was incredibly difficult for the family and emotionally charged. Henry had significant input with the family over these two days and was utilised in multiple meetings. He was outstanding and the whole ICU team were blown away by the care he showed the family. Henry translated incredibly well, and made the whole process feel seamless for us. He conveyed information with the same level, manner, and tone of empathy that I was using speaking in English. Henry's ability to read my emotion and mirror that in his delivery to the family was so skilled – it was a privilege to have him as a part of our difficult conversations. He was accommodating, blended in, and prioritised the patient's family by staying beyond his allocated booked time to ensure clear communication and meet their needs. The bedside nurses, Associate Clinical Nurse Manager, Registrars, Senior Medical Officer and I were all so impressed with Henry and we want to convey our heartfelt thanks for the work he did – Henry went above and beyond.

**From: Linnea Helm, Registered Nurse, Intensive Care Unit**

#carestartshere



# Ā mātou kōrero – Our stories

## Mental health services vital to the young people of Ashburton

Last Thursday marked the official blessing and celebration of the newly refurbished Child, Adolescent and Family (CAF) Mental Health Services, Community and Outreach Facility based on the Ashburton campus.

Previously configured to provide temporary accommodation to hospital staff, the CAF space in the building has been transformed into warm and welcoming consultation rooms.

Clinical Nurse Specialist Helen Mountford who has been part of the Ashburton CAF team since 2019, says it was important to design a warm and welcoming therapy space for children, young people and their whānau to feel a sense of calm and belonging.

The team, along with Helen, is made up of registered nurses, a social worker, psychologist, psychiatrist, and a pukenga atawhai (Māori health worker), and works with a wider range of Christchurch-based disciplines.

The therapy spaces have been developed with children and adolescents in mind and contain a variety of therapy tools, including sensory items, weighted animals, games to engage, Lego for creative play, and therapy-based children's books. The space outside has also been developed to enable consultations and therapy to occur in a relaxed manner.

Financial support for the refurbishment was provided in part through a generous donation from Advance Ashburton. Established in 2003, Advance Ashburton is a community foundation that accepts donations, invests the money, and distributes earnings for the benefit of the community for charitable purposes. Over the past 20 years, it has distributed almost \$7million back to the Ashburton District.

Advance Ashburton Community Foundation Chair Mary Ross says the group was keen to support the CAF project because members recognised how important this was for their community.

"There's a growing need for child and adolescent mental health services based in Ashburton.



From left, Clinical Nurse Specialist / Clinical Lead Helen Mountford, General Manager Rural Health Bernie Marra, Trustee Advance Ashburton Elizabeth Ashford, Advance Ashburton Chair Mary Ross and Gary Fail of Advance Ashburton



The CAF therapy spaces provide a warm and welcoming environment for young people and their whānau



The facility's whānau room

It's not easy for many parents who are working, and often have other children or family commitments, to travel to Christchurch health facilities for care and support.

The CAF unit means a great deal to the broader Ashburton community because it allows the service to liaise more directly with other local health providers and child and adolescent services, including the local primary and secondary schools. This can only serve to help children and young people being cared for by CAF."

Advance Ashburton has supported the upgrade of the CAF facility over the past three years. Funding was provided by the Frampton Fund which was established following a very generous 2010 bequest.

Advance Ashburton has supported the upgrade of the CAF facility over the past three years. Funding was provided by the Frampton Fund which was established following a very generous 2010 bequest to support health services at Ashburton Hospital, from the late Miss Frampton, an Ashburton local.

The formal blessing on Thursday, attended by staff and representatives of Advance Ashburton, commenced with a traditional karakia led by Pukenga Atawhai (Māori Mental Health Worker) Justine Riwai.

Service Manager Child, Adolescent and Family Mental Health Service Deborah Selwood acknowledged the contribution to the facility made by Advance Ashburton.

"We recognised the pressing need for enhanced mental health support in Ashburton and its surrounding areas, especially among our youth. It was during this realisation that our profound partnership with Advanced Ashburton began."

Mary expressed her joy in being part of the transformative journey with Ashburton Hospital, describing the facility's evolution to an environment that is both empathetic and responsive to the unique needs of the individuals it serves.



Weighted animals offer comfort



Beanbags and outdoor seating allow staff, kids and whānau to spend time outside



The CAF team like to share a little of themselves with the children in their care, including photos of their pets



# Heart research funding

Otago researchers will be getting to the heart of one of New Zealand's biggest health issues, thanks to more than \$1.1 million funding.

The New Zealand Heart Foundation has granted \$1,176,149 to 10 Otago researchers to help fund 12 projects.

Timothy Prickett, of the Christchurch School of Medicine, was doubly successful, being awarded a total of more than \$154,000 for two project grants.

For his first project, for which he received \$101,168, Timothy will focus on musclin, an exercise-induced protein which may play a protective role during the pathophysiology of heart failure.

"Although exercise is known to increase musclin in people, and exercise is used in rehabilitation after an episode of heart failure, nothing is known of the impact of exercise on musclin in people with heart failure. Therefore, in a small pilot study of new cases of heart failure, we will examine changes in musclin and measures of the heart's performance during a carefully controlled exercise protocol undertaken in the community," he says.

Establishing the factors contributing to plasma musclin in normal people, and in those with heart failure, are critical to further studies of musclin's potential therapeutic role in both the prevention and management of cardiovascular disease.

"Heart failure is a leading cause of hospitalisation in New Zealand for adults over 65 years with about 19,000 hospital admissions annually. The lifetime risk of developing heart failure is one-in-five, and a diagnosis carries substantial morbidity and mortality, with a five-year survival of less than 50 per cent. In addition, the prevalence of heart failure is increasing due to ageing populations and increasing rates of diabetes and obesity.

"If it can be shown that people with heart failure have musclin deficiency, and that musclin increases as the heart's function improves during exercise, this would not only allow more efficient monitoring of rehabilitation programmes, but more importantly, open up new interventions that improve the hearts function by increasing circulating musclin."

His second project will focus on producing a high impact publication for clinical researchers to assist with identifying reliable commercial C-type natriuretic peptide assays.



From left, Professor Sally McCormick, of the School of Biomedical Sciences and Dr Timothy Prickett, of the Christchurch School of Medicine, are two of the 10 Otago researchers who have been awarded funding from the New Zealand Heart Foundation

"C-type natriuretic peptide (CNP) is a cardio-protective hormone that can limit scarring and pathological structural changes in the heart following heart failure peptides – highlighting the importance of understanding CNP physiology in heart failure.

"This research aims to produce a high impact publication to inform clinical researchers as to which commercial CNP assays reliably measure bioactive CNP and identify assays to avoid."

Sally McCormick, of the School of Biomedical Science, has been awarded a \$136,604 project grant to further investigate the effect of certain antidepressants on risk factors for heart disease.

"Heart disease and depression are strongly linked but the underlying mechanisms for this connection aren't known. We recently found that some antidepressants alter the metabolism of an important heart disease risk factor as well as components of the blood clotting pathway."

Sally, along with Michael Williams and Gregory Redpath, will investigate if antidepressants also alter the metabolism of the other lipid risk factors, LDL and HDL, and whether antidepressants can alter blood clotting.



"This could help inform which antidepressants are best for people who have depression and are at risk of developing heart disease due to family history or other factors.

"It is possible that some antidepressants could reduce heart disease risk in people with depression by promoting a more favourable lipid profile and a better ability to break down blood clots; potentially meaning antidepressants could be a dual treatment for both diseases which would reduce the stress of living with both conditions," she says.

## Award recognises commitment to improving Māori health

Dean and Head of Campus of the University of Otago, Christchurch, Suzanne Pitama (Ngāti Kahungunu) has been acknowledged for her significant commitment to improving health outcomes for Māori and reducing inequalities.

She recently won the New Zealand Psychological Society Dame Marie Clay Award, which recognises valuable contributions to educational and developmental psychology through original research, the dissemination of research, or best practice.

The awards committee noted that Suzanne exceeds the criteria for the award and her achievements have been maintained over 20 years with "demonstrable impact on our profession and those it serves".

"Professor Suzanne Pitama has spent her career focused on developing curricula to improve health outcomes for Māori and reduce the inequities that are present in the health system both as part of her teaching and research," the committee said.

"She has sustained a significant contribution to the field of educational and developmental psychology throughout her career and she is a worthy recipient of the Dame Marie Clay Award."

Nominated by Institute of Educational and Developmental Psychology Chairperson Robyn Stead and Treasurer Alisha Bliss, Suzanne says she was "blown away" before people in her field wanted her to be acknowledged with the award.

It was an honour to be nominated, she says. "I was really overwhelmed that my wider peers of educational psychologists firstly noted the mahi I was engaged with, and secondly saw the mahi as adding value to our professional body.

"This peer acknowledgment was humbling, unexpected and reminded me of the amazing community of practice I belong to. To be seen by your peers as lifting the profile of your discipline is an amazing professional compliment.

"I want to thank my colleagues at the Otago Medical School who see the value of my craft and passion for medical education as a place that is welcomed and inclusive of an educational psychologist."

Suzanne is well known in the medical and educational field for developing the Meihana Model and the Hui Process. This model provides a framework to practitioners that allows them to engage in a way that avoids tokenism, allows genuine collaboration and a pathway towards improved outcomes.

The award was established in 2008 to honour Dame Marie Clay's contribution to education and developmental psychology and is offered biennially.



Dean and Head of Campus of the University of Otago, Christchurch, Suzanne Pitama

# 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.**



**Noel Leeming** – [www.noelleeming.co.nz](http://www.noelleeming.co.nz)

Friends and family deal valid from 30 October to 12 November 2023. See the [attached flyer here](#) for full details and the barcode to scan instore to receive the offer or view the code to use online at check out.



**Warehouse Stationery**  
– [www.warehousestationery.co.nz](http://www.warehousestationery.co.nz)

Friends and family deal valid from 30 October to 12 November 2023. See attached [flyer here](#) for full details and the barcode to scan instore to receive this offer or view the code to use online at check out.



**Action Bicycle Club** – 8 Walker Street, Christchurch Central

Receive 15 percent off bike servicing (excludes parts). Show your staff ID to redeem, see more [information here](#).



**The Bog** – 50 Victoria Street, Christchurch Central

Get 10 percent off food and beverage for both families and groups. Show your staff ID to redeem. Not to be used in conjunction with any other promotions/ offers. [Click here](#) for additional offer.

## CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Te Mana Ora Community and Public Health (C&PH). The newsletter highlights new and revised free resources available from your local CHIC office.

You can read it on the [C&PH website here](#).

## QUIZ ANSWERS – Difficult general knowledge

1. c. British
2. d. Swallowing
3. b. Maya Angelou
4. b. John Legend
5. b. Deafening silence
6. a. To investigate the assassination of President John F Kennedy
7. c. Clancy
8. b. Baseball
9. d. 1914 – this triggered World War I
10. e. Myspace (2003), a. Facebook (2004), d. YouTube (2005), b. WhatsApp (2009) and c. Instagram (2010)

FREE | ALL WELCOME

POSTGRADUATE



# Online Masterclass

## Hot topics in Public Health

This personal and professional development opportunity presents the latest thinking on a range of complex and challenging issues impacting public health in Aotearoa.

The EV at the top of the cliff – Dr Helen Fitt  
Misinformation in public health – Dr John Kerr  
Lung cancer screening research – Professor Sue Crengle



Dr Helen Fitt



Dr John Kerr



Professor Sue Crengle

7 November 2023 | 12-1pm

For further information and the Zoom link:

[bit.ly/PublicHealthMasterclass](https://bit.ly/PublicHealthMasterclass)



IM01665-LJ-20230606