

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



In this issue

Kupu Arataki – Introduction... pg 3-7

Ā mātou tāngata – Our people

- › Largest group of graduate nurses celebrated ... pg 8-9
- › Burwood chaplains' 8th annual reverse advent calendar a huge success... pg 10
- › Gifted vascular and transplant Surgeon retires... pg 11
- › One minute with... Jimmy Wong, Team Leader, Health Protection Officer... pg 12

Whakamihi – Bouquets... pg 13-16

Ā mātou korero – Our stories

- › Patient's donated artworks brighten Ward B6 ... pg 17-18
- › Relay For Life community gathering and fundraiser... pg 19
- › Māia survey seeks input on projects... pg 20

Pānui – Notices... pg 21

Cover photo: Some of the graduating nurses at the recent graduation and mihi whakatau held at Manawa

Kupu Arataki – Introduction

Farewell to Dan Pallister-Coward

Last Friday Dan Pallister-Coward finished in his role as Regional Director for Te Waipounamu.

Dan joined the health sector in 2013 and during his time here he has played a big role in helping us transition into the organisation we are today. He was integral to the move of Older Persons Health & Rehabilitation from The Princess Margaret Hospital to new facilities at Burwood, and made a valuable contribution to many other large projects. In addition, he chaired the National Chief Operating Officers group, leading the work developing the COVID-19 hospital escalation framework, visitor's policy and kaitiaki guidelines. His work on the planned care taskforce and the vaccine exemption panel has been equally impactful.

Dan led his team during the transition to Te Whatu Ora and has helped strengthen partnerships and regional approaches to service delivery and helped address workforce issues.

Thanks Dan, for more than 10 years of service – we wish you all the best in your future endeavours. Your strong commitment to public service means you will be a great asset to your community in whatever you do next.

The Regional Integration Team presented Dan with a Pounamu last week. In presenting the pounamu the team said the carver recognised the attributes of an impactful leader who knows how to bring their team through tumultuous waters in pursuit of calm and safety.

They said the weight of Punga Hauora is reflective, not of the burden of responsibility, but rather a recognition of the strength of the wearer. It has an unpolished appearance (mahi pounamu) and this represents that Dan's work within Hauora has not yet finished.

The Pounamu holds respect, friendship and aroha.

He mihi atu matou ki a koe mo tou awhi me tou kaitiakitanga o tou tatou Kaupapa Hauora. Hikoi atu ki te whanga, kaukau haere ki te taha o nga whai repo. E te Rangatira, kei te mihi, kei te mihi, kei te mihi.



Dan Pallister-Coward



The Pounamu presented to Dan Pallister-Coward

Waitangi Day – reflecting on our shared progress

Tomorrow, Tuesday 6 February, is Waitangi Day – our second Waitangi Day as one public health entity. It is important to acknowledge the significance of Waitangi Day and Te Tiriti and how it guides our mahi.

We have taken a number of steps forward since we joined together and became Te Whatu Ora, including progress on incorporating Te Tiriti in how we work, the introduction of [Te Mauri o Rongo](#) (NZ Health Charter) which guides our behaviours and expectations of ourselves and others, the implementation of [Te Pae Tata](#) (Interim New Zealand Health Plan) and developing a unified working partnership with [Te Aka Whai Ora](#).

Maiaka Whakaruruhau Tikanga Chief of Tikanga Mahaki Albert says that for him, Waitangi Day is a day of reflection. “After another big year of change for us all it’s easy to lose perspective of the enormity of the task of creating a unified health system which is equitable for all.

“We continue to recognise our obligations as outlined in Te Tiriti o Waitangi and align our ways of working with this guiding document, whilst continuing to serve the government of the day and support their priorities.

“I am glad that Te Whatu Ora and Te Aka Whai Ora will be represented at the dawn service in Te Whare Rūnanga at the Waitangi Treaty Grounds.”

We encourage kaimahi to attend Waitangi Day services, where they can, across Aotearoa. Some of the Waitangi Day events in Canterbury include:

- › Waitangi Day commemorations at Kawatea Okains Bay – from 9am
- › Kaiapoi Waitangi Day Family celebration – 10am to 2pm, Troussellot Park
- › I love Brighton 2024 – 11am to 3pm, Thomson Park

February is Heart Health Awareness Month

Heart disease is New Zealand’s single biggest killer – almost one in three deaths is caused by cardiovascular disease, and 175,000 people are living with heart disease.

Heart Health Awareness Month, which runs throughout February, helps to raise awareness of the factors that contribute to heart disease, along with ways people can reduce the risks to their health.

The keys to a heart-healthy lifestyle include healthy eating, maintaining a normal body weight, enjoying regular physical activity and not smoking.

Eating for a healthy heart means eating plenty of vegetables and fruit, some whole grains in place of refined grains, legumes, nuts, seeds, and other sources of healthy fats such as oily fish. You may also choose to include non-processed lean meats, poultry and/or dairy.

Heart Health Awareness Month also includes the Big Heart Appeal, the Heart Foundation’s major fundraiser for life-saving heart research. Find out more, including how you and your team can contribute, at heartfoundation.org.nz



CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

Year of the Dragon – celebrating Chinese New Year

Xin Nian Hao – Happy New Year! Chinese New Year, or Lunar New Year, on Saturday 10 February, marks the first day of the lunar calendar – the most important event on the Chinese cultural calendar.

The 15-day festival is celebrated annually (dates depend on the sighting of the new moon) and signifies the beginning of the lunar year. It is also known as the Spring Festival and an animal is associated with each new year – this year, it is the Year of the Dragon, the fifth animal in the 12-year cycle of the Chinese zodiac signs. This mythical creature symbolises power, strength and good fortune.

During the celebration period, families gather for an annual reunion and to enjoy food together. It is also traditional for many families to thoroughly clean their houses – sweeping away any ill fortune and making way for incoming good luck.

In Christchurch you can experience some of the colour and culture of Chinese New Year at the Chinese New Year Festival in Hagley Park, from Friday evening through to Sunday. Festivities begin with a lighting ceremony at 9pm on the Friday evening, and continue with lanterns, live shows, food stalls, fireworks and more! [Find out more about the event here.](#)

Wishing you and your families prosperity, happiness and good health this Year of the Dragon.



Scenes from Chinese New Year festivities in Christchurch at the weekend



Free RATs to remain available through to end of June

Free Rapid Antigen Tests (RATs) for COVID-19 testing will continue to be available to the public and the health and disability sector up to the end of June 2024.

Health New Zealand | Te Whatu Ora has confirmed that with COVID-19 still circulating in the community and continuing to impact hospital admission rates, current clinical and public health advice supports the ongoing provision of free RATs for COVID-19 to ensure the effective ongoing management of outbreaks.

With current stocks of RATs due to expire in March, a further five million RATs have been purchased, with costs met from existing budgets for COVID-19 services. This will ensure continued access to RATs until 30 June 2024. No decisions have been made regarding the supply of RATs beyond June 2024.

“This means RATs will still be widely available to the public at no cost through our national network of participating providers, including some pharmacies, who can continue to order supplies from us as normal,” says National Director – National Public Health Service Nick Chamberlain. “Likewise, the wider health sector can also continue to access supplies from Health New Zealand – Te Whatu Ora as required.

“We strongly encourage people to make the most of the continued free access, and to keep testing if they feel unwell or think they may have COVID-19.



Free RATs available until 30 June

Find your nearest collection site at:
healthpoint.co.nz/covid-19

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

We also encourage them to report their RAT result, as confirmation of a positive result enables people to be connected with any help and support they might need and provides vital insight on the number of active COVID-19 cases across the country.”

Participating RAT collection sites can be found at www.healthpoint.co.nz or by calling free on 0800 222 478 and choosing option 1.

World Cancer Day highlights head and neck cancers

To mark World Cancer Day, which was on Sunday 4 February, the Head and Neck Cancer Support Network is raising awareness about head and neck cancer in Aotearoa New Zealand.

With an estimated 500 to 550 new diagnoses anticipated this year, everyone is encouraged to be familiar with the signs and symptoms of this life-altering condition and to understand the critical importance of early detection.

Head and neck cancer encompasses a diverse group of cancers affecting various parts of the head and neck region. Although it's relatively rare, head and neck cancer poses significant challenges for those affected. Delays in diagnosis can lead

to increased complexity of treatment, longer treatment durations, higher costs, and potentially life-altering outcomes.

Signs and symptoms to be alert to include persistent sore throat, difficulty swallowing, changes in voice, lumps or sores, ear pain, and unexplained weight loss.

Early detection is crucial for improving prognosis and treatment outcomes. Routine screenings, particularly for people with risk factors such as tobacco and alcohol use, contribute to early identification. The Head and Neck Cancer Support Network notes that GPs and dentists can screen for head and neck cancer.

Read the latest health quality and safety updates

The latest health quality updates for health professionals are now available in the January newsletter from Te Tāhū Hauora Health Quality & Safety Commission. In the latest issue:

- › The latest quality and safety measures dashboard has been released and contains data from July to September 2023.
- › Helping people with learning disabilities navigate end-of-life care – a ground-breaking new guide which allows people with learning (intellectual) disabilities to communicate about the care they want towards the end of their lives.
- › Information and registration for Our voices: Shaping health care together | Ō mātou reo: He tārai tahi i te tauwhiro hauora. This event in Auckland is for consumers and health professionals interested in co-creating health services for the communities they serve.

The [latest newsletter](#) is available [here](#).

Aotearoa Bike Challenge Month

February is Aotearoa Bike Challenge Month – a great opportunity to give cycling a go, or to challenge yourself to cycle even more.

Anyone can register, as an individual, as a workplace (you can select Te Whatu Ora Waitaha Canterbury when you sign up), or with a club or group. Ride anytime, anywhere, and log your rides to be in to win great prizes including travel, e-bikes, gift cards, clothing and more.

Sign up at lovetoride.net



Largest group of graduate nurses celebrated



The large crowd gathered at the nursing graduation event in Manawa

A group of 338 new graduate nurses from across the Waitaha Canterbury Health System, supported by their preceptors and senior nurses, together with the Waitaha Nursing Leadership Team, gathered last Monday afternoon for a graduation and mihi whakatau (welcome) at Manawa.

Of the 338 graduate nurses, 169 are the January 2024 cohort who are just beginning their first year of practice via NETP and ENSIPP.

NETP is the Nursing Entry to Practice Programme and ENSIPP is the Enrolled Nurse Support into Practice Programme. These programmes support nursing graduates as they begin their first year in clinical practice.

Director of Nursing Christchurch Campus Tracy Jackson led the celebration. Te Whatu Ora Director Consumer Engagement and Whānau Voice | Kaihautū i te Hohenga Kiritaki me te Reo ā-Whānau Service Improvement and Innovation Hector Matthews and Executive Director of Nursing Becky Hickmott welcomed the incoming graduates. They expressed appreciation and acknowledged the value of each and every one of these nurses to the Waitaha Health System, and to consumers of care.

NETP Nurse at Christchurch Hospital Kimberley Free spoke on behalf of the NETP and ENSIPP graduating intake and provided advice to the incoming graduates.



Ian Acosta from Ward 14 receiving the NETP Clinical Teaching Preceptorship award from Acting Nursing Director Surgical Services Christine Baxter

NETP Nurse at Christchurch Hospital Robb Irons spoke on behalf of the incoming graduates and their eagerness to enter the workforce.

Nurse Manager Nursing Workforce Development Jacinda King says both of these intakes are the largest to date across the Waitaha Health System and it's reassuring to see all of the nursing workforce pipeline work and commitment across the region coming to fruition.

"Nursing is central to the future of healthcare and within the NETP and ENSIPP our nurses have opportunities to consolidate, grow, learn from and network with nurse colleagues and leaders who have grown, learnt and gone before them.

"The programmes also help to promote and retain nurses in a profession that provides care for our people, whānau and communities.

"Again, congratulations to our NETP and ENSIPP graduates. Welcome to our new nurses. Kia kaha – never underestimate the difference you make, and will, as you go forward in your careers, for like young ponga, nurses start out slowly, gradually unwinding, growing and adapting with time and experience, before transforming into nurse leaders."

The graduating nurses are employed across the Waitaha Health System, including 132 at Te Whatu Ora.

The graduation celebration was extra special for the following new graduate nurses and their preceptors who received the following awards:

NETP Clinical Teaching – Preceptorship: Ian Acosta (Ward 14) – nominated by Carlo Yap and presented by Acting Nursing Director Surgical Services Christine Baxter.

NETP Clinical Excellence: Janine Bayley (Te Puna Wai o Tuhinapo – Resident Youth Health Services, Youth Justice) presented by Director of Nursing Pegasus Health Michael McIlhone.

NETP Confidence and Commitment to Nursing Practice: Tyler Orchard (Ward C2) presented by Nursing Director Haematology and Oncology Debbie Hamilton.

NETP Excellence in Professional Nursing: Jessica Emilia (Palm Grove Care Centre) presented by Clinical Nurse Educator, St George's Hospital Michelle Poulsen.

ENSIPP Clinical Teaching – Preceptorship: Jana Bolton (Te Aranga Health) presented by Nurse Manager Nursing Workforce Development Jacinda King.

ENSIPP Confidence and Commitment to Nursing Practice: Orepā Tiatia (Etu Pasifika) presented by Nursing Director Older Persons and Population Health Caroline Skegg.



Director Consumer Engagement and Whānau Voice | Kaihautū i te Hohenga Kiritaki me te Reo ā-Whānau Service Improvement and Innovation Hector Matthews speaking at the ceremony



NETP Nurse Christchurch Hospital Kimberley Free who spoke on behalf of the NETP and ENSIPP graduating intake and provided advice to the incoming graduates



Executive Director of Nursing Becky Hickmott addressing the group



Nurse Manager Nursing Workforce Development Jacinda King

Burwood chaplains' 8th annual reverse advent calendar a huge success

Following the move to Burwood Hospital from The Princess Margaret Hospital in 2016, the Burwood Chaplaincy team launched their very own reverse advent calendar for staff.

Reverse advent calendars involve donating, rather than receiving, an item each day, during the Christian advent period leading up to Christmas.

With full endorsement from the general manager and other senior staff, the initiative aims to provide an opportunity for staff to work together on a shared activity, says Lead Chaplain Older Persons Health Rev Sandra Wright-Taylor.

“Over the years, the response has grown exponentially, surpassing previous years' efforts resulting in more collection tubs needing to be purchased and placed throughout the hospital.”

Some staff members eagerly inquire about the calendar's revival from as early as September, keenly anticipating the annual Christmas event.

“It was no different this year and it was a privilege and delight to deliver the generous donations of food, toiletries, and clothing to the Christchurch City Mission at the end of December on behalf of the Burwood staff,” she says.

The team made two trips to City Mission – one before Christmas with a boot load of goodies and the second at the end of December. During the second trip in late December, the team was offered one large supermarket trolley to unload all the goodies into. However, when a staff member took a closer look, two other trolleys quickly appeared and were filled to the brim.

A highlight of this visit was a tour of Pou Manaaki, the self-service supermarket which was opened in 2023 for City Mission's clients. People are now able to select their groceries that meet their dietary, cultural, and personal needs, as well as having a sense of dignity and respect.

A huge shout out to the Burwood staff for their generosity and support.



Gifted vascular and transplant surgeon retires

This story was first published by the University of Otago

It was William Osler (1849–1919) a Professor of Medicine at John Hopkins Medical School who famously noted the links between medicine and art.

The artist's ability to see fine detail, through patient, precise, and controlled thought and movement has indeed been a hallmark of Professor Justin Roake's distinguished career as both a Vascular and Transplant surgeon, and amateur wildlife astro photographer and author.

Justin retired late last year after an esteemed, decades-long career as Professor of Surgery at the University of Otago, Christchurch, providing outstanding service to the University and Canterbury community in teaching, research, and dedicated public health practice.

"I have been incredibly fortunate to have the career I've had, advancing transplant and vascular services for the public good, working with colleagues I admire and respect, as well as passing the torch to the next generation of surgeons, who will go on to forge meaningful careers," he says.

Justin's retirement from university teaching and public hospital surgical work has been, he admits, more premature than he would have liked – hastened by neuropathic pain in his neck

causing debilitating weakness in his 'surgical' right arm and hand – brought on he suspects by the occupational hazards of surgery.

"Perhaps we surgeons are too focused on the job, not realising the strain and posture damage we may be inflicting on ourselves by repetitively leaning over patients in theatre.

"It's a big issue for surgeons worldwide yet one we need to take more seriously. We may need to explore new ways of positioning and placing ourselves and patients in theatre," he suggests.

Born in Christchurch, Justin went to school in the UK (where his father was based for anaesthetic specialist training) then back home, at Christchurch Boys' High School. Gaining acceptance to Otago Medical School, Justin returned from Dunedin to make up the 1976 fourth year cohort at the Christchurch School of Medicine, a mere three years after it was formed.

After completing his surgical fellowship in Christchurch in 1988, he was awarded a Girdlers' Company Junior Research Fellowship and the Nuffield Medical Research Fellowship for study in Oxford in the UK. He was the Oxford Fellow in Transplantation in 1989 and then undertook full-time research for a DPhil in transplantation immunology with a focus on dendritic cell biology.



Far right, Professor Justin Roake

"In our first year in Oxford, at the Oxford Transplant Unit, we lived in a small flat at the Churchill Hospital, and I was on-call every single night, which, looking back, was tough on my wife Nicola and our three small children," Justin says.

"Towards the end of my research studies I was offered a position as a consultant vascular and transplant surgeon, with substantially improved conditions, being on-call only every second night.

"As there were no suitable openings for surgical jobs back in New Zealand, I remained in Oxford for a further five years until a position became available."

Read the rest of the article on the [Otago University website here](#).

One minute with...

Jimmy Wong, Team Leader, Health Protection Officer



What does your job involve?

In my capacity as a team leader for the health protection team, I collaborate closely with my co-team leader to look after our health protection officers, alcohol licensing officers, communicable disease clinical nurse specialists, and administrators. We work closely to empower them to fulfil regulatory duties on behalf of the Director-General of Health. Our team investigates public health concerns and provides advice and information to community leaders and the public as part of a public health enforcement team.

The core focus areas of our work include communicable disease management, encompassing activities such as contact tracing, source investigation, and disease surveillance. Additionally, we address environmental health concerns, including early childcare inspections, resource management, alcohol licensing, border health initiatives, mosquito surveillance (including responses to exotic mosquitoes), recreational water, and hazardous substance response. Our collective efforts aim to contribute to the overall improvement, promotion, and protection of the health of the community we serve.

What pathway got you to this job?

The relevant qualification that meets the Ministry of Health competency requirements for Health Protection Officer Designation as well as proven expertise in health protection, strong communication, leadership, and interpersonal skills.

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

Taking on a leadership role requires a combination of skills, qualities, and a proactive mindset. To step into leadership, it's important to develop these skills:

1. Lead by example
2. Effective communication – take time to listen to your team members
3. Listen actively to your team members
4. Build trust with your team by being transparent, reliable and maintain confidentiality
5. Empower your team to ensure that they can

excel in their roles

6. Adaptability: able to adapt to new changes
7. Problem solving skills: having a solution-orientated mindset to find effective solutions
8. Cultivate a positive culture in the workplace
9. Encourage growth and development. Support any professional growth opportunity within the team
10. Stay humble: Acknowledge that leadership is a continuous learning process. Stay humble, be open to feedback, and constantly seek opportunities for personal and professional growth

Who inspires you and why?

Our public health physicians.

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?

A crucial aspect of my role is to prioritise the wellbeing of my team, cultivating a positive work environment where members feel both valued and supported. Leading by example is key to influencing my team and taking responsibility for our actions is vital in enabling the team to undertake public health initiatives aimed at enhancing, advocating for, and safeguarding the health of the population.

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

Malaysia. I grew up in Malaysia and migrated to New Zealand in 2010. My parents and most of my relatives live in Malaysia so it'd be good to get a chance to visit them.

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

Not sure about this one.

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

I cycle to work.

What are your hobbies/interests outside of work?

Spending time with my wife and three year-old daughter. Attending church, I lead the teenage youth group for our church and I am also a deacon.

Whakamihi – Bouquets



Ward B8, Christchurch Hospital

Our sister is currently receiving palliative care on Ward B8, she was admitted with a brain tumour. Along with her son she was visiting her daughter in Arrowtown when she suddenly started feeling unwell, and was airlifted from Queenstown to your hospital. All of this happened so fast her family back in the UK were left utterly shell-shocked. My daughter, my sister, her daughter and I flew out to New Zealand to be with her and her children. From the moment we arrived at the hospital, we were treated with respect, unlimited kindness, friendliness, and care. Your hospital is beautiful, the rooms are perfect, private, and calming, just what [patient name] needs. All the staff, from the ladies who cleaned her room to the consultants looking after, her treated us so well I find words couldn't do it justice. Every one of your nursing staff who are caring for my sister treat her like we would care for our own relative in a similar condition, they hold her hand, talk to her with such care, are so gentle when moving her. If we had to call them, they came so quickly to see what was needed, they even forgave me for ringing the urgent alarm button by mistake and dealt with whatever it was my sister needed. We have all had to return to the UK now but I will cherish the week I spent with my sister in your hospital, I will probably never see her again, but it was made so precious by the team on Ward B8. To say thank you seems so inadequate but from the bottom of my heart I would like to say a very big heartfelt thank you from me and my family who travelled to New Zealand under such terrible

circumstances. I would also like to make a special thanks to Aidan, Donna (Chaplain) and the night-time security gentleman on the main entrance desk who we had to sign in with before going to the ward in the evening.

Emergency Department (ED), Observation Ward, and General Ward, Christchurch Hospital

Just wanted to say a very grateful thank you to your amazing team. I was admitted after a near drowning. During my two-night stay, I received care from so many of your staff – four doctors all with standout knowledge, reassurance, patience, and compassion, several nurses who gave exceptional care, kind staff delivering meals, cleaners, a woman taking blood, a very lovely radiographer, and no doubt others who I've missed. I wish I could thank each of them individually as they were each a part of my deeply affirming experience of what it is to be looked after. As mentioned, I'm very grateful. Thank you so much to this wonderful team.

Acute Medical Assessment (AMA), Christchurch Hospital

Our heartfelt and sincere gratitude to the General Medicine team, Nurses Mary, Evie, Hannah, Anna (and others), Chaplain Moega, and Wellfood Catering Assistant Margaret who supported us and our loved one during a difficult end-of-life journey. We all felt compassion and witnessed the tender care given to our previous family members. Allowing us to navigate the process with singing, laughing, tears and conversation gave us comfort and support.

Gardener, Christchurch Hospital

The gardens between Christchurch Hospital and the big bus stop are beautiful. The best we have ever seen them. Keep up the good work – it is noticed and appreciated by patients, staff, and visitors. Well done.

AMA, Christchurch Hospital

The staff are encouraging and genuinely concerned. The care was excellent.

ED, Christchurch Hospital

We would like to pass on our thanks to all the staff who attended to my wife. The service, the humility and the kindness shown by your staff were simply outstanding. The health service comes in for a fair bit of flak, but we feel the standard of service was top-notch. Thanks so much, Christchurch Hospital, and continue to carry out the great work you do.

Michael, Security, ED, Christchurch Hospital

I want to send a compliment about a wonderful experience with a security guard in ED. I had parked by the boatsheds to bring my son into the children's ED. At the time it was still light out so it wasn't an issue however we weren't discharged until about 12:30 am and just being myself and my five year-old son in a wheelchair I wasn't so keen on walking back to the car in the dark on our own. As I was leaving the main ED doors, I approached a security guard named Michael and asked if he had any security based around the way we would be walking and he was ever so kind to offer to walk us. I just want to acknowledge I know how crazy busy the place is but it meant the world to me and I wanted him to get the acknowledgment and appreciation he deserves!

AMA, Christchurch Hospital

My 97-year-old father was admitted to the unit. I was so impressed with the care and empathy shown by the medical staff. It was so reassuring at such a stressful time for our family. Please pass on my gratitude to your amazing people.

Surgical Assessment and Review Area, Christchurch Hospital

First, thank you to the surgical team who took care of me in surgery. I am glad about the outcome. Second, I want to give a shout out to the amazing nurses who looked after me while I recovered, especially a massive compliment to Judy. Definitely

one of the best teams in the hospital that I've experienced and one of the best surgical teams in the country.

Emily and Tamati, Children's Ward, Christchurch Hospital

My daughter was admitted to the children's ward. The two nurses Emily and Tamati who looked after her are a huge asset to that ward. They made a scary and stressful time a little easier with their care and kindness. They are exactly the type of nurses you hope to encounter during such a time.

ED and Radiology, Christchurch Hospital

I just want to say a big thank you to the wonderful staff who helped me in ED, and also to the lovely staff in Radiology. You are all so professional, caring, and loving to deal with. You are much appreciated.

Cherry and Sammy, ED, Christchurch Hospital

I really appreciated the care I received from Nurse Cherry. She was informative, compassionate, and friendly, and took the time to describe the process and where we were at. I also appreciated the prompt and friendly service from Orderly Sammy.

ED, Christchurch Hospital

You are all incredible and that includes security and cleaners. Long night for many patients and it must be gruelling.

Ward A4, Christchurch Hospital

A big shout out to the wonderful nurse and maintenance staff who organised the retrieval of my ring that went down the vent on the floor in the toilet.

Ellen, Dental Service, Christchurch Hospital

Ellen is definitely one amazing tooth fairy.

Eye Department, Christchurch Hospital

Wonderful service from all. Everyone was very efficient and kind.

Christchurch Hospital

I was treated with such care and kindness and everyone I encountered was very professional, though I do not remember any names except Sherwin. All the nurses and doctors were absolutely amazing and kind in taking care of me. Sherwin went out of his way to comfort me throughout this experience, especially before the pain medicine started to manage my pain. He really went above

and beyond to care for me, and was so calm and reassuring. Thank you also to all the other nurses that were absolutely wonderful. Neurosurgeon Simon John was so kind to me. I want to acknowledge how wonderful the care was and that the doctors listened to me when I spoke about how much pain I was in and what did and didn't work regarding pain relief. They adjusted my pain relief specifically and it helped me dramatically. I know you were absolutely crowded and run off your feet when I entered the hospital, but you still gave me the best care. I want to say thank you so very much, your hospital and your staff are absolutely amazing.

ED and Radiology, Christchurch Hospital

I want to express my deep appreciation for the wonderful care I received in ED and also for the excellent service provided by Radiology. I would like to thank the nurse and the doctor who looked after me so well, and the orderly who wheeled me to and from the ED. Everybody was so calm, professional and caring and that is so reassuring when one is not familiar with a hospital environment. Thanks, too, for such an efficient referral service. You are fortunate indeed to have such wonderful staff.

ED, Christchurch Hospital

I attended ED with a broken ankle. I just wanted to pass on how wonderful the team was that looked after me while I was there. The lady in reception was super friendly and helpful when I arrived. Sam who triaged me was also really friendly, as were the doctor and surgeon I spoke to later in the night. Please pass on my thanks and gratitude to all who made what was an unfortunate New Year's Day for me into an experience that was good. What a wonderful team of people you have.

Michelle, Radiology, Christchurch Hospital

I had a scan in Radiology at Christchurch Women's Hospital with a trainee, I think her name was Michelle. She was amazing, so thorough, and made me feel comfortable and reassured the whole time.

Ward B8, Christchurch Hospital

Srey is the best Hospital Aide ever.

Ward B8, Christchurch Hospital

Thank you to all the hospital staff. Their kindness and gentleness have made the biggest difference. Thank you so much for helping my dad get better. It means the world.

Usha, Christchurch Hospital

Usha, the IV tech, was outstanding. I cannot praise her enough.

Intensive Care Unit, Christchurch Hospital

The whole unit is full of incredible people. Not only they have cared for me, but they also cared for my whole family. Thank you.

Reception, Orthopaedic Outpatients, Christchurch Hospital

Can I just say how lovely the ladies at the front desk are? Always a kind word or a little joke. Great approach for children.

Ward 24, Christchurch Hospital

Thank you all so much for the excellent and wonderful work you have all put into looking after [patient name]. He would not have taken all those small steps without your help and support, and all you did for him. You are all such wonderful people.

Oncology/Radiation, Christchurch Hospital

I would like to take this opportunity to say a massive thank you to the Oncology department for the care and professionalism shown during the time from my initial diagnosis, through brachytherapy to the completion of my radiation treatment. Your positive attitude at every juncture transferred across and helped me immensely. A special mention to every member of the Radiation team in treatment room 4 who helped me for the last three weeks as they were so supportive and personable. This team included DJ Dylan who unfortunately I was unable to thank personally after my last session. Thanks again for everything. You are all a credit to your profession.

Christchurch Hospital

I wish to express my gratitude for the wonderful care and support I have received from the hospital's staff and services during the past 12 months. My special thanks to the staff in the Radiology, Gastroenterology, Neurology, Plastics, and Cardiology departments.

Day of Surgery Admission, Day Surgery unit, Plastics Outpatients and Hand Therapy unit, Christchurch Campus

My husband had hand surgery and a follow-up appointment. He was quite nervous, and we were both unfamiliar with the hospital. Throughout the whole time, we found all the staff very helpful, friendly, professional, and caring. Some went out of their way to show us how to get to the different departments and all seemed patient with explaining things in a clear manner. We can't remember all the staff, but Melissa and Grace were just two of the lovely staff members who saw my husband. He now has no concerns about further appointments. We both want to express our gratitude for the kindness of all the staff and volunteers we came across.

Ward B4 and A4, Christchurch Hospital

I was admitted with a broken ankle and want to thank the staff and specialists who examined, treated, and cared for me. I was in Ward B4 awaiting surgery which was delayed due to demands on the list. I was kept up to date and informed, and the nursing staff were exemplary. Particularly Harry in Ward B4 and the overnight team, and Nurse Simon in both wards. The physiotherapist and occupational therapist were very helpful, and the dignity and care I received are a credit to the team and culture on the wards.

Lesley, Eye Outpatients, Christchurch Hospital

Please can I thank and compliment Lesley on his lovely way of interacting with patients. His 'bedside manner' and positive, warm, and friendly personality were so appreciated. Thanks for being a great nurse.

Big Shout Out

To: Sandip Bc, Cleaner, Child Adolescent and Family (CAF) Access team, Hillmorton

I want to pass on our thanks and compliments to the current cleaner we have working here at the CAF Access Team. Sandip is so approachable, amenable to whatever is asked of him and has gone above and beyond usual work requirements, such as sourcing us a new vacuum cleaner. His quiet unassuming manner but also his sense of humour and engagement and courteousness have been lovely.

From: Tisha Bradley, Clinical Manager CAF Access Team

#carestartshere



Patient's donated artworks brighten Ward B6

Long-term patient of Ward B6 at Christchurch Hospital, Bryan Clarke, recently donated several artworks he had painted to the ward. Sadly, Bryan passed away last week. Before his passing he spoke to Pānui and shared his story about the artworks.

A series of paintings donated by an artist patient are bringing new colour to the walls of Ward B6 at Christchurch Hospital.

Bryan Clarke gifted eight of his own paintings, plus some by other artists, to the haematology ward, where he had spent a lot of time receiving treatment over the past two and a half years.

The donation came about after Haematology Clinical Nurse Specialist Justine Graham casually mentioned to Bryan recently that the ward was looking to find some art to hang on the walls.

"They knew I was an artist, so I made an offer of some of my paintings. It ended up as a win-win situation – I cleared out some of the works that were filling up my office, wrapped in bubble wrap, and the ward got an interesting selection of artwork.

"It's great to see them hanging in the ward – they seem to be very popular with patients and staff."

Bryan was a familiar face around Ward B6. He had been coming to the ward for treatment since August 2021, including multiple rounds of chemotherapy, and a stem cell transplant.

Painting was a part-time hobby for Bryan, who lived all his life in Christchurch, and was director



Bryan Clarke with two of his artworks in Ward B6, from left, Pohatu/Flea Bay and Governor's Bay - afternoon light on the Port Hills, with subtle reflections in the damp mudflats at low tide

of a geospatial planning company. He initially got into drawing through his first job as a pen and ink draughtsman.

"I've been painting seriously since the early 2000s, mostly in pastels and some acrylics. I'm especially drawn to scenes where there are colour graduations or interesting geometries.

"I always ask the question, what is the story that you are trying to tell, and what do you want the viewer to see?"

"You're not necessarily painting exactly what's in front of you – you have to make a painting. That might involve changing the scene or taking different elements and combining them into something new.

"The Two Long Blacks and a Latte painting here is a good example of that."

The paintings Bryan donated to Ward B6 are mostly landscapes, but he also painted portraits, pop art and other styles. Bryan said some of the artists that

inspired him include MC Escher, Roy Lichtenstein, Bridget Riley and Robin White.

He had work accepted for exhibitions by the National Portrait Gallery, NZ Academy of Fine Arts, COCA, and various local exhibitions and galleries.

Justine Graham says when Bryan mentioned to her and Charge Nurse Manager Sally Braycotton that he would like to donate some of his art they had no idea that it was going to be more than one piece.

“Bryan gifted us a number of paintings, the majority of which Bryan had painted. They display beautifully on the wall space on the ward.

“Patients, visitors and staff have all commented on what a positive difference the paintings have made to the ward environment.

“As a team we are humbled and very grateful to Bryan and his family for their very generous donation.”



Bryan Clarke with his painting Two Long Blacks and a Latte – one of eight paintings he donated to Ward B6 at Christchurch Hospital



The Calm Before the Storm. Amazing clouds in a sunset from Orchard Road by the airport, turned into a rural scene

Relay For Life community gathering and fundraiser

Ward 25 Registered Nurse Luana Lopes Marques is one of the volunteers organising Relay For Life 2024 Christchurch and is inviting everyone in Te Whatu Ora Waitaha to participate.

The annual fundraising event to support the Cancer Society is a memorable event and it would be fantastic to have hospital staff involved, says Luana, a member of the Relay for Life Committee.

“Relay For Life is happening on 6 April at Lancaster Park and I'd like to encourage our staff to participate, by either creating their own team or joining an existing one and be part of this special day,” she says.

“How about creating a team on your ward or department, or perhaps start some healthy competition between department teams!”

Relay For Life - Te Ara Toiora is a community event that celebrates cancer survivors, those who have cancer and the people who care for them. It's also a chance to remember loved ones lost to cancer, and raise awareness and funds for the Cancer Society to help create a future with less cancer.

Teams camp out at the park and take turns walking or running around a track or path. Each participant is only required to walk or run as much as they can without feeling discomfort, but teams are asked to have a representative on the track at all times during the 24-hour event.

“Join us for Relay For Life and let's do something remarkable together while raising funds to support New Zealanders living with cancer,” Luana says.



Date: April 6, 2024, 10 am–10 pm.

Location: Lancaster Park, 30 Stevens Street, Waltham.

Registration fee: \$15 per person.

Signing up is simple, visit <https://relayforlife.org.nz/o/christchurch-relay#teamcomplete>, to start or join a team. Just add your details and pay your registration fee in the sign-up form.

Your registration includes:

- › Your participation in the ceremony and event on the day
- › A goodie bag of treats, including a candle and candle bag for the candlelight ceremony
- › The chance to win spot prizes on the day
- › Entertainment throughout the event
- › An online personal fundraising page
- › Social media posts and story templates to make sharing your cause easy
- › Ongoing support from your local Relay For Life team who will be with you every step of the way

For more information visit [Relay For Life 2024](#).

Māia survey seeks input on projects

Māia Health Foundation is a charitable organisation committed to enhancing healthcare in Canterbury.

Through partnership with Te Whatu Ora Waitaha, it aims to raise funds for projects that make a significant difference in the lives of patients and healthcare providers alike.

Your input matters:

To ensure that upcoming health projects align with the needs and priorities of the medical community Māia is seeking your valuable input. By completing the Māia survey, you can provide essential information about the areas where improvement is needed and your vision for the future of healthcare in Canterbury.

Why participate?

Influence future healthcare initiatives: Your responses will directly contribute to the selection of next health projects, ensuring that they address the real needs of the healthcare community.

Collaborate in transformative change: By participating, you become an integral part of the process, collaborating with Māia Health Foundation in bringing about positive and transformative changes in healthcare.

Supporting the Wellbeing of Canterbury: Your insights will help us channel our resources effectively, creating a lasting impact on the well-being of the people in Canterbury.

Confidentiality and privacy:

Rest assured that your responses will be kept confidential, and your privacy will be respected throughout the survey process. Your feedback will only be used for the purpose of project selection and will not be shared with any external parties.

Deadline for participation:

Please complete the survey by 29 February to ensure your valuable input is included in the decision-making process.

Thank you for your dedication to the healthcare profession and your commitment to improving the well-being of our community. Together, we can make a difference and bring Canterbury health from good to great.

[Go to the survey here.](#)



Protecting your pēpi
from **Whooping Cough**
starts during pregnancy

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

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.



HANDMADE WITH LOVE CHEESECAKES

Facebook "Handmade with love cheesecakes"

A 10 percent discount for all Te Whatu Ora staff. See menu and [contact details here](#).



KOHA FITNESS - 48 Hereford Street, Christchurch Central

Happy New Year to you!

Koha Fitness would like to offer all Te Whatu Ora staff an exclusive promo – a 12-week membership at Koha Fitness for just \$33 per week! [Promo post attached here](#).

Offer is valid from 15 January – 29 February 2024. Show your staff ID on sign up.



FAT EDDIES, Cnr Hereford Street and Oxford Terrace, 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.



GLOUCESTER COTTAGE - 746 Gloucester Street, Christchurch Central

Receive 10 percent off all services – show your staff ID to redeem.

Māia event

The Māia Health Foundation is excited to extend an invitation to all staff for our upcoming Cocktail Party on Friday, 5 April 2024, at The Great Hall, The Arts Centre, Te Matatiki Toi Ora.

This event will not only be a delightful evening of cocktails and canapés but also an opportunity to discuss Māia's next project, to raise funds for the Central City Birthing Unit, Kurawaka: Waipapa.

Event Details:

Date: Friday, 5 April 2024

Time: 7pm - 11pm

Venue: The Great Hall, The Arts Centre, Te Matatiki Toi Ora

Dress Code: Cocktail

Ticket Price: \$150 incl. GST
(Includes a fine selection of beverages and canapés)

RSVP: To be invoiced, please confirm your attendance by 4 March via email to info@maiahealth.org.nz.