

# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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





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Cover photo: Celebrating World Radiography and Radiation Therapy Day on 8 November. From left, Radiation Therapists Sarah Thomson, Sasha Schofield, Eden Lightfoot, and Danielle Hadfield, Quality Audit Radiation Therapist Amy Koskela, and Radiation Therapists Erika Hampton, Kate Lang, Hazel Weeks, and Danielle Duff

# Kupu Arataki – Introduction

## Paediatric registrar honoured by University of Canterbury

Congratulations to Neonatal Intensive Care Unit Paediatric Registrar Roshit Bothara who was recently honoured by the University of Canterbury (UC) with an inaugural Young Alumni International Award.

The new award is one of five established to mark the university's 150th anniversary this year and acknowledges the exceptional accomplishments of UC graduates and celebrates the remarkable contributions they have made to their profession, community, or chosen field of expertise.

Roshit's international award recognises alumni aged 35 or younger who demonstrate exceptional leadership, innovation, and impact through personal or professional endeavours in a global setting. Recipients of this award will excel in their chosen field and will have made a significant contribution to their profession or community internationally.

Born in Nepal, Roshit moved to New Zealand with his family as a seven-year-old. Now 29, he obtained a Bachelor of Science in Biochemistry from UC before completing a medical degree at the University of Otago.

During his time as a medical student, Roshit returned to Nepal to volunteer at Inaruwa District Hospital in the village he was born. There, he saw first-hand the challenges people faced obtaining basic healthcare.

"I knew I could have been having that same life. I became very interested in what makes health systems good, and how we can make them better and make sure that everyone has opportunities for good health," says Roshit.

As a research project during his medical degree honours year, he developed and implemented an initiative called the Global Health Classroom (GHC) to connect Kiwi medical students with their counterparts in Nepal, Samoa, and Fiji.

The programme, which has won several international awards including a prestigious teaching innovation award from the International Association for Health Professions in Switzerland,



Neonatal Intensive Care Unit Paediatric Registrar Roshit Bothara

is still operating and allows New Zealand medical students to use video conferencing to speak with medical students in Fiji, sharing information about their health systems.

In addition to his UC award, Roshit has been offered a full tuition scholarship to the prestigious Johns Hopkins University in the United States, where he plans to earn a master's degree in public health next year.

Congratulations Roshit on all your accomplishments! You can read more about Roshit's work and watch a [short video here](#).



## Thirteenth case of measles this year highlights importance of immunisations

A person has been confirmed with measles in Taranaki after returning to New Zealand from overseas. This follows recent cases linked to a person from Northland and is the 13th measles case so far this year.

Measles is highly contagious and can be extremely serious, affecting children and adults who are not immunised.

The first symptoms of measles include a fever, cough, runny nose, and sore and watery pink eyes. This is followed by a blotchy rash a few days later.

People are considered immune to measles if they have received two doses of measles, mumps, rubella (MMR) vaccine, have had measles previously, or lived in New Zealand before 1969.

For more information please go to the following:  
[Find out if you need a measles vaccine.](https://immunise.health.nz/measles)



### Protect your tamariki against measles

It's a serious disease and highly contagious

[immunise.health.nz/measles](https://immunise.health.nz/measles)

Te Whatu Ora  
Health New Zealand

## One Mother to Another preparing for Christmas

One Mother to Another is a charity partner of Te Whatu Ora Waitaha and works with hospitals and health facilities across Te Waipounamou (the South Island).

The group provides care packages to mums and carers (including some dads, grandparents, foster parents and extended whānau) who find themselves going through a difficult time in hospital with a sick child. Through the simple act of gift giving, they care for and empower parents and whānau with sick babies and children.

Having an infant or child sick in hospital is difficult and stressful for any family and One Mother to Another aims to comfort and support mums and carers with understanding and acknowledgement of what they are going through. The care packages are practical but also help brighten the recipients' day with special 'treat' items.

You can learn more about One Mother to Another through the [group's website](https://onemothertoanother.org.nz).



Today, One Mother to Another is launching a crowdfunding campaign (6-17 November) to raise funds so that they can bring Christmas to parents and whānau in hospital with a sick child.

While we all wish for health and happiness for loved ones during the festive season, unfortunately for hundreds of parents and whānau, they'll wake up on Christmas Day at their child's hospital bedside, anxious, stressed, and separated from friends and family.

One Mother to Another supports these parents and carers so they don't have to face the day alone.

For just \$25 you can donate a Christmas care package and help them reach their goal of supporting 300 families this Christmas. [This short video](#) shows how important these packs are to the parents and carers of the sick children.

If you would like to contribute please click here: [www.givealittle.co.nz/fundraiser/bring-christmas-to-parents-and-whanau-in-hospital](http://www.givealittle.co.nz/fundraiser/bring-christmas-to-parents-and-whanau-in-hospital)

## COVID-19 testing and community care

Do you still have unused rapid antigen test (RAT) kits at home? If you do, make sure you check the expiration date before you use them. A significant proportion of RATs currently in circulation are set to reach their expiry date in early 2024. Do not test for COVID-19 using an expired RAT kit.

Expired RATs should be disposed of by placing the test cassette, swab, tube, and solution in general waste. Carboard packaging and instructions can be recycled.

### Some dates to be aware of:

**From 1 January 2024** – COVID-19 testing advice for international arrivals will change to be the same as the general public- they will no longer be recommended to routinely undergo polymerase chain reaction (PCR) testing for the purposes of genome sequencing if they return a positive RAT within seven days of arrival from overseas.

**29 February 2024** – The current COVID-19 'care in the community' funding model will cease.

**From 1 March 2024** – Te Whatu Ora will no longer supply RATs for COVID-19 to healthcare providers or the public. How best to make RATs or other testing available for those eligible for antiviral therapies following 1 March 2024, remains under consideration.



Your time,  
your words,  
your presence



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



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

### FIVE WAYS TO WELLBEING

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

 Mental Health Foundation  
mauri tu, mauri ora OF NEW ZEALAND

## Stay cyber smart – how to check for malicious links

Last week was Cyber Smart Week and although the formal week is over, we must remain vigilant about online security every single day of the year.

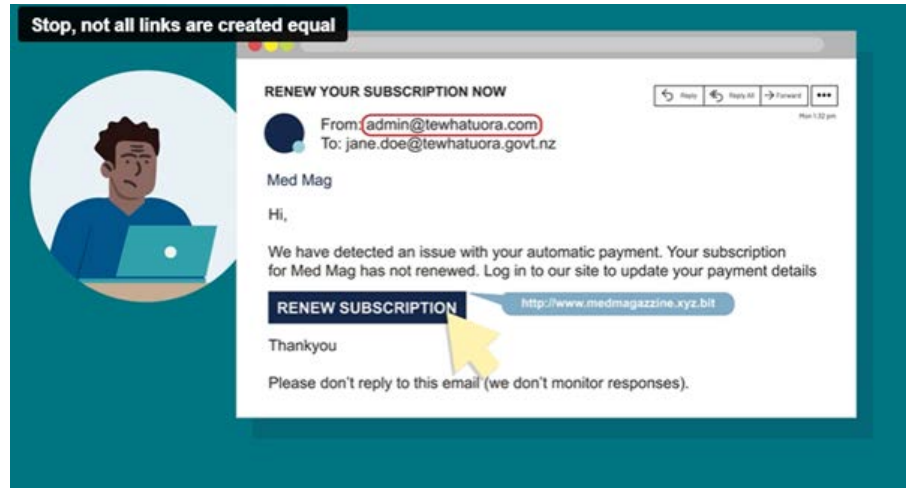
One way people are scammed or infected with computer viruses is through hyperlinks so before you click a link, check it first.

To check, hover over the link with your cursor and see what pops up. You can also hold down a link with your finger on many mobile phones to view the link. Test with this link to our cyber-smart awareness campaigns.

Red flags to look out for when you hover over a link:

- › The link has typos
- › You feel pressure to click the link
- › The link contains a domain name that seems suspicious, see the image above as an example.

For more information about clicking on links, see our short video on the [cyber campaigns page](#). You will also find other videos on phishing or scam emails.



## Te Rā Ratonga Tūmatanui | Public Service Day

Tomorrow, 7 November is Te Rā Ratonga Tūmatanui | Public Service Day and an opportunity to celebrate all those who are dedicated to serving New Zealanders – which includes you, the committed and hardworking Te Whatu Ora kaimahi.

Thank you for all you do for our patients, consumers, and community every day of the year. Your hard mahi makes an enormous difference to the health and wellbeing of all New Zealanders.





## Meals on Wheels – volunteer drivers needed

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With Christmas and the holiday season fast approaching, the Red Cross is eager to recruit some additional volunteer drivers to deliver Meals on Wheels.

For over 70 years, Meals on Wheels has been providing nutritious and tasty meals to people who are unable to cook for themselves. More than a food delivery service, the drivers provide regular social contact to their clients and an opportunity for someone to check that everything is okay.

If you fulfil the following criteria, you could be a volunteer Meals on Wheels delivery driver:

- › You're 18 years or older with a valid driver's licence
- › You have a vehicle that is registered and has a current warrant of fitness
- › You pass a police vetting check
- › You can drive a two-hour, mid-morning shift every two weeks.

To register to volunteer, please go to the [Red Cross website](#).

On Thursday 2 November, Seven Sharp presented a story about Meals on Wheels here in Christchurch. Volunteer driver Robin and Meals on Wheels recipient Cecelia Fitch talk about what the programme means to them both.

[Click here](#) or on the image (above right) to watch.



Red Cross Meals on Wheels volunteer Robin delivers lunch to Cecelia Fitch

**Born between  
1989 and 2004?**

Make sure you're fully protected against measles

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

**Te Whatu Ora**  
Health New Zealand

# QUIZ – Natural wonders of the world

There are extraordinary natural wonders all over the earth, many etched over millions of years. Formed in stone, water, ice, sand, rock, and more, they amaze us with their beauty and immensity.

How many have you seen in person?

1. **British writer Rudyard Kipling visited New Zealand in 1890. What did he describe as the “eighth wonder of the world”?**
  - a. Franz Joseph Glacier
  - b. Milford Sound
  - c. Aoraki Mount Cook
  - d. Waitomo Glow Worm Caves
2. **Formed some 50–60 million years ago and made up of 40,000 massive black basalt columns sticking out of the sea, in what country would you find the Giant’s Causeway?**
  - a. Scotland
  - b. Norway
  - c. Northern Ireland
  - d. Wales
3. **What volcano is considered one of the seven great natural wonders of the world because its birth was witnessed by humans between 1943 and 1952?**
  - a. Mt Etna, Italy
  - b. Parícutin, Mexico
  - c. Eyjafjallajökull, Iceland
  - d. Mount Pinatubo, Philippines
4. **What natural wonder does the following statement describe? “The solar wind is the outermost atmosphere of our sun. The sun is so hot that it boils off its outer layers, and the result is a constant outward expanding very thin gas. This solar wind consists of protons and electrons. When these protons and electrons hit the earth’s magnetosphere, they cause .....”**
  - a. Aurora Borealis (Northern Lights)
  - b. Rainbows
  - c. Light pillars
  - d. Catatumbo lightning
5. **What is Bolivia’s Salar de Uyuni?**
  - a. A mountain range
  - b. A river
  - c. The world’s largest lake
  - d. The world’s largest salt flat
6. **Where would you find the giant marine sinkhole known as The Great Blue Hole?**
  - a. Costa Rica
  - b. Panama
  - c. Belize
  - d. Honduras
7. **True or false. The Great Barrier Reef is visible from space.**
  - a. True
  - b. False
8. **In 1956 two commercial airplanes collided and crashed leaving no survivors. The accident was likely caused by the pilots detouring to give passengers a look at this natural marvel. As a result, the United States Federal Aviation Administration was created. Where were the planes?**
  - a. Niagara Falls
  - b. The Grand Canyon
  - c. Yellowstone Park
  - d. Gypsum dunes at White Sands National Monument
9. **Guanabara Bay is considered a natural wonder of the world. With more than 100 islands, it is the deepest natural bay in the world. Badly affected by urbanisation and pollution, much of the diverse ecosystem within the bay has been destroyed. Where is Guanabara Bay?**
  - a. Lisbon, Portugal
  - b. Montevideo, Uruguay
  - c. Lima, Peru
  - d. Rio de Janeiro, Brazil
10. **Seeing an average of 100 deaths per year, what is the most dangerous natural wonder in the world?**
  - a. Yosemite National Park
  - b. Table Mountain, South Africa
  - c. Mount Blanc alps, Italy/France
  - d. The Cliffs of Moher, Ireland

Check your answers on page 21.



# Ā mātou tāngata – Our people

## World Radiography and Radiation Therapy Day

Medical imaging is a gateway to patients being appropriately diagnosed and then going on to receive the best treatment.

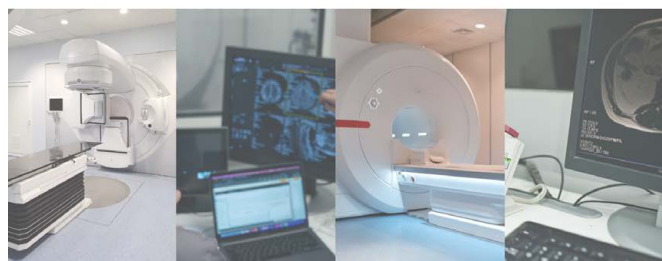
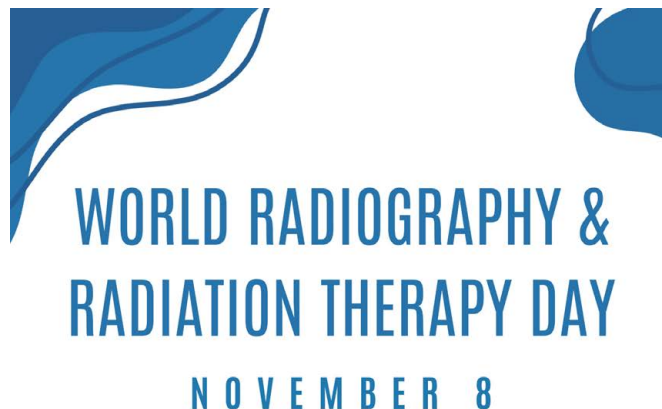
This is reliant on the staff being highly competent in producing quality images for correct interpretation, says Te Whatu Ora Waitaha Canterbury Quality and Audit Radiation Therapist Amy Koskela, who is President of the New Zealand Institute of Medical Radiation Technology, the professional body in Aotearoa representing medical imaging technologists and radiation therapists.

“Medical imaging technologists (kairahurahu whakaahua whakaora) provide care to a huge range of patients going through different situations. It could be someone who has just been through a massive trauma, like a motor vehicle accident, all the way to screening programmes to help detect cancer early. One in three cancer patients receive radiation therapy in Aotearoa, and radiation therapists (kaihaumanu pūhihi) are crucial to the delivery of this care.”

Every year since 2007 World Radiography and Radiation Therapy Day has been celebrated on 8 November, to raise public awareness of medical imaging and radiation therapy, and their crucial role in the diagnosis and treatment of patients.

The date marks the anniversary of the discovery of X-Radiations as they were initially named by the German Physicist who discovered them in 1895, Wilhelm Roentgen.

The day plays a role in educating people about radiography and radiation therapy as career options, increasing awareness of diagnostic imaging and radiation therapy – and acknowledging it as a vital contribution to modern healthcare, says Amy.



“I have been a radiation therapist for over 25 years. I still love my career and find it very rewarding being able to tautoko (support) patients during their cancer journey. I love the whakawhanaunga (relationships) that we build with patients and their whānau.

“The technology has developed rapidly over the years, but looking after the patient is always at the centre of what we do. I work in a team with other amazing radiation therapists, radiation oncologists, medical physicists and other health professionals and we all work together for the best outcomes for our patients,” she says.

# Happy Halloween from Te Whatu Ora

Last Tuesday was Halloween and some of you went all out to dress up and celebrate. Thanks to all who shared their photos.



Registered Nurse Amy Lidgett's three dogs celebrated Halloween. From left, Nina, Abi and Jed



Hunter, in his Halloween dress up, belongs to Roving Supervisor Corporate Environmental Services Dinesh Chandra



Some spooky staff. From left, Health Service Planning Coordinator John Carson (vampire), Enrolled Nurse Alex Hermosa (Alice in Wonderland) and their friend Jaemae Darasin (The Joker)



Te Mana Ora (Community Public Health) celebrated Halloween with costumes and kai. From left, Manager All Right Sara Epperson, Health in All Policies Advisor Chantel Lauzon, and Public Health Registrar Erika Sirisomboonwong





The team in the telephone office had a spooktacular Halloween and went all out with their decorations, morning tea and costumes. From left, Administrator Anup Sonigra as Dr Who and Telephonist Stephen Leedham as the Witch Doctor



Project Co-ordinator Maite Pineda has a chatty and scary fur baby. This is Gabriela and she is Dracula's helpaw



From left, Orthopaedic Outpatient Secretaries Angie McKendry, Phil Bell-Marchant, Trish Dunnings, Suzanne Huddlestone, Sarah Roelink and Kendal Goode

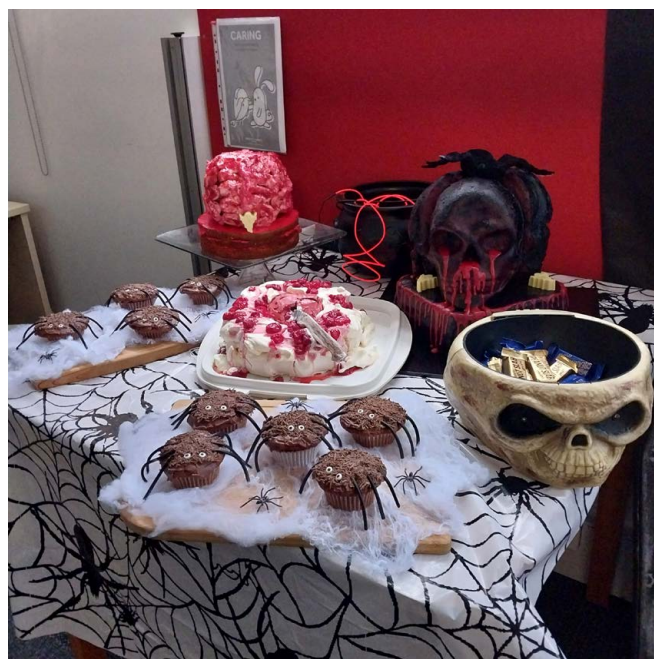


From left, Bone Shop Receptionists Tracy Galbraith and Caroline Duke



The Orthopaedic Outpatients Administration team put a lot of effort into their Halloween celebrations and morning tea





West sector on the Hillmorton campus celebrated Halloween in style thanks to Registered Nurse Shona Urquhart-Bevan decorating the office and the wonderful west team making Halloween goodies. Pictured from left, Clinical Manager West Sector Louise Mullan, Registered Nurse Shona Urquhart-Bevan, and Nurse Consultant Jo Barry



Ten-month old Leo enjoyed his first Halloween dress up with his doting uncle, Cardiology Research Coordinator Michael Hume



# One minute with... Vickie Ward, Librarian, Specialist Mental Health Services (SMHS)

## What does your job involve?

Looking after the SMHS collection of journals and books, literature searches for staff, teaching digital and information literacy skills to any staff member who wants to learn. Supporting the Training Unit team in their support of Nursing Entry to Specialist Practice (NESP) and Enrolled Nurse Support into Practice (ENSIP) students coming through the system.

## What pathway got you to this job?

My first job was in the then Auckland Institute of Technology (AIT) library as part of the circulation team. I went on from there to technical services and did my first library qualification. I moved to a medical publisher library after finishing that qualification. When our second child came along, I worked with my husband in our plumbing business utilising the library and database skills I had gained along the way. Fast forward (quite) a few years and a move to the South Island found me working with software companies until I took up a position as a school archivist, then some more library and archive-based qualifications brought me here and I am about to finish my Master's degree in Information Studies.

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

Don't if you think that we get to read books all day! You need a great eye for detail and to know the alphabet forwards and backwards. Librarians have a very special role in an organisation often the gateway to huge amounts of information that can be converted to knowledge then wisdom.

## Who inspires you and why?

Great managers – they can make the difference between loving or hating your job (I love my job!).

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



## 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?

Doing my best to provide the absolute best service to all library users. Exceeding expectations when possible.

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

At home with my husband who has spent the last few months battling sepsis. I would just like to snuggle up with him and keep him company.

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

Yikes! I have no idea about the who, but someone with a wicked sense of humour and a hint of mischief.

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

We do our best with recycling, reducing the amount of meat we eat, growing our own veggies, and repairing our clothes where possible to reduce the purchasing of new clothes if not needed.

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

Studying has been a huge part of my life over the last seven years (a degree then postgraduate), reading, crochet, knitting and, until the end of last year, playing cornet in brass bands. I love our place in South Bay, Kaikoura and cannot wait to get back there soon.

# Akoranga reo Māori 39 – Lesson #39

## Te ao tōrangapū – The political world

Kei aku manawa piharau, ko tēnei taku oha atu ki a koutou katoa.

To those of great resilience and endurance, this is my salute to you all.

Wow isn't time just flying by? Very soon, those of you who celebrate Kirihiemete (Christmas) will be doing just that. Given the recent events in te ao tōrangapū (the political world), I thought it might be wise to provide some words and phrases from te ao Māori (the Māori world) that we can use in our conversations about tōrangapū (politics). We will start off looking at the Māori names for some of the main parties and groups that we know.

### Ngā rōpū paremata – The parliamentary parties

<b>Greens</b>	Te Pāti Kākāriki
<b>National</b>	Te Rōpū Nāhinara
<b>The Māori Party</b>	Te Pāti Māori
<b>Labour</b>	Te Rōpū Reipa
<b>Act</b>	Te Rōpū Act
<b>NZ First</b>	Te Rōpū Aotearoa Tuatahi

### Kupu Hāngai – Related Words

<b>Parliament/ Beehive</b>	Te Whare Miere
<b>Government</b>	Kāwanatanga
<b>Govern and Governor</b>	Kāwana
<b>Prime Minister</b>	Pirimia
<b>Bill</b>	Pira
<b>Vote</b>	Pōti
<b>Cabinet</b>	Rūnanga Kāwanatanga
<b>Election Campaign</b>	Whakatairanga Pōtitanga
<b>Opposition</b>	Āpitihana
<b>Democracy</b>	Manapori
<b>Election</b>	Pōtitanga

### Ngā Rerenga Kōrero

<b>I toa a Te Rōpū Nāhinara i te pōtitanga.</b>	The National Party won the election.
<b>I hinga a Te Rōpū Reipa.</b>	The Labour Party lost.
<b>Ko Christopher Luxon te Pirimia hou.</b>	Christopher Luxon is the new Prime Minister.
<b>I pōtitia a Te Pāti Māori e au.</b>	I voted for The Māori Party.
<b>Ko wai e kāwana?</b>	Who will govern?

### He whakapātaritari – A challenge

Try to incorporate one of the above sentences into your next kōrero (chat) about tōrangapū. You can exchange the party to be relevant to you and your situation.

### I mōhio rānei koe? Did you know?

The Immigration Restriction Amendment Act of 1920 required those who intended to immigrate to Aotearoa New Zealand to apply for a permanent residence permit prior to their arrival. Permission was granted at the discretion of the minister of customs.

The Immigration Restriction Amendment Act allowed officials to prevent people from India and other 'non-white' British from entering the country. Those who were naturalised British subjects (or whose parents were naturalised British subjects) or an 'aboriginal Native or the descendant of an aboriginal Native' of any other British dominion, colony, or protectorate, were not of British birth and parentage. Therefore, without overtly discriminating against 'non-white' individuals and groups, the Act could be wielded to prevent them from entering the country.

[White New Zealand policy introduced | NZHistory, New Zealand history online](#)

Kia kaha te kōrero Māori! Let the speaking of the Māori language be strong! If you have any questions or feedback, please make contact via the email below. [Hauora.Maori@cdhb.health.nz](mailto:Hauora.Maori@cdhb.health.nz)



# Whakamihi – Bouquets



## **Ward A3, Christchurch Hospital**

Best service and health care. The nurses were great. I want to say thank you for the medical care given to me. 'A' for effort guys.

## **Ward 11, Christchurch Hospital**

I am absolutely over the moon with the service of the nurses and doctors allocated to me. I feel as if I am in the best hospital in the world and I am amazed by the patience and happiness displayed by all the staff.

## **Ward A3, Christchurch Hospital**

I want to sincerely thank every member of staff who interacted with me throughout my stay here. The reception staff, nurses, doctors, the surgeon, ultrasound technicians, assistants, and catering staff were all incredibly kind and seemed to genuinely care about my comfort and outcome. Navigating the medical industry as a transgender person can be difficult and confronting at times and coming into my stay, I was anxious about how this would affect my care. I really appreciated how respectful, accommodating and kind the staff were, and the food was delicious. Thank you so much for your care and attention.

## **Ward B3, Christchurch Hospital**

Excellent staff. The care provided is to be commended. Thank you.

## **Ward A4, Christchurch Hospital**

What a lovely place, full of laughter and joy.

## **Ward A8, Christchurch Hospital**

Compliments to the staff in Ward A8. We appreciate the kindness and respect shown to our family and our mum who is still a patient there. We have had nothing but information that is relevant and our questions answered in a way that we understand. Thank you.

## **Ward 10, Christchurch Hospital**

Fantastic care. All the nurses and staff are so skilled, empathetic, and caring to our loved one and our family. All the little but important things are present. My family and I are very thankful.

## **Ward A8, Christchurch Hospital**

Your staff are absolutely awesome. Thank you all so very much.

## **ED and Ward 18, Christchurch Hospital**

The nurses and support staff in Ward 18 are amazing. Thank you so much for everything you did for me. Everyone from ED to admission have been fantastic.

## **Administration Team, Gastroenterology Day Unit, Christchurch Hospital**

The admin team staff were very pleasant and helpful. We very much appreciated it.

### **Medical Assessment Unit (MAU), Parkside Ground Medical (PGM), Christchurch Hospital and Urology, Christchurch Hospital**

Ron, Jo, and Gemma in MAU were very helpful and did everything to make me feel comfortable. In PGM Madhu, Ginsey, Liza, Rebecca, and Niranjala and in Urology, Emma, and Anastasia, were so kind and helpful, always smiling, and happy to help. Catering Assistant Nigel was the sweetest guy and Cleaner Stan did a very thorough job with a smile. Doctors Kevin, Matt and Alex and Nurse Priyanka kept me informed in a way that was easy to understand. All these people, strangers to start with, make the life of a patient so comfortable, not just with their extraordinary service but with their happy attitude as well.

### **Admissions staff, Urology, Christchurch Hospital**

I would like to give a bouquet to the Urology admissions staff having just had my fourth operation booked through them. With this latest booking I was sent a text message by Michelle about a week before my booking letter in the mail which is a good idea.

### **Ward B7, Christchurch Hospital**

Thank you so much for the amazing care and surgical team with my son. You are amazing!

### **Ward A7, Christchurch Hospital**

Please keep being kind, professional and listening. Honestly, I could not have asked for better care for my child, he was in such kind and capable hands the entire way through the health system. I wasn't sure what was going on with my child when we went in, but concerning things were ruled out, there was lots of sound decision making and he got the treatment he needed. I felt so reassured as a parent and trusted you all to help him get better and figure out what was going on. Thank you so much, I know you are all so busy. I was really impressed with everyone's work ethic and professionalism, especially considering the work pressure you are under. You are all the best!!!

### **Children's Emergency and Ward A7, Christchurch Hospital**

We had a frightening experience with our wee seven-month-old and everyone has been fantastic. We felt listened to and taken seriously. Our daughter has been in great hands. Thanks so much.

### **Maternity Ward, Christchurch Women's Hospital (CWH)**

Everyone in CWH was exceptional in their care. Honestly speaking, everyone went above and beyond. Extremely grateful forever. All of you have exceptional expertise and compassion. The support and care we have received during delivery, in the recovery unit, and with our little man in the Maternity Ward made a world of difference. We are profoundly grateful for the outstanding service. We wish every one of you great health and happiness.

### **Gynaecology Ward, Christchurch Women's Hospital**

I would like to thank everyone who helped with my hysteroscopy procedure today. From the time that I was being prepared right through to recovery, the staff are amazing! Especially Helen, Maria, Sam, Jill and Dr George Hawkins. You made my journey, not only tolerable, but a lovely one. You should be proud of what you do, you are doing an amazing job to your patients. God bless all of you! Thank you again so much!

### **Leigh and Grace, Ward B7, Christchurch Hospital**

My daughter got a spica cast put on and as her mum I struggled to come to terms with it and all the changes. We had some amazing help from all involved, but our amazing nurses Leigh and Grace made me feel so comfortable and relaxed and were so amazing with my daughter, myself, and my partner/daughter's dad! Love them, I hope if we come back, I get to see them and have their professional help!

# Ā mātou kōrero – Our stories

## Medication Safety Week encourages reporting of medicine side effects

This week, 6–12 November, is #MedSafetyWeek, an internationally recognised event that aims to promote the safe and quality use of medicines with health professionals and consumers to reduce the risk of patient harm.

The 2023 campaign is raising awareness around reporting side effects, focusing on the question, 'Who can report?'.

It highlights the significant contributions of patients, doctors, and pharmacists to the field of pharmacovigilance.

This refers to pharmacovigilance is the detection, assessment, understanding, and prevention of adverse effects or any other medicine/vaccine-related problem.

Medication Safety Week is an opportunity to raise awareness of the importance of reporting adverse reactions and steps to follow to do that says Medication Safety Pharmacist Mary Young.

All medicines may cause side effects which is why monitoring and reporting the safety of medicines to help protect patients from harm is crucial.

"Anyone can report to CARM (Centre of Adverse Reaction Monitoring). Here at Waitaha, we encourage clinical staff who know the patient and situation to report providing as much of the clinical context as possible to provide CARM with a complete clinical picture," she says.

To facilitate the reporting process, a link to the form to complete can be found on PRISM under Resources – [Adverse Reaction Reporting](#). This form requires details of the suspected causative medication and all other medications the patient was taking.



"An additional advantage lies in the nationwide accessibility of this information via the National Warning System, which proves especially beneficial in the case of clinically significant reactions, ensuring that patient data is available should they seek care at another facility."

It's a shared responsibility for all of us to protect our patients and colleagues by reporting serious reactions that could influence future treatment options. This commitment to vigilance and patient well-being is crucial.

For more information on Medication Safety Week, visit <https://who-umc.org/medsafetyweek/>



# Shared Goals of Care work ongoing

Tina Dunnings is the Shared Goals of Care Facilitator for Te Whatu Ora Waitaha Canterbury. This position is a six-month secondment to coordinate and facilitate the implementation of the Shared Goals of Care programme for Te Whatu Ora Waitaha's healthcare facilities.

Read on for an update with Tina on Shared Goals of Care:

## What is Shared Goals of Care?

Shared Goals of Care is part of the Patient Deterioration Programme being rolled out across the motu. It was developed by the Te Tāhū Hauora Health Quality & Safety Commission and follows on from the Early Warning Score (EWS), Kōrero Mai and sepsis workstreams. Shared Goals of Care focuses on having conversations with the patient and whānau early in the admission to develop care plans if the patient were to deteriorate.

The conversation is a tool that is designed to elicit the patient and whānau priorities and values and to ensure that treatment aligns with these if the patient were to deteriorate.

## What is the role of the Shared Goals of Care Facilitator?

In this role I have been working alongside the Steering Group to develop the policy, establish the process and pathway for the work, develop resources and education packages and ensuring accurate information is up to date in all areas including Hospital Health Pathways. I have been the front person for this

roll-out and the person identified for the clinicians to direct their questions to, as well as provide education to all areas of Christchurch Hospital.

I am now focused on risk mitigation with the Cortex forms as these forms do require snapshotting to ensure the plans transfer through to Health Connect South and to establish version control. The forms also require ending to prevent the same form being present if a patient readmits.

My next steps are to look at the quality of the plans moving forward as our goal is to have 100 percent of our Shared Goals of Care plans having a quality conversation attached to them. I liaise with the South Island Regional Group where we share resources and attempt to streamline processes as much as possible in the hope that the plans we develop are recognised in all areas of the South Island.

I am now starting to attend Burwood Hospital one day a week where I will do the same on their campus with the education, risk mitigation and ongoing development of pathways and processes.

## What is next for Shared Goals of Care?

There is still so much work to be completed in this role. The focus is developing a pathway for 'frequent flyers' or those patients who have a high number of presentations due to treatment needs, such as Oncology, Haematology, Nephrology



Shared Goals of Care Facilitator Tina Dunnings

patients. There is also a need to focus on outpatient areas where patients come into the hospital for elective procedures.

Work is ongoing to streamline the processes between Te Whatu Ora facilities, the rural health care facilities, and aged residential care facilities, as well as the ongoing risk mitigation that is required for the forms. I am also able to provide ongoing education for the different areas and this will be a key target for me.

There is also ongoing work required to ensure we get the quality conversation that goes along with the Shared Goals of Care Plan – this is what separates Shared Goals of Care out from DNACPR (do not attempt cardiopulmonary resuscitation) and it is what aligns us to the patient and whānau values and wishes.

This is a difficult area to wade through as anecdotally there are many reasons the conversation does not occur. I have submitted

a research grant application to hopefully carry out some research around the barriers to having the conversations in an acute hospital and am hopeful this will be approved.

#### **What is needed to continue this work?**

The rollout of Shared Goals of Care in Waitaha hospitals is just the start of the journey. The development and implementation of these next

steps will take at least 12–24 months to ensure the process and pathway fit the workflow, but it will be work with high returns that will ultimately make our system better.

It is imperative that this work continues to ensure the Shared Goals of Care Plan is not simply used as another 'tick box' and that we support and embrace the culture shift required to place Shared Goals of Care conversations front and centre in our mahi.

## **Te Papa Hauora news**

Huge congratulations to the winners in the Health Research Society of Canterbury (HRSC) Emerging Researcher Awards, held at Manawa late last month.

A great crowd attended, and it was another successful event supported by the Canterbury Medical Research Foundation (CMRF) and hosted by Te Papa Hauora. Well done to the winners:

First Prize went to Andy Kindon from the University of Canterbury for his study called 'A geospatial analysis of Abdominal Aortic Aneurysm Rupture incidence'.

Sam Gibbs, of the University of Otago, Christchurch, took out second prize for his study, 'Genetic variation and its influence on DNA methylation: investigating the Dunedin pace of ageing methylation risk score in the Pasifika Heart Study'.

Third Prize was won by Ashley Deane, also of the University of Otago, Christchurch for her study, 'Blood flow volume and velocity reductions in the circle of Willis correspond with cognitive decline in Parkinson's disease'.

For more information on this event and others, visit [www.healthprecinct.org.nz](http://www.healthprecinct.org.nz)

Te Papa Hauora together with the Canterbury Medical Research Foundation took 'Living well & ageing well' research talks out into the Lincoln community this last week.

Dr Susannah Stevens, Dr Leigh O'Brien, and Professor Joe Boden, spoke on the topics of movement, diet and the importance of social connections as people age.

It is hoped that more talks like these will happen in the future. If you would like to keep up to date with events, please register for the newsletter at [www.healthprecinct.org.nz/contact/](http://www.healthprecinct.org.nz/contact/)



From left, Health Research Society of Canterbury Chair Tracy Melzer, Ashley Deane, Sam Gibbs, Andy Kindon, and Canterbury Medical Research Foundation Chief Executive Melissa Haberfield



From left, Dr Leigh O'Brien, Professor Joe Boden, and Dr Susannah Stevens

# Extensive library resources available

Librarian Vickie Ward is based at Hillmorton and the library there is focused on Special Mental Health Services (SMHS).

However, there are resources and services that all Waitaha staff can access through the Canterbury Medical Library links on Prism. Just click on 'Resources' and then 'Canterbury Medical Library'.

Once there you can choose from several destinations, Vickie says.

These include:

- › Using the catalogue to find books, eBooks, articles and more
- › Exploring the databases available to us
- › Getting lost in the myriad of e-journals we have access to
- › Navigating to the form you need to join the library.

"For the SMHS team there is a large pool of targeted resources they can wade through. If you need a hand to locate our special resources, drop me an email or give me a call and I will be there to help. Let me know if you would like to discuss literature search requirements, sharpen your research skills, help with referencing, or information literacy encouragement," Vickie says



The library at Hillmorton

If you would like to contact Vickie for more information you can email her, [Vickie.Ward@cdhb.health.nz](mailto:Vickie.Ward@cdhb.health.nz) or phone extension 33718.

The library is located at Building 21, Training Unit, Hillmorton Hospital.





# 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.**



**RECREATE PERFORMANCE** – 33 Moorhouse Ave

Offering 20 percent off all services for staff and family members. More information [here](#).



**SIMPATICO HAIR STUDIO** – 4/68 New Brighton Mall

Get 15 percent off all hair services on the first visit – show your staff ID to redeem, [see more information here](#).



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

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



**Warehouse Stationery**

[www.warehousestationery.co.nz](http://www.warehousestationery.co.nz)

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

## QUIZ ANSWERS – Natural wonders of the world

- |   |                                       |
|---|---------------------------------------|
| 1. b. Milford Sound                     | 7. a. True                            |
| 2. c. Northern Ireland                  | 8. b. The Grand Canyon                |
| 3. b. Parícutin, Mexico                 | 9. d. Rio de Janeiro                  |
| 4. a. Aurora Borealis (Northern Lights) | 10. c. Mount Blanc alps, Italy/France |
| 5. d. The world's largest salt flat     |                                       |
| 6. c. Belize                            |                                       |

# City Travel update

## Port to Port – your new high frequency bus route, and \$2 bus fares

**Route 8** Port to Port (Airport to Lyttelton) is now operating, connecting Christchurch Airport to the CBD and Lyttelton, with some trips extending around the bays to Rāpaki.

Your new bus service has around a 15 minute frequency, with trips alternating between Ara and the Sydenham shops.

All buses servicing the #8 route can carry three bikes on the front.

With a Metrocard you'll only pay \$2 or less to travel on any bus across Christchurch, Selwyn and Waimakariri, and it's free to take your bike on the bus!

Find out more about the new bus routes here:

[Important changes from 4 September – Port to Port \(8\) and Northwood to Huntsbury \(27\) | Metro Christchurch \(metroinfo.co.nz\)](#)

And about new fares here:

[New Metro fares have launched | Metro Christchurch \(metroinfo.co.nz\)](#)



## Way safer streets open up transport choices

We can look forward to seeing more and more improvements to our local neighbourhoods that enable people to get around on foot, by bus and by bike.

A number of projects are getting underway, mainly but not restricted to, Linwood and Bromley.

See more details here: [Way safer streets : Christchurch City Council \(ccc.govt.nz\)](#)

## Way safer streets for everyone





## Discover new connections with the latest bike map

An updated version of the much-loved Ōtautahi Christchurch Bike Map was released last week. It shows all the newly-built sections of cycleways so you can see how our growing network connects across the city.

The South Express Cycleway now reaches Riccarton Park, and a new section along Hei Hei Road links three Hornby schools, as well as the Matatiki Hornby Centre.

The map also includes information on features you might see using our network, such as shared paths, bus lanes, and hook turns, so that you can feel confident on our new infrastructure.

Pick up a copy of the new map at Council Libraries, Recreation and Sport Centres, Service Centres, your local bike shop, the Bus Interchange, Ara | Te Pūkenga or the University of Canterbury. Then grab your bike and go try out some new routes!

View the map online here: [Christchurch bike map : Christchurch City Council \(ccc.govt.nz\)](https://ccc.govt.nz/christchurch-bike-map)



## Coastal Pathway opening soon

We're getting excited about Te Ara Ihutai, the Christchurch Coastal Pathway, which is opening soon and means you'll be able to cycle from the central city to Sumner.

The last sections in Moncks Bay are expected to be complete by December 2023 - just in time for summer holidays!

Please remember, people walking have right of way on shared paths so be sure to give them space and a wide berth when passing.



*Your organisation is one of over 50 workplaces in the central city that is part of the City Travel Planning programme, working together to promote sustainable travel for your staff. Find out more about what this means and what services are available to you at [ccc.govt.nz/travelplanning](https://ccc.govt.nz/travelplanning).*



***Come and support.....***

**Dementia Canterbury fundraiser**

## **Bake Sale**

**From 930am on Friday, 10<sup>th</sup> November 2023  
(Atrium Burwood Hospital)**

**(Cash only)**

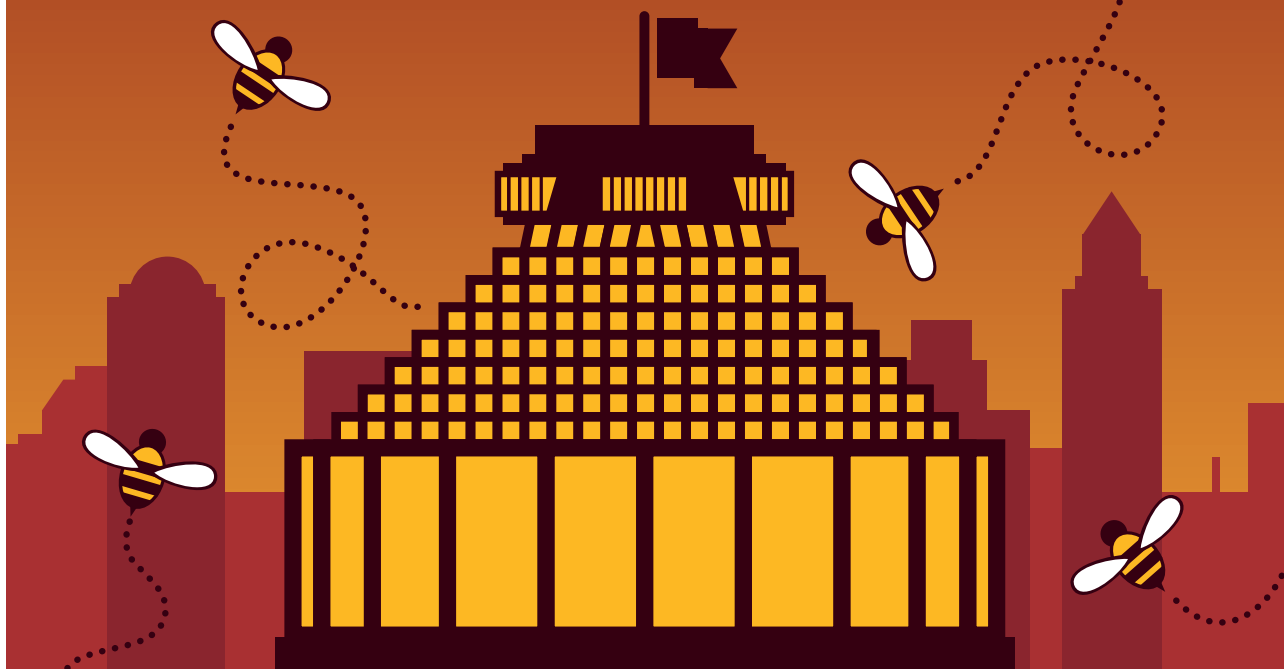




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