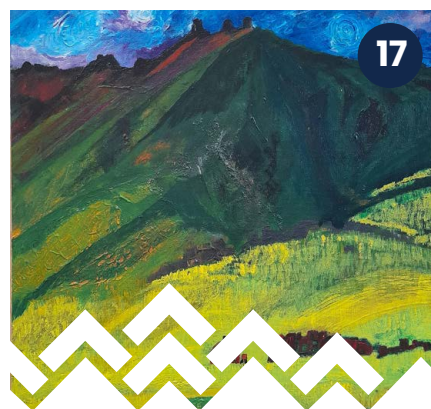


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Two-year-old Kelsie test drives a ride-on car donated by Vital Healthcare Property Trust to the paediatric surgery ward in Waipapa

Kupu Arataki – Introduction

Generous donation to paediatric surgical ward

If you want to melt hearts in a hospital setting, do something for the babies and children. There were smiles all round last Wednesday when Vital Healthcare Property Trust delivered a ride-on car to the paediatric surgery ward in Waipapa. The generous donation was immediately test driven by two-year-old Kelsie who tore around the corridors, beeping the horn and waving to the appreciative staff. Operated via remote control by responsible adults, the car will make heading to appointments and theatre a little more enjoyable for our youngest patients.

Read more on [page 16](#).



Two-year-old Kelsie enjoys a drive around the paediatric surgery ward while her mother Beth (back left) and Te Whatu Ora staff (right) look on

Waitaha initiative attracting attention across the motu

If you're a kombucha drinker, you may have heard of SCOBY (symbiotic culture of bacteria and yeast) but you probably don't know that in Waitaha Canterbury, SCOBY is integral to the medical training of clinicians.

On [page 14](#) you can read the story of how SCOBY allows the Manawa Simulation Centre to create life-like models and body parts for students to practise incisions, suturing and other procedures. It's a process that not only provides more realistic models, but it is environmentally sustainable and saves hundreds of thousands of dollars each year.



SCOBY fresh from the dish in which it was grown

Planned NZNO strike called off

Te Whatu Ora was advised this afternoon that the New Zealand Nurses Organisation (NZNO) nurses and midwives have accepted the collective agreement offer and will not go ahead with a planned 24-hour strike from 7am on Wednesday 9 August.

Many thanks to staff who contributed to contingency planning and rescheduling across our facilities during the past two weeks, along with those who volunteered to assist on the day.

We also acknowledge the considerable effort currently going in to reworking plans as we transition back to normal services.

Changes to 0800 support numbers

As a reminder, there are two important changes impacting the Aotearoa Immunisation Register (AIR), COVID-19 Immunisation Register (CIR) and Book my Vaccine (BMV) 0800 support numbers that came into effect 1 August 2023:

- › The 0800 855 066 number for AIR support and the 0800 223 987 for CIR and BMV, are no longer attended on Sundays.
- › Out of hours support requests can still be logged, but through an updated sequencing system by pressing 2 followed by 1. From there the call will be diverted for providers to report incidents and critical service outages.

These changes are now reflected online and in other support materials.

NICU Human Milk Bank needs donations

The Neonatal Intensive Care Unit (NICU) Human Milk Bank which supports sick babies with healthy breast milk when their own parents are unable to supply it, is in desperate need of donations. Breast milk is vital for seriously ill and premature babies so if you, or anyone you know is in a position to donate, please consider doing so.

Please contact:

- › Phone: (03) 364 4344
- › Mobile: 021 190 5008 (Manager) or 021 241 2931 (Milk Bank Office)
- › Email: MilkBankNICU@cdhb.health.nz

For more information and an FAQ on the Human Milk Bank, please refer to: <https://www.cdhb.health.nz/health-services/human-milkbank/>

Update on mpox outbreak response

More than a year after the first case of mpox (previously called Monkey Pox) in New Zealand, the outbreak response will shift to longer-term access for those at risk via the public health services, with the mpox outbreak response consultation programme disestablished by 31 August 2023.

After 31 August 2023, access to the mpox preventative measures will continue to be available as appropriate, under section 29, through prescribing medical practitioners. The dedicated mpox consultation including the mpox Healthline will not be available after this date.

Stay cyber-safe: A reminder to stop, think, and act

It's risky to click on links in strange emails or texts, but it's hard to remember this when we're busy or distracted. With news of fresh cyber scams every day, our Cyber Security team has put together [a quick video to demonstrate and advise on what to do if you receive a scam text or email](#).

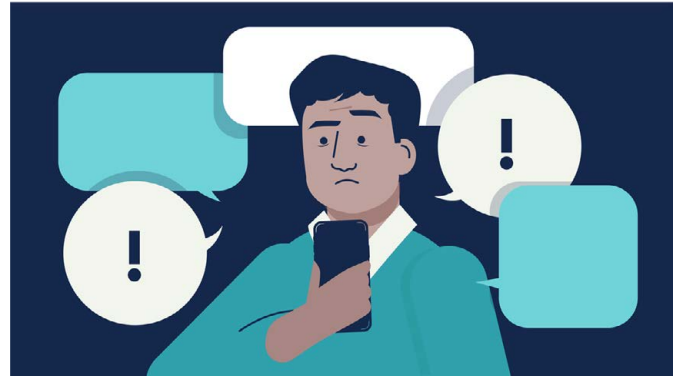
"Cyber criminals design their text and email scam campaigns to get their targets to act quickly," says National Chief Information Security Officer, Sonny Tait.

"Their emails or texts may feel important or urgent. They hope we'll click without thinking. One wrong click could let hackers into our systems and put our personal information and our patients' data at risk."

A tip to stay safe: When you receive a message, first make sure it's from someone you know. Move your mouse over the sender and look at the address that appears. If it looks strange it might be a scam.

Remember the three steps: Stop, Think, Act.

If you get a suspicious email or text at work, tell the ISG service desk.



If you get a strange message on your personal phone or computer, tell the organisation that the message pretends to be from. For example, if it says it's from your bank, tell your bank. Then mark the message as spam and block the sender.

You can forward suspicious text messages to the Department of Internal Affairs by texting it to 7726 or through their website. You can find further information on how to report a cyber scam on the [Government website](#).

A woman, Dhys Faleafaga, a professional rugby player, is smiling and holding two young children. She is wearing a black rugby jersey with a green and white logo that says "RUGBY". The children are also wearing similar jerseys. The background is a vibrant green with a subtle pattern. The text is in white and blue.

**"Give our babies
one of the best
defences in life"**

Dhys Faleafaga
Professional rugby player

Prioritise to immunise our children.

Te Whatu Ora
Health New Zealand

QUIZ - Name that song (1980s edition)

The decade of the worst hair, fashion and make-up gave us arguably the best decade of music. Can you name these 1980s classics just from the first one or two lines?

1. **“We’re no strangers to love, you know the rules and so do I...”**
 - a. The Stranger by Billy Joel
 - b. Never Gonna Give You Up by Rick Astley
 - c. Karma Chameleon by Culture Club
 - d. True by Spandau Ballet
2. **“She was more like a beauty queen from a movie scene...”**
 - a. Smooth Criminal by Michael Jackson
 - b. Bad by Michael Jackson
 - c. Billie Jean by Michael Jackson
 - d. Human Nature by Michael Jackson
3. **“Clock strikes upon the hour and the sun begins to fade...”**
 - a. Holiday by Madonna
 - b. Eye of the Tiger by Survivor
 - c. Girls Just Want to Have Fun by Cyndi Lauper
 - d. I Wanna Dance with Somebody by Whitney Houston
4. **“I feel so unsure, as I take your hand and lead you to the dance floor...”**
 - a. Wake Me Up Before You Go Go by Wham
 - b. I’m Your Man by Wham
 - c. Careless Whisper by George Michael
 - d. Freedom by Wham
5. **“I hear the drums echoing tonight, but she hears only whispers of some quiet conversation...”**
 - a. Africa by Toto
 - b. In the Air Tonight by Phil Collins
 - c. Little Lies by Fleetwood Mac
 - d. Rosanna by Toto
6. **“I want to run, I want to hide...”**
 - a. I Will Follow by U2
 - b. Sunday Bloody Sunday by U2
 - c. I Still Haven’t Found What I’m Looking For by U2
 - d. Where the Streets Have No Name by U2
7. **“She’s got a smile that it seems to me, reminds me of childhood memories...”**
 - a. Pour Some Sugar on Me by Def Leppard
 - b. Sweet Child O’ Mine by Guns N’ Roses
 - c. Here I Go Again by Whitesnake
 - d. Runnin’ With the Devil by Van Halen
8. **“How does it feel, to treat me like you do...”**
 - a. Blue Monday by New Order
 - b. Don’t You Want Me? by The Human League
 - c. Tainted Love by Soft Cell
 - d. Time After Time by Cyndi Lauper
9. **“Turn around...”**
 - a. Take on Me by A-ha
 - b. Love is a Battlefield by Pat Benatar
 - c. Total Eclipse of the Heart by Bonnie Tyler
 - d. What’s Love Got to do With It? By Tina Turner
10. **“I’ve gotta take a little time; a little time to think things over...”**
 - a. Don’t You (Forget About Me) by Simple Minds
 - b. I Want to Know What Love is by Foreigner
 - c. I’ll be There for You by Bon Jovi
 - d. When Doves Cry by Prince

[Check your answers on page 18.](#)

Promoting equitable maternity services

Six new kaiāwhina start on the maternity ward at Christchurch Women's Hospital today as part of Te Whatu Ora Waitaha Canterbury's Maternity Kaiāwhina Programme.

Kaiāwhina is a term that encompasses various non-regulated roles within the health and disability sector. This 12-month pilot workforce development programme is aimed at enhancing our maternity services and enriching the care provided to whānau accessing our maternity ward.

The Maternity Kaiāwhina Programme is a response to ongoing challenges in the maternity environment, particularly in hospital settings, says Executive Director of Midwifery and Maternity Services Norma Campbell.

"This workforce of kaiwhina is known for its resilience and diversity and offers an opportunity to alleviate workforce stressors across the health system and help promote equitable outcomes in health."

Diversity and inclusivity are central to the initiative which aligns with the work of the Mana Taurite: Equity, Inclusion and Diversity team that aims to bring about cultural change and increase workforce diversity.

"By developing the Māori health workforce, we aim to provide culturally appropriate care for wāhine Māori and whānau, ensuring equitable outcomes for Māori communities," she says.

The Maternity Kaiāwhina Programme strives to reflect the community we serve, fostering an environment where patients can see themselves represented, leading to more positive experiences in our health system," says Maternity Kaiāwhina Programme Manager Kelly Kara.

"Recruitment, onboarding, and support for maternity kaiāwhina roles have been facilitated by the award-winning Mana Taurite Whakamana Whānau Programme. Based on a tikanga Māori framework, this initiative breaks down barriers and promotes diversity among our kaimahi.

"The involvement of our patients' cultural specialists ensures culturally sensitive care, empowering tangata whaiora through a kaupapa Māori approach.



Back, from left, Programme Cultural Specialist Amber-Lee Williams and Maternity Kaiāwhina Maddison McLean-Smith, Arahia Faalilo and Jasmyn Marriott
Front, from left, Maternity Kaiāwhina Crystal Edwards, Helen Tutengaehe and Keiarna White, and Maternity Kaiāwhina Programme Manager Kelly Kara

"To develop this role, we used the Calderdale Framework (CF) to help identify any skills-based tasks which could potentially be delegated to the new role."

The CF is a tool designed to facilitate competency-based delegation within the health environment which starts with a seven-step process. The first four stages are led by the staff and supported by management, she says.

Overseeing the Maternity Kaiāwhina Programme is a Governance Group chaired by Lisa Kahu, a respected figure in women's health. Along with Kelly, the programme's dynamic team includes Amber-Lee Williams, a Pukenga Atawhai in Specialist Mental Health, who adds her wealth of knowledge in kaupapa Māori practices and Calderdale Lead Vicki Prout's expertise.

One minute with...

Chenay Roux, Learning Designer



What does your job involve?

I provide end-to-end learning solutions across Waitaha Canterbury and Te Tai o Poutini West Coast. This includes taking a user experience perspective to learning solutions. I work alongside various departments in the organisation and subject matter experts to deliver key learning projects. My role also involves providing advice on multimedia and digital technology. Additionally, I maintain the HELM and Mana Taurite websites.

What pathway got you to this job?

My pathway to becoming a Learning Designer is not a typical pathway for this role. I have a background in psychometric assessments, industrial psychology, and recruitment. However, I have always had an interest in user experience and learning and development. My personal and professional skills contributed to the right mix for this role.

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

Learning designers can come from a variety of backgrounds as you can learn key skills for this field outside of learning and development. Having relevant qualifications can help but is not always necessary. Being curious and not being afraid to try something are useful for this field. It is also important to be adaptable as technology constantly changes.

Who inspires you and why?

I tend to get inspiration from people all around me. I am inspired by strong women who are not afraid to stand up and voice their opinions. The leaders we have in our organisation inspire me; Jo Domigan as she is so kind and genuine; Emelia Winter because she is not afraid to voice her opinion while remaining true to herself; and Kelly Randall in the way she leads, is positive and trusting. Other people inspire me, but I can't list them all. My constant inspiration is my husband with his positive, cheerful, and playful perspective on life.

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?

I try to live these values every day in my role. When I design learning solutions, I try to represent our diverse kaimahi.

As part of this, I advocate for accessibility, to ensure that everyone has an equal opportunity to learn.

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

I love warm weather and beaches, so somewhere in the Mediterranean, ideally Greece, with my husband.

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

Jenna Ortega. She is great and just at the beginning of her career. If my life was a movie, I can see it being a Tim Burton movie.

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

We try to be conscious of what we buy to minimise waste and plastic. I try to avoid single-use plastic products and buy stuff that is more sustainable. It's hard to always be completely sustainable but I believe that every little action helps.

What are your hobbies/interests outside of work?

I have way too many hobbies. I enjoy painting and drawing and just being a little crafty. I enjoy reading and have recently started reading fantasy books. I am also trying to learn the piano, but my latest obsession is playing Hogwarts Legacy.

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

Akoranga reo Māori – lesson #26

Tāngata Rongonui Māori – Famous Māori People

*Kei ngā kaitaituarā o tō tātou reo matahīapo, anei tāku oha maioha ki a koutou.
To the supporters of our prized language, here is my affectionate greeting to you.*

This lesson, we are going to get to know a few famous Māori people who have had or are having great success. This was particularly difficult as there are so many people to choose from who are doing our country proud. Here are just a few.



TAIKA WAITITI ONZM
(*Te Whānau-a-Apanui*).
Filmmaker, actor, comedian.
Fact: Taika is also of Russian Jewish heritage.



DR RANGĪĀNEHU MĀTĀMUA ONZM (*Ngāi Tūhoe*).
Pioneering scholar and astronomer. New Zealander of the Year 2023.
Fact: Descends from many tohunga kōkōrangī or astronomers.



DAME LISA CARRINGTON DNZM (*Te Aitanga-a-Māhaki, Ngāti Porou*).
Our most successful canoe/kayak Olympian.
Fact: Took up kayaking to help her surf-lifesaving in the off-season.



WITI IHIMAERA DCNZM QSM (*Te Aitanga-a-Māhaki, Rongowhakaata, Ngāti Porou with connections to Ngāi Tūhoe, Te Whānau-a-Apanui, Ngāti Kahungunu and Ngāi Tāmanuhiri*).
One of the world's leading indigenous writers.
Fact: First Māori writer to publish, in 1972.



DAME KIRI TE KANAWA ONZ CH DBE (*Ngāti Maniapoto*).
One of the world's leading opera singers.
Fact: Performed at Charles and Diana's wedding.



STAN WALKER (*Ngāi Tūhoe, Ngāti Tūwharetoa*).
Singer and actor.
Fact: Was born in Ahitereiria or Australia.

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

Hauora.Maori@cdhb.health.nz



HOLLY ROBINSON MNZM
(Ngāi Tahu)

Para-javelin athlete.

Fact: Is an educator for drug-free sport NZ.



ANIKA MOA
(Ngāpuhi, Te Aupōuri).

Musician and Television presenter.

Fact: Grew up in Christchurch.



BRAD WEBER
(Ngāti Porou).

Rugby player

Fact: Hopes to inspire those who may not “look Māori” to explore their whakapapa or genealogy.



GEORGINA BEYER MNZM JP
(Te Āti Awa, Ngāti Mutunga, Ngāti Raukawa, Ngāti Porou).

Former politician and mayor of Carterton.

Fact: World’s first openly transgender Mayor (1995) and world’s first openly transgender member of parliament (2005).

(Deceased 6/3/23).

He whakapātaritari – A challenge

How many other tāngata rongonui Māori can you think of that are having great success in life in their chosen field or are making positive changes in the world for all of us to benefit?

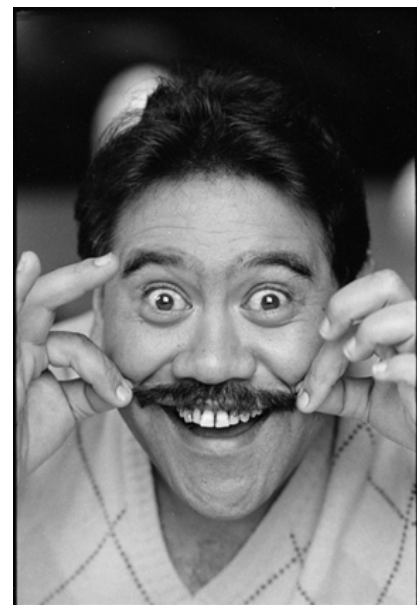
I mōhio rānei koe? Did you know?

On 7 August 1991, this much-loved kiwi entertainer died from heart failure at only 43 years of age. Do you recognise him?

The multi-talented musician and entertainer toured the world with the Māori Volcanics Showband in the 1970s. He was named William Taitoko at birth but adopted the stage name Billy T. James because people could not pronounce his surname correctly.

James came to prominence in the television variety show Radio Times, but he is perhaps best remembered for the Billy T James show which ran for six series on TVNZ between 1981 and 1986. On the show, the gifted impressionist portrayed a variety of characters in recurring sketches. In 1985 James also played the Tainuia Kid in an eccentric film adaptation of the novel Came a Hot Friday. The annual Billy T Award honours up-and-coming New Zealand comedians in his memory.

[Death of Billy T. James | NZHistory, New Zealand history online](#)



Tēnā koutou, mā koutou te reo Māori e tairanga. Thank you, it is you who will elevate the Māori language. **If you have any questions or feedback, please make contact via the email below.**
Hauora.Maori@cdhb.health.nz

Winter warmer recipe

Frittata

Base Ingredients

- > 10 eggs
- > ½ cup cream or full cream milk
- > Salt and pepper

Some filling options

- > 5 cups fresh baby spinach (sautéed in the pan until wilted)
- > 1 cup cubed feta

- > 2 cups chopped vegetables, such as onion, potato (cut into small cubes), capsicum, mushroom, broccoli, asparagus (sauté the veges in the pan before adding the egg mix)
- > 1 cup grated cheese

- > 1 cup finely chopped ham or bacon (browned)
- > 1 cup chopped mushrooms
- > 1 cup grated cheese

Method:

Pre heat the oven to 180°C.

Vigorously beat the eggs and cream in a bowl (this will make the frittata deeper and fluffier). Season with salt and pepper.

Use a cast iron skillet (about 25cm) with a little oil or butter to sauté your vegetables/meat over a medium heat.

Keeping the pan on the heat, pour over the egg mix, add the cheese, and gently stir. Using a spatula, gently stir and scrape the bottom of the skillet until large curds form but the eggs are still wet—about 30–45 seconds.

Place the pan in the oven and bake until the centre is no longer jiggly, and edges are golden brown, about 8–9 minutes.

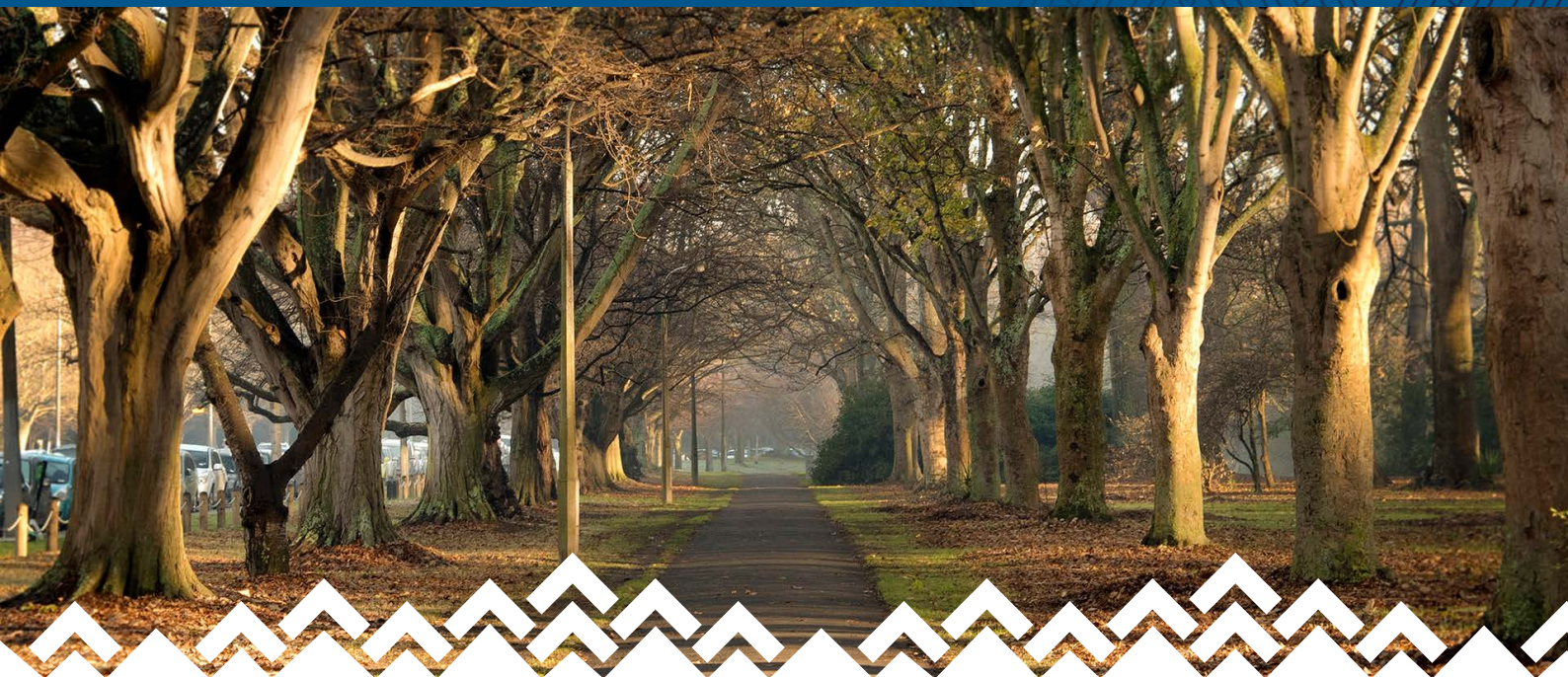


Frittata is an egg-based Italian dish similar to an omelette, crustless quiche or scrambled eggs, enriched with additional ingredients such as meats, cheeses and/or vegetables. Easy to make and great for breakfast or with a salad for lunch or dinner, you can get creative with the additions based on your taste. It's also a great way to use up leftovers and get extra veges into your kids.

When cooked, remove from the oven, and allow to cool in the pan for 5 minutes. Loosen the edges with a spatula and remove from the pan before slicing and serving.

Frittata will keep in the fridge for 2 – 3 days. You can also freeze it.

Whakamihi – Bouquets



Ward D1, Burwood Hospital

To all the amazing staff on ward D1 who have helped [patient name] on her journey. You are all fabulous and we appreciate everything you have done for her. Thank you so much.

Respiratory Medicine Outpatients

I write on behalf of our family to say thank you to Dr Rachel Wiseman and her team for the excellent care of [patient name]. Rachel's knowledge, great care and empathy were hugely appreciated in helping us understand and come to terms with the diagnosis and treatment. At every appointment we experienced professionalism, were never rushed when asking questions and appreciated all the helpful supportive advice. We feel incredibly fortunate to have a doctor of Rachel's calibre and be the recipients of such tremendous care.

Guy, WellFood, Christchurch Hospital

I write on behalf of our family to say thank you to Guy, the Catering Assistant on Ward 10. Guy carries out his work diligently while being so friendly, thoughtful, and helpful to [patient name]. He is a real professional and a fantastic member of your team.

Urology, Christchurch Hospital

Very good service during my stay. Thank you.

Christchurch Outpatients, Radiology, Interventional Radiology, and Ward 10, Christchurch Hospital

I write on behalf of our family to say thank you to the health professionals and administrators (receptionists, booking coordinators, ward clerk) who we encountered during [patient name]'s various outpatient/radiology appointments and Ward 10 admission. Their friendly welcomes and goodbyes, carefully checking identification, and explanations of what to expect, made all the difference when feeling incredibly anxious.

Ward 10 and Cardiothoracic Outpatients, Christchurch Hospital

I am writing to thank Cardiothoracic Surgeon Graham McCrystal, Charge Nurse Manager Katie Clark, Clinical Nurse Specialist Vicky Ray, Clinical Nurse Specialist Jenni Wallace, and all the fantastic doctors, nurses, and staff on Ward 10 for the successful outcome of my operation. I am incredibly fortunate to be the recipient of such tremendous surgery and wonderful care. Your knowledge, empathy and professionalism were so appreciated. The friendly, supportive, and often humorous care I received helped make my time with you so much easier. Thank you so much for everything.

ED, Christchurch Hospital

The staff were fantastic under pressure. Awesome staff and hospital.

Emergency Department (ED) and Orthopaedics, Christchurch Hospital

I want to say thank you to all the staff, including those at the waiting area who processed me so quickly. The care and treatment I received was outstanding. I know they are all under pressure with staffing and numbers of patients, but this never showed.

Medical Assessment Unit, Christchurch Hospital

Everyone I encountered conducted themselves with exemplary professionalism and empathy. They made a very bad time for me much less frightening and were kind and helpful.

Te Whare Hohou Roko, Hillmorton

I would like to compliment the kitchen for the meals that we are served. I am trying different foods that I am enjoying and finding tasty – thank you again.

ED and Ward 18, Christchurch Hospital

Brilliant care. Everyone is fantastic, so very caring and kind and put me at ease. I can't thank you enough for looking after me. Thank you.

Eye Surgery, Christchurch Women's Hospital

Wonderful health care, amazing staff. Heaps of thanks.

Ward A8, Christchurch Hospital

Perfect staff and perfect care. Thank you.

Lorraine, WellFood, Christchurch Hospital

Catering Assistant Lorraine is loved by patients and nurses and is always on top of everything and makes us all smile.

Ward B5, Christchurch Hospital

Great service of care.

Maxillofacial clinic, Christchurch Hospital

Fantastic service from all the staff, including Karan, Helen, Ellen and the nurses. They were so friendly and helpful. It was such a pleasure to be looked after so well. The prompt service was appreciated. Thank you.

General Surgery, Christchurch Hospital

No complaints. Everything went very smoothly and quickly. Everyone was very pleasant and helpful.

Eye Clinic, Christchurch Outpatients

Thank you for your loving, kind, gentle and thorough examination of [patient name]. Thank you to Dr Adeline Kho and the lovely nurse. May you be abundantly blessed. Thank you so much.

Christchurch Outpatients

The nurses and doctors were great, well informed, and professional. I was given good information about what to expect once the biopsy was done.

ED, Christchurch Hospital

The consultant Dominic Fleischer and the nurse were excellent. I don't get why folks complain about the service, it's excellent. They saved my life. Thank you.

Gastrointestinal Endoscopy Unit, Christchurch Hospital

Everyone I encountered during my procedure were so kind, welcoming and caring. I was taken such good care of by everyone. Very professional. Thank you so much.

Nyarai Hwata, Ward B5, Christchurch Hospital

I would like to thank NetP Registered Nurse Nyarai on Ward B5. Her patient-centred care and caring personality made the hospital stay more positive. She was approachable and always willing to lend a hand to help. Thank you, Nyarai!

Julie, Gastroenterology, Christchurch Hospital

Thank you to Julie in Gastroenterology for her care and support during the short period I was there. Really appreciated her gentleness and making the experience stress-free.

Cardiology, Christchurch Hospital

Thank you to the staff, they are most excellent.

Ā mātou kōrero – Our stories

What can't SCOBY do?

In recent years, kombucha has become an increasingly popular beverage, seen as a healthier alternative to soft drinks. A lightly effervescent sweetened tea, kombucha is produced through a process of fermentation using a symbiotic culture of bacteria and yeast (SCOBY).

Around five years ago, Coordinator of the Manawa Simulation Centre Christine Beasley was chatting with a friend who makes her own kombucha.

Knowing that the Simulation Centre was using mannequins, 3D models, and even Play-Doh to create clinical training materials, Christine's friend wondered if they would have a use for SCOBY.

"I told her it was worth looking at so she brought some to show me, and we could see the possibilities right away," says Christine.

"It was much closer to the look and texture of skin than the silicon inserts we were commonly using."

SCOBY is now grown in dishes in the Manawa Simulation Centre from a wafer-thin slice of SCOBY 'starter' (a similar principle to the sour dough starter), along with water, white vinegar, and sugar. Tea bags are added to develop the human skin-like colour.

Over the course of two to four weeks, covered at room temperature, the SCOBY grows to the size of its container, naturally forming in delicate thin sheets.

Christine and her colleague Simulation Technician Dionne Rogers, lovingly tend to the SCOBY ensuring it is kept 'well-watered' and while Dionne regularly plays music, they debate whether on not talking to it helps it grow!

SCOBY can be layered over a mould to form a replica part of human anatomy such as an arm or trachea. Nursing and medical students can then practise cutting and suturing on 'skin' that is as close to human as the real thing. Using extra layers can recreate areas of the body where the skin is thicker and using fewer layers, left to dry a little and wrinkle, replicates the skin of an older person.

It can be frozen and re-used so students can practise suturing an item, remove the stitches and sew up the 'wound' again.



Simulation Technician Dionne Rogers holds fresh SCOBY

In the past, most students would have honed their cutting and suturing skills on pigs' trotters or ears. While similar, pig skin is thicker and tougher than human skin and unpleasant to work with for some. Manawa is classified as an office building so the Simulation Centre is unable to use real animal or human samples in its training. SCOBY isn't only cleaner and cheaper, but it's also more realistic.

SCOBY also allows Christine and Dionne to express their creative sides and create moulage, or models that replicate injuries and abrasions.

"We can take one of our mannequins and using SCOBY, along with some blood-like jelly we make here, create injuries replicating burns and abrasions," says Dionne.

These 'special effects' are so life-like, we cannot publish the images here.

The Manawa SCOBY Farm, as Christine and Dionne refer to it, represents significant financial and environmental savings for Te Whatu Ora.

“A pack of silicon inserts that we used to use for this training, costs about \$400. We are making the SCOBY for the equivalent of just a few cents each time. On top of that, the SCOBY is much closer to real human skin and can be re-used,” Christine explains.

“The silicon inserts can’t be recycled but when we discard the SCOBY, it simply dries out and breaks down naturally.”

The Wellington Simulation Service recently worked with the Manawa team to start growing SCOBY to create training materials. Te Toka Tumai Auckland will soon trial SCOBY to create replicas for anaesthetists.

Requests for SCOBY products for training must be made in advance to ensure enough can be grown to provide for your needs.

If you would like to talk to Christine or Dionne about using SCOBY, please email centre@cdhb.health.nz.



A SCOBY 'arm' with a sutured wound



A bundle of SCOBY 'skin'



A SCOBY skin is laid over a model trachea. Additional layers will be added and set to form a life-like trachea for students to use to practise various procedures

Toy car brings joy

It was vroom-vroom and smiles all round as a delighted two-year-old Kelsie took a spin in a new ride-on toy car that has been donated to Christchurch Hospital's Ward B7 (Paediatric Surgical inpatients).

With a realistic key and car sounds, the sunshine yellow remote-controlled vehicle is proving a big hit, says Ward B7 Charge Nurse Manager Natasha Greer.

"The children love it, there have been lots of giggles and laughter. It's been so nice to see the joy it brings the parents and staff too. It is wonderful to be able to distract and have a little bit of fun!"

The car was donated by Vital Healthcare Property Trust.

Senior Vice President, New Zealand and Vital Fund Manager Aaron Hockly says as part of Vital's sustainability commitments, the company supports communities in which its assets are located and where its key tenants, such as Te Whatu Ora, operate.

"This week we were delighted to donate a bright yellow electric ride-on Ford Focus toy car to Christchurch Hospital. Global research has shown the pre-operative distraction using electric cars to get to Theatre reduces anxiety for children thereby improving health outcomes.

"It's also intended to make the hospital experience more fun for kids, their parents, and their healthcare providers. This was very evident on the day I dropped off the car and I'm not sure who had more fun: the child, her mum or the nurses operating the remote controls!"



Surrounding Kelsie in the ride-on toy car, are, front, from left, Registered Nurse Leigh McConchie and Beth Morton (Kelsie's mother) Rear, from left, Chief Executive Māia Health Foundation Michael Flatman, Senior Vice President, New Zealand and Vital Fund Manager Aaron Hockly, Hospital Play Specialist Melinda White, Service Manager Women's and Children's Health Michele Pringle, and Healthcare Assistant Pearl Tollan

Natasha says the car will be used in multiple ways, such as taking children to Theatre or to the treatment room for procedures and will make an often stressful time more enjoyable.

"On behalf of the Child Health service a big thank you to the team at Vital for the generous donation. It is an extremely thoughtful gift that will benefit many children and their families in our service for years to come. It is nice to be able to offer something that is child friendly, positive, and fun in a hospital environment.

Burwood Hospital patient art exhibition

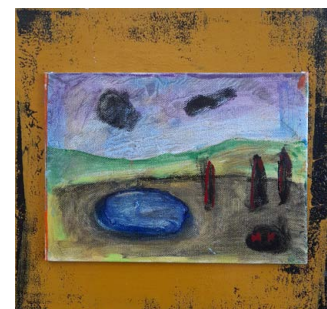
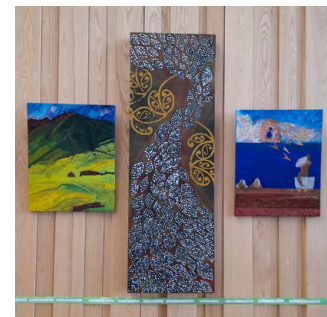
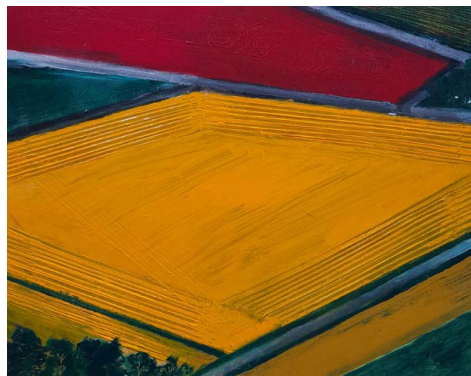
Photos provided by Occupational Therapy Assistant Michael Keown

Burwood Hospital's Ward AG is a 20-bed acute admission ward specialising in mental health assessment, treatment, and rehabilitation of older people (aged 65 years plus).

Occupational therapy provides several activities each day and encourages patients to re-engage with past hobbies and interests as well as introduce them to something they have never tried before on their journey back to wellness.

Last week, paintings and artwork created by the patients of Ward AG were exhibited in the atrium (lobby) of Burwood Hospital.

Some of the artworks featured here were completed by individual patients and others have been a project for groups of patients. The concept of the exhibition revolves around dreams and hope, and the journey back to balance and wellbeing.



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.



CPG Hotels – Fable Christchurch, Hanmer Springs Hotel, Fable Dunedin and Willis Wellington

Discounted rates when booking directly with the Hotel through their website using the discount code found [here](#).

Discount valid at the Fable Christchurch, Hanmer Springs Hotel. Fable Dunedin and Willis Wellington.



Heritage Hotel Queenstown – 91 Fernhill Road, Queenstown

Book directly through the Hotel -<https://www.heritagehotels.co.nz/> to access discounted accommodation rates. See more information and discount code [here](#).



MILLENNIUM

Millennium Hotels – Health insurance

20 percent off the fully flexible rate at Grand Millennium, Millennium, Copthorne, Kingsgate and M Social Hotels in New Zealand, see [more information here](#).

This unique staff offer has been extended until 31/12/23 by using our special access code.



Fitness Passport

Thank you to everyone who has voted. We have had a great response and look forward to sharing something with you in 6-8 weeks.

QUIZ ANSWERS – Name that song (1980s edition)

1. b. Never Gonna Give You Up by Rick Astley
2. c. Billie Jean by Michael Jackson
3. d. I Wanna Dance with Somebody by Whitney Houston
4. c. Careless Whisper by George Michael
5. a. Africa by Toto
6. d. Where the Streets Have No Name by U2
7. b. Sweet Child O' Mine by Guns N' Roses
8. a. Blue Monday by New Order
9. c. Total Eclipse of the Heart by Bonnie Tyler
10. b. I Want to Know What Love is by Foreigner

Emerging Researcher Grants

The Emerging Researcher Grants are a new initiative, aimed at people who are new to research. We have five grants of \$20,000 each, available this year. The grants are managed by Canterbury Medical Research Foundation (CMRF). Applicants must be Te Whatu Ora Waitaha Canterbury employees. Go to the Research Office website (please link to: [Health New Zealand Canterbury Research Office | Te Whatu Ora - Waitaha Canterbury](https://www.health.govt.nz/our-organisation/te-whatu-ora-waitaha-canterbury) (cdhb.health.nz)) to find out more about the Grants.



**FREE
PUBLIC
EVENT**

Living well & ageing well research talks

Join us to learn more about your brain health

**Tuesday 15 August, 10.30am-12pm
MainPower Stadium, Rangiora**

Registrations essential
visit www.healthprecinct.org.nz/events

