

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: Pharmacist Esther Oh talks with students attending the Health New Zealand | Te Whatu Ora Canterbury Waitaha 'Explore Your Career with Us' event at Manawa

Kupu Arataki – Introduction

Celebrating progress – International Women’s Day

International Women’s Day is on 8 March, and Health New Zealand | Te Whatu Ora is marking the day which has the theme Invest in Women: Accelerate Progress.

Health NZ’s investment in women’s health encompasses leadership, evidence-based policies, culturally safe services, and targeted actions to achieve equitable outcomes.

We know that nationally we have accelerated progress for women through initiatives including

- › the delivery of Aotearoa New Zealand’s first Women’s Health Strategy
- › a milestone agreement on pay equity for nurses implementing new pay rates
- › significant work towards reducing workforce pressures through training, recruitment and retention, and funding models.

International Women’s Day is also an opportunity for us to celebrate the amazing work that women across Health NZ, through innovation and research, support and mentoring, health education and many other areas.

In this issue of our pānui we profile a few of the remarkable women making a difference for their community and their colleagues in Canterbury Waitaha. In Canterbury, women make up 80 percent of our health workforce – we value your work and will continue to share stories of inspirational women working in the Canterbury Health System over the coming weeks. Read the first stories on [page 8](#).



COVID-19 testing advice updated

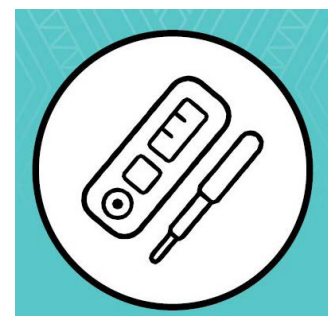
From today, recommended COVID-19 testing advice for household contacts is changing. If you are a household contact of a positive COVID-19 case and you do not have COVID-19 symptoms, you are no longer recommended to test daily with a rapid antigen test (RAT) for five days following a positive COVID-19 case in the household.

If you are a household contact of a positive COVID-19 case and you develop one or more COVID-19 symptoms, you are recommended to stay at home and test for COVID-19 using a RAT.

If you test negative but your COVID-19 symptoms persist, continue to stay at home and take another RAT in 24 and 48 hours.

If at any point 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 change in advice for household contacts aligns with broader public health guidance that advises RAT testing is generally not recommended when a person does not have any COVID-19 symptoms. When a person is symptomatic, the RAT result is more reliable.



Endometriosis Awareness Month

This month is Endometriosis Awareness Month – an initiative to help increase understanding of endometriosis and highlight the impact it can have on those who live with the condition.

It's estimated around 120,000 individuals in New Zealand are affected by this common inflammatory disease – that's around one in 10 girls, women and those assigned female at birth.

In this week's Pānui we talk to Christchurch Women's Hospital Medical Specialist Keryn Harlow about a new initiative to provide improved access to surgery for patients with advanced endometriosis. See [page 16](#) for the story.

Throughout the month Endometriosis New Zealand is hosting a series of "Living Well Together" events across New Zealand. In Christchurch the event is on Monday 11 March from 6–9pm, and is open to all those who live with endometriosis, their friends and whānau. It's an opportunity to hear from speakers, including Keryn, who will share both their expertise and personal journeys with endometriosis.

Find out more and [register for the event here](#).

First leap year baby at Christchurch Women's

Meet Otilie Bird, the first leap year baby born at Christchurch Women's Hospital in 2024. Otilie was born at 12.25am on 29 February, weighing 3980g and 55cm in length. She is the third daughter for her mum Kate Bird, who is a Registered Nurse in the Neonatal Intensive Care Unit. A total of 21 leap year babies were born in Canterbury – 17 at Christchurch Women's and four at Oromairaki in Rolleston. Congratulations!



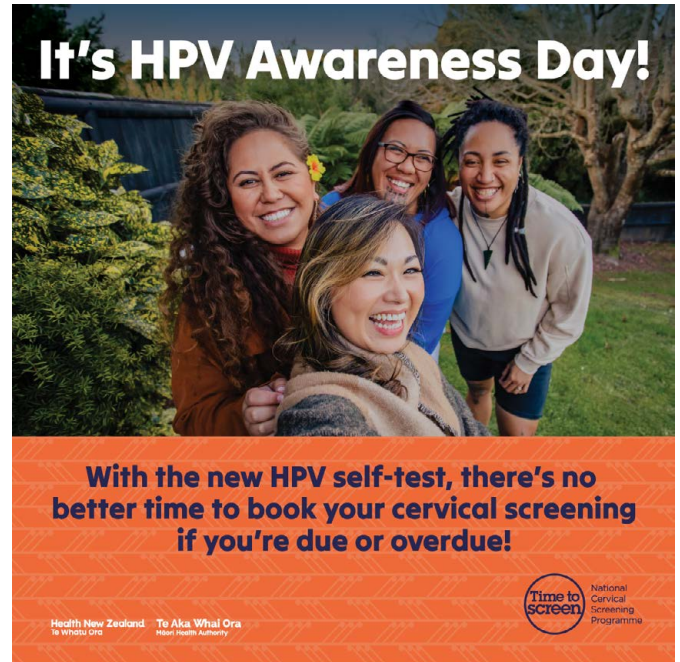
HPV Awareness Day 4 March

Today is HPV Awareness Day. Human papillomavirus (HPV) is the name of a group of viruses that cause infection on the surface of the skin. It is a common infection and is often cleared by our own immune system.

Some types of HPV are linked to an increased risk of cervical cancer. HPV vaccination and having regular cervical screening are the best safeguards against developing cervical cancer. Last year HPV screening became the new method for cervical screening in Aotearoa New Zealand. This means people now have the choice of a simple swab test they can choose to do themselves, or a cervical sample (previously known as a smear test) taken by a health professional.

It's hoped the new test will help increase screening rates and significantly reduce cervical cancer deaths in Aotearoa New Zealand.

Find out more about HPV and cervical screening at <https://www.timetoscreen.nz/cervical-screening/>



New appointments: Service Improvement and Innovation

Jacqui Lunday Johnstone has been seconded to the Service Improvement and Innovation (S,I & I) Team as the National Improvement Lead for a period of 12 months.

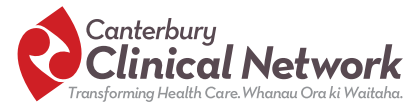
Jacqui will be providing support to the evolution, development and delivery of the national improvement strategy and programmes, along with supporting local improvement initiatives in Canterbury and West Coast on a 0.4 FTE basis.

For the balance of her time, Jacqui will remain in her current role as Executive Director of Allied Health, Scientific and Technical for Health New Zealand | Te Whatu Ora Canterbury Waitaha.



Jacqui Lunday Johnstone

Transition and closure of Canterbury Clinical Network programme office



As Canterbury Clinical Network (CCN) funding is nearing its end and most of its initiatives have transitioned to partners across the health system, the programme office and its work will close by 11 April 2024.

This decision, though bittersweet, paves the way for a future where the network's pioneering work can continue under new kaitiaki | guardians and the ongoing contribution of existing CCN partners.

The network has built strong, respectful, and honest relationships that have contributed to remarkable outcomes. Below is a small sample of what has been achieved during a remarkable decade:

- › Empowered service design led by clinicians and consumers, in partnership with Māori. This includes development of the Māori, Pacific and Consumer Caucus, the rural model of care community engagements and the development of Kia Kotahi Partnership in Design framework.
- › Codesigned and implemented integrated services including the regional Better Breathing Pulmonary Rehabilitation programme, community-based diabetes care enhancements, and the CREST service that supports early hospital discharge.
- › Led cross-sector development of initiatives including Mana Ake to provide mental health and wellbeing support for tamariki, whānau and schools, and Coordinated Access on Release to facilitate health service access for individuals released from prison.
- › Developed a suite of Shared Care Plans and content for HealthPathways to streamline care coordination.
- › Advanced health promotion through initiatives like improving HPV vaccination rates, introducing the Immunise for Life programme, developed the Medication Management Service to provide Medicines Use Reviews and led the design, evaluation, and promotion of oral health Menemene Mai kits.

Four new air rescue helicopters for South Island

Helicopter rescue services across the upper South Island are set for a boost next year with four new high-tech helicopters on their way.

GCH Aviation-Garden City Helicopters has purchased four Airbus H145 air rescue helicopters from Rega Swiss Air-Rescue, as it looks to standardise and upgrade the fleet of rescue helicopters across its Canterbury, West Coast, and Nelson/Marlborough operational bases.

The new fleet includes three twin-engine H145 D2s and one H145 D3, the latest offering from Airbus. Each is fully equipped with specialised medical equipment, hoist provisions, and Instrument Flight capabilities (IFR).

GCH Aviation CEO Daniel Currie thanked the Canterbury West Coast Air Rescue Trust for pledging their support in making this acquisition.

"The purchase means we can now modernise our fleet for the benefit of the South Island communities we serve. It is a big investment in the future of our air ambulance service."



Four new Airbus H145 rescue helicopters, the same as this Westpac Rescue Helicopter, will be entering service across the upper South Island from late 2025

"With one H145 already in service in Christchurch – the Westpac Rescue Helicopter – we can now upgrade our fleet to the same level. Having a standardised fleet gives us consistency with crew training and less complications when running two types of helicopters for maintenance," he says.

The new helicopters will be delivered in stages next year, and are set to begin service from late 2025.

Wellbeing spotlight: Use It Or Lose It – simple advice for brain health

March is Brain Awareness month, so it is a perfect time to stop and think about what you are doing to look after your memory and all-round brain health.

Research shows that the human brain is growing and changing throughout our lives and we can control three of the four causes of brain aging in just a few minutes a day. Naturally, the more you do, the better but regardless of age, Auckland Brainfit Coach Jude Walter, says it is never too early or late to start strengthening your brain.

“Memory is not a single object you can lose – it is more like a set of abilities that can be continually improved. Remembering is an active process that takes regular practice because when it comes to the brain and memory it really is a case of – use it or lose it!”

Here are Jude’s top tips for helping to build strong memories and healthy brains:

- › Believe in your memory – self-belief is essential to a strong healthy brain. You can control three of the four factors that cause brain aging so never say never and don’t be afraid to try new things.
- › Focus – when you pay attention and actively register details you are creating stronger memory traces. The more memory traces you have, the easier it will be to recall that information later. Think of it like shining a torch on the information you need to recall later.
- › Connect – try connecting the information you want to remember to something or someone you already know – it could be an image, a funny story, a song. This will help to further strengthen the memory traces and aid recall.
- › Rehearse – repeating the information as soon as possible afterwards is also good for embedding the memory so make a point of telling someone else as soon as you get home or repeat a new person’s name while you are still talking to them.
- › Seek out variety – different parts of the brain are activated by different tasks. The key is to try a range of activities on a regular basis as new/different gives your brain a full workout. It could be as simple as switching from doing the Sudoku to a jigsaw puzzle once a week, or walking to the shops along a different route.

- › Look after yourself – good food, water, exercise and sleep are essential for all-round health and wellbeing, and especially for brain health and memory. Exercise helps to improve blood flow to the brain while water and food fuel the brain, which needs twice as much energy than any other cells in your body!



Donation brightens staff space at The Princess Margaret Hospital

A big thank you to Mitre 10 Barrington, especially Bernie and Kathleen, who donated some paint to the Adult Community Therapy team working at The Princess Margaret Hospital. The team are very grateful for the generous donation and have made good use of it – creating a bright and cheery mural in their break area.



From left, Service Co-ordinator Long-Term Support Chronic Health Conditions Marilyn Lazare, Therapy Assistants Liz Lavery and Tianna Curtis, Clinical Manager Kelly Robinson, and Speech and Language Therapist Sasha Adams, all from the Adult Community Therapy Team, in front of their bright new mural at The Princess Margaret Hospital

International Women's Day



To mark International Women's Day on Monday 8 March we are profiling some examples of the amazing work being done by women throughout Health New Zealand | Te Whatu Ora Canterbury Waitaha, to make a difference for their colleagues and communities.

Tamara Brodie Making it better for patients and staff

If you want something done, ask a busy woman.

That's the theme of Tamara's life where she is making a positive difference on so many fronts. At home she's mum to two busy six and eight-year-olds, and at work she's a clinician who makes the most of every moment to make a positive difference for those she works with and those she cares for.

Identified early on as an inspirational leader, she had the opportunity to attend an enhancing leadership course a few years ago:

"I was thrilled that my team believed in me and supported me to attend. It was fantastic to be amongst so many wonderful health system women who were taking part in the course," she says.

Tamara is a third-year Senior Medical Officer working in General Medicine at Christchurch Hospital. In addition to her core role and acute duties she's involved in a wide range of health programmes and initiatives, and supports and enables new staff coming into health. Her colleagues say she's always the first to put her hand up when there's something to do.

Tamara says she loves working in General Medicine where there's a wide breadth of work, and despite the challenges of an increasing workload, she enjoys her job more than ever – as it's all about the people.

"The team I work with are incredible – I'm inspired by them every day."

She's noticed increasing numbers of female medical graduates coming into general medicine and is delighted that more women are going into leadership positions.

"What's important to me is that they are supported to step into these positions, and I'll do all I can to support up-and-coming clinical leaders.

"My colleagues Senior Medical Officer Tamara Brodie put so much heart and empathy into their work, and people all around me are going the extra mile as we try to shape the culture of our workplace. We want to recognise all the skills people have and the humanity they bring to their work every day.

"It's an absolute privilege to look after people at what is often the most stressful time of their life, when they or a loved one are unwell, or terminally ill.

"I'd also like to acknowledge everyone who has supported me on my health leadership journey," Tamara says.

Tamara's commitment to her patients is demonstrated in this note from a patient who wrote in to compliment her work:

"She provided factual information in an exceptionally gentle manner.

"She had everyone's best interests at heart, she is totally passionate about her job, and this shines through in the care she provided my mother and to us ...Tamara is truly outstanding and admirable – you are superb."



Tamara's passion and knowledge are put to good use in many different ways:

- › Training new medical graduates through Otago School of Medicine; she's one of the convenors of the advanced medicine attachment for fifth year medical students
- › Instigating a mentor programme for new staff in General Medicine
- › Serving as the liaison physician for West Coast's Rural Medical Specialists
- › Chairing the monthly mortality and morbidity meetings with a focus on quality improvement
- › Overseeing the audit programme for the house officers who rotate into General Medicine

- › Delivering orientation for new RMOs rotating into General Medicine
- › Championing the Shared Goals of Care initiative, promoting and educating medical staff in the value of this patient-centric approach to patient deterioration.
- › Providing training to clinical staff regarding requests from inpatients on assisted dying.
- › Starting a non-profit company called Stellar Education which facilitates and supports education to the internal medicine cluster
- › Initiating a QR code system that allows any clinical staff to provide feedback via their phone. The 3Gs system will capture Grumbles, Gratitude and Great ideas – it's about to launch!

Charlene Tan-Smith Improving patient outcomes always central

"When I think of International Women's Day, I am reminded of the 'supermums' caring for their refractory (drug resistant) epilepsy children in our South Island Ketogenic Dietary Therapy Service," says Clinical Lead Charlene Tan-Smith.

"I had the choice to pursue starting and extending the medicalised ketogenic service, but they did not choose their role. As tireless unsung heroes, they provide the inspiration for me to keep going."

Charlene is also the Allied Health Clinical Informatics Manager for Health New Zealand Te Whatu Ora, covering Canterbury Waitaha and West Coast Te Tai o Poutini.

As a paediatric dietitian she is part of the team that since August 2016 has treated children who have severe epilepsy with Ketogenic Diet Therapy at Christchurch Hospital.

This is a high fat, low carbohydrate, low protein diet that tricks the brain into thinking it's starving, consistently reducing seizures. The team sees the most severely affected children, who may have up to hundreds of seen and unseen seizures each day. About half of responsive patients have a more than 50 percent reduction in seizures, about 30 percent have a greater than 90 percent seizure reduction



Allied Health Clinical Informatics Manager Charlene Tan-Smith

and 10 percent become seizure free. For her recent doctorate studies Charlene undertook a new area of research for her, looking at treating a refractory epilepsy breastfed infant through manipulation of their mother's own milk, by putting the mother on a low-level ketogenic diet. This resulted in the infant's visible seizures stopping.

"I am now a passionate advocate for women in Allied Health to take a dive into clinical research," she says.

“With a secondment over the last several years followed by a newly created Allied Health Consultant role in informatics, I have entered a domain that outside of health is undoubtedly male-dominated. However, Informatics fulfills my tech-geek needs, I get to look at data, see its shape and tell the stories to inform decision-making and influence clinical workflows. I consider my work as applied informatics, deeply rooted in improving patient outcomes.”

Charlene’s message to women working in health on International Women’s Day is to “keep going”.

“Sometimes we sprint, sometimes we just place one foot in front of the other. And when we fall, we should pick each other up.”

Charlene’s leadership, mahi and achievements working in the field of data and digital health was recognised last year when she won the 2023 Clinical Informatics Leadership Award. She was also made a fellow of Health Informatics New Zealand (HiNZ).

Her work is helping bridge the divide between hospital and community, partnering with the Hauora Māori Team to ensure codesigned solutions.

She is known for her energy and desire to bring others along to achieve and celebrate successes and this has led to a growth in enthusiasm for informatics, data and digital within all the Allied Health specialities, managers, and clinicians across multiple campuses.

Charlene is a key member of the Allied Health leadership team and has been a digital champion for Allied Health for many years. Her work has led to successful pilots and projects in Canterbury, such as the closed-loop digital referral acknowledgement system, passive data gathering, and dashboard reporting for Allied Health operational visibility.

She has always had the consumer at the centre of her treatment and has consistently worked with the families who use digital solutions to implement and integrate their feedback. Her work has led to Christchurch Hospital being the first to systematically report Hauora Māori community activity datasets.

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



Sarah Marshall Supporting equity of access

Charge Nurse Manager Gynaecology Outpatient Services Sarah Marshall was instrumental in piloting a colposcopy clinic in the community to provide equity of access to healthcare for women.

She was involved in months of planning for the Wāhine Ora Colposcopy Community Clinic, which is scheduled to be held monthly during 2024. It is being offered to wāhine Māori and Pacific women who had been referred for the follow-up by their general practice or primary care provider.

The clinic was hosted by He Waku Tapu (a kaupapa Māori organisation) and Te Aranga Health (the general practice onsite), in conjunction with our Health New Zealand Te Whatu Ora Canterbury Waitaha Colposcopy team.

Sarah says the event is close to her heart because it was a huge collaborative piece of mahi between a fantastic group of wāhine to get this up and running, from her own registered nurses, administration staff and medical colleagues, to working in partnership with the He Waku Tapu and Te Aranga Health team.

"I was so extremely passionate about getting this clinic up and running as we needed to provide an equitable solution for wāhine Māori and Pacific women who need to access our service. The previous two clinics have been an amazing success and am looking forward to how we can grow and develop this service throughout 2024."

The wāhine invited to attend the clinic had missed or deferred their previous follow-up appointments for several reasons. Some may have had a negative experience in hospital or with their primary care provider.



From left, Charge Nurse Manager Sarah Marshall and Wāhine Ora Health Promoter Wikitoria Kurene

For others, it could be fear or hesitancy about the procedure itself, or barriers such as transport or needing childcare.

The clinic provided transport on the day for the women if they required it, and there was an opportunity to enjoy some kai and a kōrero, so everyone felt relaxed and at ease. Feedback from women who attended the pilot clinic for colposcopy procedures was overwhelmingly positive. They described the experience as less daunting and scary than the usual clinical environment.

The women also noted that they felt comfortable and physically and culturally safe during the procedure with several expressing their appreciation that the doctor, Sarah Te Whaiti, spoke te reo.

One minute with... **Johannah Betman,** **Senior Clinical Psychologist, East Adult Community Mental Health Service**

What does your job involve?

I work in the Adult Community Mental Health team. We assess and treat people experiencing a range of severe mental health difficulties including depression, anxiety, complex post-traumatic stress disorder, and psychosis. My job involves contributing to the multi-disciplinary team's assessment process to help develop a formulation explaining what is happening for someone, and to then take people through a course of psychological therapy. This can involve helping people to better understand their diagnosis, building skills for managing difficulties with intense emotions, and working through things causing people to feel distressed. I do this through both individual and group work.

What pathway got you to this job?

I went to university to study art history and in the process discovered psychology. I went on to complete a Post Graduate Diploma in Clinical Psychology and a PhD in Psychology (looking at rumination).

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

If you like working as part of a team, have a curiosity for understanding emotion and behaviour, and a desire to help people navigate the difficulties they are experiencing and build a better life for themselves, then this job may be for you. Psychologists are very approachable and love to talk. If you are interested in working in this area talk to one of Health New Zealand |Te Whatu Ora's teams, they would be more than happy to give an insight into what they do and advice on pursuing training.

Who inspires you and why?

The clients I work with. I am constantly inspired by their ability to keep going despite the complex difficulties they are experiencing and their willingness to engage in therapy. It is a privilege to work with them.

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 sit at the core of my work and are something I take into every session.

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

That's a hard one. Either relaxing at the family bach with my husband and three young children as that's a special place for us. Or embarking on a family road trip to explore the art galleries in Europe as I would love to see all their wonderful works.

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

The cartoon Bluey is a pretty accurate depiction of the delightful chaos of my whānau. My kids love it and would be sure to watch a movie about me if Bluey's family played us.

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

We recycle and use reusable bags and refillable containers. I aspire to one day grow my own vegetables but need to keep working on this as my current success rate is terribly low.

What are your hobbies/interests outside of work?

My kids keep me busy when I am not at work. Our current favourite things are lift-the-flap books, climbing trees, and Lego. We also spend a lot of time jumping over the lava that seems to constantly appear on the floor in the lounge. When I get time in the evening, I love watching cooking shows and doing the Stuff daily quiz.



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

Whakamihi – Bouquets



Emergency Department (ED), Orthopaedic Surgery, Ward D2, Christchurch Hospital and Canterbury West Coast Air Rescue

I am writing to express my deepest gratitude and appreciation to management, doctors, nurses, all staff for the exceptional treatment, care and support you provided during my time at Christchurch Hospital between Christmas and New Year, when a long-awaited holiday from far-away Denmark took an unexpected turn. Not only your professionalism but your dedication, compassion and willingness to go the extra mile have left an indelible mark on my heart. Your collective efforts made a very difficult time more bearable. Your expertise, genuine concern and kindness made all the difference in my (still ongoing) journey to recovery and, eventually, made it possible for my husband and myself to continue our journey – albeit in a somewhat modified version – to enjoy your amazing country. A very special thank you, too, to Richard Lloyd for ensuring essential follow-up, exceeding every expectation. Please know that your hard work and dedication do not go unnoticed. We have gladly been sharing with everybody we know back here in Denmark, this outstanding experience amidst all the misery. Evidently, New Zealand's nature is breath-taking; however, it is its people that make it truly extraordinary. With heartfelt thanks.

ED, Wards 3, 4, 5, Christchurch Hospital

I have never been to a nicer and more accommodating hospital than that of Christchurch. The staff and the support I received have been

overwhelming. Not only did I manage to safely have my baby at 32 weeks gestation, but staff managed to pick up on a lot of other health issues as well. If I were to ever have another emergency the same way I did when it came to my pregnancy I would return to this place.

Ward B3 and B5, Christchurch Hospital

I would like to say thank you to all the doctors that took a good care of me, from the day of my admission, through surgery, to the day I was discharged. God bless you all for your hands that save lives. To the gynaecological team, appendectomy surgeons, anaesthesiologist team and all other doctors involved. We appreciate you.

Acute Eye department, Outpatients, Christchurch Hospital

Genevieve Oliver performed nearly two hours of surgery on my detached retina and macular. Two weeks later I have almost completely recovered. I would like to thank Genevieve, David, Talyah and the rest of the team for their care and devotion during this difficult time. I was, and still am amazed about the whole experience.

Surgical Assessment and Review Area (SARA), Christchurch Hospital

During my stay on SARA Ferdinand Hager spent some time assessing my condition. I found Dr Hager to be extremely thorough and he spent time asking many pertinent questions. I would like to take this opportunity to thank him for his demonstrated care.

Oncology, Christchurch Hospital

I cannot say enough to praise the staff of Christchurch Hospital. Friendly, helpful staff that are caring and attentive. The doctors and nurses are so professional. A truly amazing service and care. The facilities are second to none in the new building – we are fortunate to have such a service in Christchurch.

Christchurch Hospital

Very caring and attentive staff. Full marks to all who treated me.

Christchurch Hospital

Very good hospital.

Hepatitis C Programme

I would like to promote the awesome Hep C programme for all the outstanding work you do for me and others. I feel you need some positive feedback. I'm mighty grateful for all you have done for me and my liver. I really want to show my appreciation for the cure you gave me. I have many friends who need to see that this treatment is great.

Dental, Christchurch Hospital

Thank you for being kind, caring and genuine. Thank you Arlia, Harrieta, and the lovely reception person. I am super grateful for this service – so so, grateful.

Jan, Ward B5, Christchurch Hospital

When I was most distressed and uncomfortable, Jan gave me the most wonderful relief by putting my bed in a magically supportive position. I have never been able to get it the same. Please have Jan teach others to do this as it may give them peace and comfort as it did for me!

Christchurch Hospital

Really lovely, kind staff. I felt very looked after and felt safe the entire time. I just wanted to let you know you all do an amazing job and I truly appreciate it.

Dental Outpatients, Christchurch Hospital

We would like to thank Dentist Adrienne and the dental technician who our service user visited today. They both have amazing patience and communication style when faced with challenging behaviour. Absolute professionals. They are true assets to your team. Please pass on our sincere thanks for making the visit as pleasant as possible.

Christchurch Women's Hospital and Christchurch Hospital

I want to say how impressed I was at the cheery helpful manner of several of your staff. The generous help given was so appreciated. Reception and security staff went out of their way to help me with my misplaced phone. The area by the Bone Shop was well covered with volunteers helping to redirect the route. You did it very well and cheerily. I was really impressed.

Surgery, Christchurch Women's Hospital (CWH)

I had surgery at CWH. My rock star surgeon was Bryony Simcock and her amazing team including Sara Te Whaiti. My bowel surgeon was Simon Richards. My hospital stay lasted 10 days and Bryony and Simon's team were just incredible. They were all very patient with their patient! I want to highlight how incredible all the doctors, nurses, healthcare assistants, and everyone at the hospital were. A couple of things really resonated with me – Sara's explanations that really helped me get my head around what my journey was going to involve, and whenever Bryony came in she knelt beside my bed so that she wasn't talking down to me. I know that sounds like a small thing, but it made a huge difference to me. She shows real empathy and is so down to earth. I have been blown away by the public health system's efficiency and how nothing is too much trouble. What an amazing country we live in to have such an incredible public health system.

Christchurch Hospital

To all the volunteers who make the teddies we give to children and families to accompany them through Radiology appointments, thank you. We had a family in today who said their children love them and sleep with them every night.

Ward DG, Burwood Hospital

To all the great staff at Ward DG, especially the nurses, I would like to say a great big thank you for all your care and patience with my dad. Your dedication and professionalism were greatly appreciated. Take good care.

Christchurch Hospital

I want to thank everyone who was involved in my care. I was very impressed by the level of care in the emergency ward and then in the surgical ward. A very satisfied patient.

Ward B2, Burwood Hospital

In the last three weeks you all have been absolutely phenomenal. Your patience and care, not only for our Dad but for our Mum as well, have been outstanding and we can't thank you enough. It's been a long six weeks with Dad in hospital and he hopefully has now found his forever home with more lovely nurses to annoy but we will never forget you all. God bless you all, his angels on earth.

Ward B3, Christchurch Hospital

I recently had an eight day stay on Ward B3 and an isolation period due to COVID-19. I had never stayed in hospital before and want to pass on that I was extremely impressed by several nurses during my stay and their absolute dedication to patient care. Nurse Glenys who communicated clearly to me when I was upset and was not sure about updates on my condition. Glenys has an exemplary approach and a kind, caring manner. She made me feel safe and heard. Nurse Alfred was skilful at saving my line. I had lots of problems and I felt lucky Alfred was able to do this. At one point during my stay, I was extremely upset, and an amazing nurse helped me to calm down and feel safe and helped encourage me to complete further COVID-19 testing so that I could leave isolation.

I am so grateful for her. I have a new respect for how hard nurses work and how important they are. The general surgery doctors and my surgeon were all lovely to speak with.

Big Shout Out

To: Hospital Dental Service administration team

I would like to shout out to our Hospital Dental Service administration team, with special mention of Pauline Eagleton, Emma Cooper, Carolyn Harris and Angela Clarke for massively stepping up to cover for colleagues on sick leave. The administration team kept our heads above water with their mahi and I want to recognise their contributions. Thank you very much.

From: Leonard Chia, Special Care Dental Specialist, Hospital Dental Service

#carestartshere

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disease**

Te Whatu Ora
Health New Zealand



Collaborative effort improves care for advanced endometriosis patients

Medical Specialist at Christchurch Women's Hospital Keryn Harlow has set up a collaboration with the colorectal surgery team that's making a significant difference for patients with advanced endometriosis.

The initiative draws on her experience during a two-year fellowship in Melbourne, where she worked closely with colorectal surgeons, focusing on patients with Stage 4 endometriosis with bowel disease.

Stage 4 is an advanced stage of endometriosis, which can involve the disease spreading into the bowel. In these cases surgery to remove the endometriosis may also require a bowel resection (partial removal).

"We haven't had that type of shared service between the Gynaecology and Colorectal teams in Christchurch in the past," Keryn says. "Previously these shared procedures had only been available on an ad-hoc basis, if a colorectal surgeon was available at the time.

"When I got back to Christchurch from Melbourne in 2022 I started talking to Sarah Abbott in the Colorectal team as she was getting a lot of referrals, and was keen to get involved. In discussion with both of our clinical directors and theatre teams, we managed to get a regular monthly list, which is shared between the services."

Patients with Stage 4 endometriosis can be referred from throughout the South Island to Keryn, who meets with the patients, conducts MRI scans, and discusses options with Sarah.

"If we think they're likely to need a bowel resection, Sarah will see them pre-operatively. Then we book the cases and operate together in tandem."



From left, Medical Specialist Keryn Harlow and Senior Medical Officer Sarah Abbott, teaming up to improve care for advanced endometriosis patients

Since launching the shared service in mid-2023 the team has carried out 10 surgeries, with patients coming from across Canterbury, South Canterbury and the West Coast.

Keryn says without the new service these patients would have had very limited options and would likely have remained on surgical waiting lists long-term.

"The big plus for these patients is the accelerated access to surgery, and the shared expertise across the gynaecology and colorectal teams. For us as clinicians, it also means the service gets better and better, the more we work together.

"A further bonus is that another colorectal surgeon that I worked with in Melbourne has recently returned to Christchurch, so we will now have a backup on the colorectal side, not just relying on one person."

About endometriosis

Endometriosis is the most common gynaecological condition in women, affecting more than one in 10 girls and women in New Zealand.

Endometriosis occurs when tissue similar to the lining of the uterus (endometrium), is found in places outside of the uterus. It can cause chronic (long-term) discomfort but is often undiagnosed

Symptoms of endometriosis include:

- › Pain with periods (dysmenorrhoea). Often the most common symptom
- › Bowel problems like bloating, diarrhoea, constipation, pain with bowel movements, painful wind (sometimes diagnosed as Irritable Bowel Syndrome)

- › Painful intercourse (dyspareunia)
- › Sub-fertility or infertility
- › Tiredness and low energy
- › Pain in other places such as the lower back
- › Pain at other times, for example with ovulation or intermittently throughout the month
- › Premenstrual syndrome (PMS). This might make you feel moody, emotional or irritable
- › Abnormal menstrual bleeding
- › Bladder troubles like interstitial cystitis (IC)

Keryn Harlow says it's important that people are aware of the symptoms, and seek help from a health professional promptly if they have any concerns.

Find more information and resources at [Endometriosis New Zealand](#)

Popular event showcases health careers to young people

Over 200 secondary school students got some hands-on learning and inspiration from an innovative careers expo held at Manawa last Friday.

The Health New Zealand | Te Whatu Ora Canterbury Waitaha 'Explore Your Career with Us' event involved 22 health professions support services and tertiary education providers as well as Careerforce and Kia Ora Hauora. Year 11, 12 and 13 students from 16 high schools attended the three-hour expo which was open to all Canterbury high schools.

Those attending were from a wide variety of educational institutions – urban, rural, private and public, and from east, west, north, south and central Christchurch. Health NZ supplied health related collateral including tissues, hand sanitiser and pens which were gladly received by the students. As part of the expo, the Manawa Simulation Centre was open for the afternoon and available for the students to participate in hands-on simulated learning.



Radiation Therapist Lydia Telford talks with students attending the careers expo



Anaesthetic Technician Benjamin Hubbard gets students involved with demonstrations

A key priority identified within the Health NZ Workforce Plan 2023/24 is the need to grow the health workforce, says Nurse Coordinator Projects Cathy King.

"This also includes the importance of having a health workforce that reflects population demographics and therefore the need to grow the proportion of Māori and Pacific kaimahi. Within Health NZ Canterbury Waitaha over the past two years we have been active in health career exposure in secondary schools and have also attended the annual National New Zealand Careers Expo at the Wolfbrook Arena."

Feedback from the students and careers advisors was extremely positive, particularly in relation to there being so many interactive opportunities to learn more about the many professions and career options.

- › "It was definitely worth a visit, I have so much information to read and think about." -A year 11 student.
- › "I want to be a doctor but have so many more options now of where that can take me." -A year 12 student.
- › "Do you remember me? I attended last year, I was just looking then, but this year I have made sure to get more information about what I want to do, thank you." -A year 13 student.
- › "I didn't attend last year and so thought this was your standard 'run-of-the mill' careers expo, but wow, so great to have the education bodies and the professions interacting side by side with the young people. As for downstairs in the Simulation Centre, the ability of the student to get some hands-on learning is brilliant. Hope you are running again this year, I will be doing a hard sell, I will see you next time." - A careers advisor.

The expo has provided an opportunity for Canterbury's young people to explore the vast pathways into healthcare careers, Cathy says.

"This has also enabled us to get the attention of young people who may not have originally been interested in health to consider, explore and plan their current educational pathway and apply for their chosen health profession or role, career degree, diploma, and/or certificate."

The goal is to showcase Health NZ career pathways to young people, displaying not only the diversity of roles, but also diversity in the people who have careers in the sector.



Students watching on in the Simulation Centre at Manawa



Hands-on learning was a highlight for students attending the expo



Associate Clinical Midwife Manager Louise McKinney demonstrates resuscitation techniques to watching students

"We want to raise awareness of opportunities in the health system, especially focusing on priority areas such as nursing, including mental health and addiction roles, medical, anaesthetic technicians, paramedics, and radiation therapists – to name a few. Our aim is to engage our wider community to increase the diversity of our workforce and attract and engage community for our talent pipeline."

Continuing to support women in the workplace

One of Hillmorton's newest buildings has received certification from Te Puawaitanga ki Ōtautahi Trust/ Canterbury Breastfeeding Advocacy Service for being a breastfeeding-friendly workplace.

Health New Zealand | Te Whatu Ora acknowledges that mothers have the best chance of meeting their breastfeeding goals when they have support from their partners, whānau, workplaces and communities. When returning to work, they need access to breastfeeding-friendly workplaces to protect and support their ability to continue breastfeeding.

The new fit-for-purpose room in Building 14 on the Hillmorton campus is just one of six spaces across our Canterbury facilities that are designated breastfeeding-friendly. These spaces offer staff who are breastfeeding or expressing milk a place to do so in comfort and privacy.

The room has a comfortable chair, a fridge to store milk, a hand basin, a curtain for privacy within the room and a change table. The room itself can be closed off for additional privacy. There is also space and seating for a support person or partner.

Clinical manager for the Mothers and Babies Specialist Mental Health Service David Egan says so far the feedback has been positive and there are currently two staff using the room and facilities.

"The existence of the room is one example of our commitment to a Breastfeeding Friendly Workplace."

Our workforce is predominantly female and over the years many staff have had babies so when the building was being planned the opportunity arose to improve on this practice. David and the team worked with the architects and facilities project team to have this room included.

Alongside the parents' room there is another family-friendly room in the community treatment space available to consumers and their families who are visiting the building or attending for treatment.



One of the staff who use the breastfeeding friendly space, Senior Clinical Psychologist based at Hillmorton Tarsha Green



The certificate received from Te Puawaitanga ki Ōtautahi Trust/Canterbury Breastfeeding Advocacy Service

This also has a comfortable chair, a microwave for warming bottles or food, a changing table and can be sectioned off for privacy.

Supporting women on their return to work is essential for their wellbeing and initiatives like this show our commitment to be a breastfeeding-friendly workplace.

Burwood gift shop helping bring dignity to women and girls in need

The Gift Shop at Burwood Hospital, run by volunteers, is supporting girls and women in Aotearoa and around the world through the charity, Days for Girls.

The global not-for-profit organisation creates and distributes menstrual health solutions to young women who would otherwise miss school because they are unable to afford or obtain menstrual products for their monthly periods. Days for Girls supplies packs containing washable, reusable, environmentally friendly items that provide a healthy, dignified solution and last three to five years.

Leader of the Christchurch branch of Days for Girls Reetah Mitchell says the funds the Christchurch team have raised since they started a relationship with Burwood Hospital have helped finance the creation and distribution of nearly 1000 kits in Tonga, Fiji, Samoa, Cook Islands and New Zealand.

There are eight regional teams based around New Zealand, including many volunteers who sew and create components for the kits. Each pack costs between \$15 and \$20 to make and every team must find their own funds to purchase fabric, ribbon, underwear, washcloths, and soap. They must also pay for administration costs associated with kit creation and distribution.

"Some teams rely totally on donations, others are sponsored by local organisations such as Rotary, others are able to obtain funding and some (like ourselves) create products to sell, to make a profit," Reetah says.

The Christchurch team supplies the Burwood Hospital shop with jams, marmalade, relishes, sauces and lemonade that are handmade by Days for Girls volunteers.

The products they make are very popular, says Volunteer Coordinator and Shop Manager Debbie McFadden.

"They have a dedicated following of customers who come in weekly. Each month the shop sells \$800 - \$1000 worth of goods.

We are happy to support Reetah and this amazing charity doing incredible work that gives dignity to women in need."

Reetah says she would particularly like to thank Burwood Hospital for allowing them the opportunity of holding a Christmas stall in the hospital atrium last December.

"The stall was very successful. By early afternoon, we had sold out of all our stock and our take home profit (after expenses) for that one day was just over \$5,500, which is an extraordinary lump sum for a small group such as ours and meant we could send funds through to our head office to help out some of the smaller North Island teams.

"While we are often able to reach out to our social networks for kit components such as underwear, washcloths and soap, the brutal reality is cold hard cash is needed to purchase fabric and other haberdashery items. Often these items are much cheaper if bought in bulk. This can't be done if a group simply does not have ample cash reserves.

"Like many charitable organisations, we have been affected by the cost of living crisis and the decrease in funding from both donations and community funders. It has been imperative to find a way to finance the work we do in an ongoing and sustainable way.

"Our collaboration with Burwood Hospital has enabled our team to do this successfully, helping us to create more kits, and support more women and girls with dignified period solutions, continued education and better opportunities for the future."



The Gift Shop, Burwood Hospital Volunteer Glenis Collins with some of the Days for Girls products

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.

Torpedo7

TORPEDO 7, *Endless Summer with Friends and Family – from 22 February to 11 March 2024.*

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.



JOHALZ GARAGE – 390A Lincoln Road, 03 3791166

Receive 10 percent discount on mechanical repair and services. Staff ID is required to redeem. [See promotion here.](#)



MIDNIGHT SHANGHAI

MIDNIGHT SHANGHAI – 96 Oxford Terrace, Riverside Market, Christchurch Central

Get 10 percent off your food order for both family and groups – show your staff ID to redeem. Discount applies to both dining in and takeaways, on food only (except salmon and duck), no discounts on drinks; discount not to be used in conjunction with any other promotions/offers.



ADRENALIN FOREST – 105 Heyders Road, Spencerville

Receive 10 percent off admission fees for Health New Zealand|Te Whatu Ora Canterbury Waitaha employees and their children – show your staff ID to redeem.

CHIC newsletter

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

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

See it on the [C&PH website here.](#)

Brain Week Events

at Burwood Hospital

Brain Awareness Week is a chance to raise awareness of delirium, dementia, and other neurological conditions and the role we can all have in supporting brain health.

Come and check out brain health information for you and your patients at the expo in the Burwood Hospital atrium Mon 11 -Fri 15 March, with extra events each day.

Brain Week Quiz

Be in to win

Take the quiz and be in to win a spot prize: <https://www.surveymonkey.com/r/BrainWeek>

Bake off

Monday 11

A fun start to the week with a brain health cupcake bake-off. Prize giving at 10 and then a bake sale. If you can help contact susan.gee@cdhb.health.nz

Aphasia Awareness

Tuesday 12

Find out about the experience of aphasia and how you can support, with Aphasia New Zealand from 10.30-2. Information Expo resources available all day.

Delirium Awareness

Wednesday 13

This is World Delirium Awareness Day - we're all delirium all day with resources, a raffle and more. Information Expo resources available all day.

Heart and Stroke Awareness

Thursday 14

Find out about the heart strength checks and other resources with the Heart and Foundations over the lunch period. Information Expo resources available all day.

Dementia Awareness

Friday 15

Talk with Dementia Canterbury from 10-2. Find out about the services and resources they offer, and some brain health tips. Information Expo resources available till 3.

Get conncted: Be part of Brain Week at Burwood Hospital!

