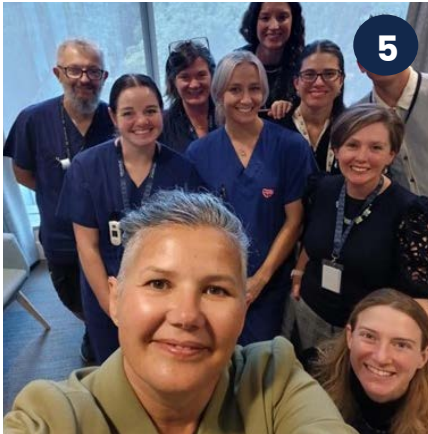


# Health New Zealand Te Whatu Ora Canterbury Waitaha Pānui

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



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Cover photo: Front from left, Midwife Manager Kelly Kara, Health Minister Hon Dr Shane Reti, and Māori student midwife Kerriane Harmon-Becks cut the ribbon to officially open Kurawaka. Waipapa, Christchurch's brand new birthing unit, watched by Regional Head of Infrastructure and Investment Rob Ojala



# Kupu Arataki – Introduction

## Get protected – free flu vaccinations available now for eligible groups

Flu vaccinations are now available free of charge for people aged 65 and over, pregnant people and those most likely to get very sick with the flu.

Eligible groups can get their flu vaccination from their local pharmacy, doctor, nurse or healthcare provider.

The flu vaccine is free for people at higher risk of getting very sick from the flu including:

- > people aged 65 years and over
- > people who have a long-term medical condition like diabetes, asthma, or a heart condition (ages six months+)
- > pregnant people
- > children aged four years and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- > people with mental health conditions, including schizophrenia, major depressive disorder, bipolar disorder, or schizoaffective disorder
- > people who are currently accessing secondary or tertiary mental health and addiction services.

Influenza and other respiratory illnesses have a massive impact on the health system over winter and we can do more to prevent this by taking action now, by getting vaccinated, preparing our homes and having a plan to help stay well through the colder months



Protect yourself and your whānau from **Flu**

**Te Aka Whai Ora**  
Māori Health Authority

**FLU2024**

**Health New Zealand**  
Te Whatu Ora

For the best protection this winter, make sure you and your whānau are up to date with all your vaccinations. You can also book your COVID-19 vaccine at the same time. To book a vaccine:

- > visit [bookmyvaccine.health.nz](https://bookmyvaccine.health.nz), or
- > call 0800 28 29 26 – 8:30am to 5pm, Monday to Friday, or
- > contact your healthcare provider, pharmacy or GP.

## New central city birthing suite officially opened

The first babies could be arriving in Christchurch's new central city birthing unit in just over a week!

The new facility, Kurawaka: Waipapa, was officially opened by Health Minister Dr Shane Reti last week. Finishing touches are now being completed, ready to welcome māmā, pēpi, and their whānau from 16 April.

Up to 2000 births a year are expected at the unit, which includes four birthing rooms, 20 postnatal rooms, and two dedicated whānau rooms, in a warm, welcoming environment.

See [page 15](#) for the full story and more photos from the opening event.



Health Minister Hon Dr Shane Reti unveils the plaque commemorating the opening of Kurawaka: Waipapa

## Staff flu vaccinations under way this week

Staff at Health New Zealand | Te Whatu Ora Canterbury Waitaha can receive free flu vaccinations from this week.

The vaccine is free for kaimahi, contractors, students and volunteers, and clinics will be under way from tomorrow (9 April).

Getting a seasonal flu vaccination is the best protection available for you, your patients, colleagues and whānau.

How to get your free flu vaccine:

If you work at a hospital: We're making it as easy as possible by setting up on-site clinics which are being managed by your local flu team. Check out your local intranet, posters and other local channels to see on-site clinic locations and times.

If you don't work at a hospital: We're in the process of setting up clinics to make it as easy as possible for you to get your vaccine. These are being organised through an external provider (Medpro Healthcare NZ). Information on booking will be updated as soon it is available.

More information, along with clinic dates and times, is available on the Health NZ [Canterbury Waitaha intranet](#).



A red poster for the "FLU2024" campaign. The text on the poster reads: "Get your FREE flu vaccine", "It's the best protection available.", "The earlier you get the vaccine, the sooner we'll all be protected.", "Visit Prism to find out more.", "We're fighting flu together", "FLU2024", and "Health New Zealand Te Whatu Ora". The poster features a subtle pattern of white geometric shapes.



## Support the haem team in marathon fundraiser

Seven members of the Canterbury Waitaha Haematology team are running the half marathon in the Frontrunner Christchurch Marathon on 21 April to fundraise for Rānui House and the Bone Marrow Cancer Trust.

Rānui House (which translates to 'Big Warm House') has become a home away from home for hundreds of people in a time of heightened stress and uncertainty.

If you can, please help by making a donation through our team's page: [Haem team - Bad to the bone marrow](#), in Frontrunner Christchurch Marathon 2024 at [grassrootz.com](https://grassrootz.com).

Thank you, we really appreciate your support!



From front, left to right, Development and Relationship Manager for Rānui House Jodie Gill, Haematology Registrar Rachael Biggart, Ward B6 Nurses Regan Hannah and Jamie Holwood, Consultant Haematologist Amy Holmes, Day Stay Nurse Russell Sewell, Clinical Nurse Specialist Justine Graham, Consultant Haematologist Catherine Neal, Day Stay Clinical Nurse Specialist Ash Guy, and Pharmacist Tim Vincent

## FIVE WAYS TO WELLBEING



**Give**  
Your time,  
your words,  
your presence



**BE ACTIVE**  
DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



**KEEP LEARNING**  
EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



**CONNECT**  
TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



**TAKE NOTICE**  
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

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

 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND

## Easter Bunny brings the healthy option

The Community Dental Service put a healthy spin on Easter treats when the Easter Bunny visited the Burwood Hospital café on the Thursday before Easter.

Instead of traditional chocolate eggs and sweet treats, the Easter Bunny handed out toothbrushes to parents and grandparents of staff, patients and visitors – bringing smiles to everyone’s faces.



Community Dental Service Administrator Diana de Beus hands out toothbrushes with the Easter bunny (Administrator Jan Stephens) at Burwood Hospital café

## Tell us what it’s like to work here – survey opens on Wednesday

Our second Ngātahitanga Pulse Survey for Health New Zealand | Te Whatu Ora staff opens on Wednesday 10 April and will run until Wednesday 24 April.

It takes less than five minutes to fill in, is completely confidential, and is open to all Health NZ kaimahi. This includes casual staff and contractors, and volunteers.

Keep an eye out for your unique survey link, which will be sent to your work email address if you have one. Alternatively, you can access the survey using a QR code or by filling in a paper survey at your location. Ask your manager if you need a printed survey to complete.

If you need more information or support, talk with your manager in the first instance, or visit the Pulse Survey Information Hub on Te Haerenga.

# Ngātahitanga Pulse Survey

Health New Zealand  
Te Whatu Ora



# Something strange in your inbox?

Cyber security is critical for Health New Zealand | Te Whatu Ora – and staff all have a part to play in keeping our health system secure, regardless of our role.

One of the main ways cyber criminals try to gain access to our systems to do harm is through phishing (scam) emails, which try to get you to enter information such as usernames or passwords.

To help protect against these types of attacks, we recently enrolled you (and the rest of the organisation) in KnowBe4 security awareness training to help you learn about how to spot suspicious emails and how to use the Phish Alert Button (PAB) to report them.



Look for the **Phishing Button** in Outlook

You can access the training by logging into KnowBe4. You may have to enter your work email address, you won't need to enter your password. If you have any questions or issues, please let us know by emailing [cyber.awareness@health.govt.nz](mailto:cyber.awareness@health.govt.nz).

Remember – you're our first line of defence against cyber-attacks!

# Active April – get moving and stay active and healthy

It's autumn – and April is a great time to stay active, positive and engaged. Outdoors, indoors, with others or by yourself, check out these tips from Action for Happiness. You can also [download the calendar here](#).

Active April 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1	Commit to being more active this month, starting today	2	Spend as much time as possible outdoors today	3	Listen to your body and be grateful for what it can do	4	Eat healthy and natural food today and drink lots of water	5	Turn a regular activity into a playful game today	6	Do a body-scan meditation and really notice how your body feels	7	Get natural light early in the day. Dim the lights in the evening
8	Give your body a boost by laughing or making someone laugh	9	Turn your housework or chores into a fun form of exercise	10	Have a day with less screen time and more movement	11	Set yourself an exercise goal or sign up to an activity challenge	12	Move as much as possible, even if you're stuck inside	13	Make sleep a priority and go to bed in good time	14	Relax your body & mind with yoga, tai chi or meditation
15	Get active by singing today (even if you think you can't sing!)	16	Go exploring around your local area and notice new things	17	Be active outside. Plant some seeds and encourage growth	18	Try out a new exercise, activity or dance class	19	Spend less time sitting today. Get up and move more often	20	Focus on 'eating a rainbow' of multi-coloured vegetables today	21	Regularly pause to stretch and breathe during the day
22	Enjoy moving to your favourite music. Really go for it	23	Go out and do an errand for a loved one or neighbour	24	Get active in nature. Feed the birds or go wildlife-spotting	25	Have a 'no screens' night and take time to recharge yourself	26	Take an extra break in your day and walk outside for 15 minutes	27	Find a fun exercise to do while waiting for the kettle to boil	28	Meet a friend outside for a walk and a chat
29	Become an activist for a cause you really believe in	30	Make time to run, swim, dance, cycle or stretch today										

ACTION FOR HAPPINESS

Happier · Kinder · Together



## Help us celebrate our admin teams

We'll be marking Administrative Professionals Week later this month – an opportunity to acknowledge the vital work of our administration teams right across the Health New Zealand | Te Whatu Ora.

We would like to feature some of our Canterbury Waitaha administrators and teams, and we're asking for nominations.

Help recognise your colleagues by nominating a star administrator or team, and we'll ask you a few short questions about what they do and why their work is important.

Email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz) with details of the kaimahi or team you're nominating, and we'll be in touch for more information.



## Protect against HPV

The HPV vaccine is **FREE** for everyone aged 9 to 26

**Te Aka Whai Ora**  
Māori Health Authority

**Te Whatu Ora**  
Health New Zealand





## Oncology team member's steep climb for a cause

People receiving treatment for leukaemia and other blood cancers are front of mind for Multidisciplinary Meeting (MDM) Coordinator and Sumner Volunteer Fire Brigade member Stela Cruickshank, as she takes on a demanding mission.

Stela is training for the 2024 Firefighter Sky Tower Challenge on 18 May which involves climbing up 51 flights of stairs inside the Sky Tower in Auckland, in full firefighter kit (25kg), including breathing mask and air cylinder. The event raises money for Leukaemia & Blood Cancer NZ.

"My nephew had leukaemia and so did a friend. I have seen first-hand the worry and stress on patients and their families, and the lifesaving support they received. They are now both healthy following long periods of treatment and in the case of my nephew, extended hospitalisation," says Stela.

"I will think of them both as I climb, and of the other people I know who are receiving treatment and support. I'm going to let that gratitude and the inspiration of their determination get me up those 1,103 steps!"

Stela has recently begun working in Oncology as the new MDM Coordinator.

"Back in 2014 I joined our top-notch Orderly teams at The Princess Margaret and Burwood hospitals then started gravitating towards reception, which led to a role as a SuperUser in the SI PICS implementation project at Christchurch Hospital.



Multidisciplinary Meeting (MDM) Coordinator and Sumner Volunteer Fire Brigade member Stela Cruickshank

"Since then, I have worked as a Ward Clerk in ICU (arohanui to the ICU whānau) and helped out in various admin roles in Corporate and in the hospital (shout out to my Maxfacs buddies). In my new role in Oncology, coincidentally I am working with a couple of my colleagues from the SI PICS project. It's such a privilege to work alongside people who care passionately about others' health and making a positive difference."

MDM Coordinators are responsible for organising multidisciplinary meetings for the various tumour streams. In the field of Oncology, these meetings serve as regular gatherings where clinicians get together either in person or via video conference to focus on a patient's cancer treatment and care plan. This approach emphasises collaboration and places the patient at the centre of decision making.

One of the key advantages of these meetings is the potential for improved treatment outcomes. By bringing together a diverse group of health professionals, they can consider the full range of therapeutic options available. This comprehensive approach increases the likelihood of offering more patients the opportunity to participate in relevant clinical trials.

Stela joined the Sumner Volunteer Fire Brigade six years ago.

"I have a wonderful son who was born as a very small neonate back in 1992, and we experienced quite a few Ill callouts over the years to get him the urgent medical attention he needed. We have always received the best care and support from emergency services, and I am happy to be able to give back to our community.

"Our brigade is a medical co-response brigade, so we help people out when there are fires, but also medical events that are life threatening, motor vehicle crashes, and natural hazard events like flooding or earthquakes.

"Our colleagues from Hato Hone/St John are also there to support us, but as we live in the local area and have some kit, we can sometimes be quicker to get to help people initially than say, an ambulance on the way from the central city or another suburb.



Stela after finishing the 2200-step Sealy Tarns Track as part of her training for the Firefighter Sky Tower Challenge

"In addition to the serious callouts, occasionally we get called to animal rescues (yes, 'Kitten in Tree'; 'Duck on Roof'; 'Dog in Treehouse'...) and sometimes the result is the animal flying or scampering off perfectly fine - as soon as the team has finished extending the ladder!"

Training for the Sky Tower Firefighter Challenge has been the perfect excuse to get out and climb around our beautiful scenic motu, she says. This has included the Sealy Tarns track with its 2,200 steps and recently, with her husband Luke, climbing Mt Isobel carrying a heavy pack to simulate the weight of firefighter breathing apparatus.

The Firefighter Sky Tower Challenge 2024 is on 18 May. For more information or if you wish to donate, go to Stela's profile on the challenge's webpage [here](#).



# Self-compassion could help people who have endometriosis

New research published recently shows that people with endometriosis in Aotearoa New Zealand could have improved quality of life if they practice self-compassion.

Health New Zealand | Te Whatu Ora Waitaha Youth Advisory Council Co-Chairperson and Doctoral Candidate at University of Canterbury Chelsea Skinner surveyed 603 people with endometriosis in Aotearoa New Zealand about their experience living with this condition.

Endometriosis is a chronic gynaecological condition where tissue similar to the lining of the uterus is found outside of the uterus. The condition has a variety of symptoms including pain with periods and sex, bladder and bowel problems, fatigue, and infertility. It currently has no cure and there is uncertainty about what causes the condition.

Chelsea's research found that participants' quality of life was significantly impaired but those with higher levels of self-compassion perceived their symptoms to be less severe, which in turn related to less impairment in their quality of life.

Having lived experience of the condition herself, Chelsea says that this research is very important to her to acknowledge the experiences of those with endometriosis in Aotearoa New Zealand.

Current research is very limited.

"Often people can get pushed around and their symptoms not validated. It's especially important to be kind to yourself with the impact that endometriosis can have on your life. You know yourself best, so advocate for yourself and seek second or third opinions."



Health New Zealand | Te Whatu Ora Waitaha Youth Advisory Council Co-Chairperson and Doctoral Candidate at University of Canterbury Chelsea Skinner

Chelsea says she has had a long journey of over seven years to diagnosis, which was fuelled by misdiagnosis and not being taken seriously by health professionals.

"I am really excited to continue working in this field, with some further research currently underway looking at how self-compassion may be a positive resource to improve quality of life in those with endometriosis.

"I have been very lucky to have a wonderful number of participants who were vulnerable and open with their experiences".

The research was published by Chelsea and her supervisor Associate Professor Roeline Kuijer from University of Canterbury's School of Psychology, Speech and Hearing in the international journal *Psychology & Health*.

[You can access the research here.](#)

If you have any questions about this research, you can get in touch with Chelsea at [chelsea.skinner@pg.canterbury.ac.nz](mailto:chelsea.skinner@pg.canterbury.ac.nz)

# One minute with... Sana Irtiza, Administrator, Department of Nursing, Christchurch Hospital

## What does your job involve?

Various aspects of safely and adequately staffing the hospital; ensuring Health and Safety guidelines are followed; identifying areas with high staffing needs over the weekend; and ensuring that the pool staff are paid on time and accurately.

## What pathway got you to this job?

I moved to New Zealand with my family in 2014. Since then, I have worked as a teacher aide for students with autism or attention-deficit hyperactivity disorder and as a home-based educator during COVID-19. I was employed as an administrator two years ago by the then Canterbury District Health Board. The health sector adds a whole new perspective to one's life, as each employee contributes towards the community in their own special way and makes a difference.

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

Every day is different in this place but so is the personality and working style of every team member. Being open to change, appreciating the differences and being tolerant towards others are very important characteristics to excel in any field.

## Who inspires you and why?

I am inspired by my mother who taught me to be a voice for those who can't speak for themselves, to always be grateful for our blessings, to help those in need, and to aim at raising the standard of giving rather than the standard of living.

## 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?

Responding and identifying issues in a proactive manner, revamping processes to bring efficiency and effectiveness, making processes easy and accessible for everyone, and addressing the valuable feedback from others to enhance the way we work.

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

I would really like to be in Gaza to help those who are suffering in any way I possibly can. It breaks my heart to see the kids identifying their parents' dead bodies in the morgue, older children (who are young themselves) taking care of their siblings, parents burying their babies, and survivors having grass soup to survive. I know it would be just a drop in the river, but I still wish to dress their wounds, to give them a hug, and to make them smile with the simplest of gestures.

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

I would love to see Emilia Clarke take on this challenge! We share common characteristics, like aiming to leave a positive impact in people's lives and making the world a better place. She is laughable, soft-hearted, practical and down-to-earth.



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

Going for eco-friendly options where possible, reducing waste and recycling everything that can be recycled.

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

At this point in life, my focus is my children (aged 13 and eight). Spending time with them, guiding them in the right direction and teaching them the difference between right and wrong – not just verbally but by actions as well. These are my priorities. I believe that life is temporary, and I want my kids to make the most of it by spreading kindness, positive energy and leaving behind a 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).



# Whakamihi – Bouquets



## **Ward A3, Christchurch Hospital**

Thank you for the kind and attentive care you have provided for my son during this pretty scary time. The staff and facilities here have provided a family with the assistance we needed. The lady organising his meals was happy to find alternative meals to accommodate him – that was excellent and reassuring.

## **Ward A4, Christchurch Hospital**

Amazing staff, highest quality of care, and awesome supportive culture.

## **Radiology, Christchurch Hospital**

I had my first CT scan today, it can make one nervous, but the amazing staff put me at ease. Thank you for all the instructions during the scan.

## **Christchurch Hospital**

Thank you for all your care and kindness to me during my stay. Such kind, caring nursing staff. All happy and organised in their work. Bless you all.

## **Physiotherapy (Hand Therapy), Christchurch Hospital**

I would like to express my appreciation of the great service I have received from the hand therapists over the last few months. Firstly, I had the assistance from Jaden and more recently, Victoria. She has been so good in aiding in my rehabilitation from hand surgery. Courteous, professional and helpful in every way. Such a great asset to your team.

## **Heather, Plastic Surgery Outpatient, Christchurch Hospital**

Nurse Heather was fantastic, very friendly, and skilful.

## **Ophthalmology, Christchurch Hospital**

This is my second time receiving treatment and care at this department. I'd like to say that everyone has been very friendly, helpful, polite and professional. You have a wonderful team of human beings working here. Thank you for your service to those of us in need of a caring person and a reassuring smile, and great medical service. Bless you all in your service to others.

## **Ward 24, Christchurch Hospital**

Thank you to all the staff of Ward 24. The care, professionalism and kindness you've shown to us has been exceptional. You have all made our hospital experience much easier by the compassion you have shown to us. We can't thank you enough.

## **Ward 15, Christchurch Hospital**

I recently received carpal tunnel surgery at the plastics outpatient clinic. I did not need a general anaesthetic. I was rolled in and a very kind nurse asked me what my favourite music was, I said, "it's Donny Osmond". Next minute, Osmond music was playing through the theatre. The staff, all of them, were polite, upbeat and happy. They always treated me with the utmost respect. It has always been my opinion that the care at Christchurch Hospital is top notch. I would like to thank everyone concerned with my care.

## **Cardiology, Christchurch Hospital**

I can't speak highly enough of how I was treated.

### **Respiratory Physiology Laboratory, Christchurch Hospital**

I spent two hours in the Respiratory Physiology Lab, the staff were very efficient, friendly and helpful. I could not have asked for anything more.

### **Ophthalmology, Christchurch Hospital**

My elderly mother had eye surgery in the ophthalmology Department of Christchurch Hospital in early March and stayed in the hospital for a night. From the time we arrived at the hospital to the time we left, the standard of care given by the staff was exceptional. From the receptionist to the admission nurse, everyone did their best for my mother and for us. The anaesthetist technicians and the surgeon took time to explain things and we felt very confident that my mother was receiving the best care. I just wanted to pass on our thanks to all the fabulous staff who are working under huge pressure for their genuine care and support.

### **Radiology, Christchurch Hospital**

Thank you to Laura for her friendly, gentle manner. From the minute she came to take me for a CT scan Laura was efficient, competent, and reassuring. Please know that you make a positive difference, and you are appreciated.

### **Lee and Gail, Orthopaedics, Christchurch Hospital**

Please pass on my sincere thanks to Lee and Gail (the cast queens) for their superb care and expertise. They are a huge asset to the orthopaedics team - friendly, confident, capable, and caring.

### **Coronary Care Unit (CCU), Christchurch Hospital**

I have just been discharged from the CCU following an event I had at Burwood Hospital hydrotherapy pool. I would like to express my thanks and sincere gratitude to the medical professionals at both locations. The nurses at the CCU, without exception, were professional yet friendly and it was obvious that their care of patients was a positive culture that they had developed either by training or by collegiate interaction (or both of course).

### **Christchurch Opioid Recovery Services**

In short, my life has been totally changed for the best! I am so grateful to receive the kind and professional help from your staff. Also, being able to go to Rangiora instead of Christchurch for meetings, makes it so much easier for me. Once again, thank you!!

### **Christchurch Hospital**

I have just got home from facial reconstruction surgery by your amazing Maxillofacial team. They all seemed so young - but they are miracle-workers. I had multiple fractures to my nose and cheekbone and these have all been fixed. Astonishing - and no external scarring. I am extremely grateful for their skill - and the care of the nurses and other staff. I know you are under enormous pressure, but your professionalism and humanity shone through.

### **Intensive Care Unit (ICU), Christchurch Hospital**

My father had major cardiac surgery at Christchurch Hospital and I have nothing but praise for the care he has received so far. I would particularly like to single out the ICU nurse, Funmi, who was his primary nurse after his surgery; warm, friendly, compassionate, incredibly competent and a wonderful communicator. Thank you.

### **Emergency Department (ED), Christchurch Hospital**

I would like to say a special thank you to Dr Vicky Chaplin who looked after me at Christchurch Hospital ED. Vicky made me feel listened to and validated. She was thorough in her examination and testing, and I did not feel my examination or discharge was rushed. Vicky told me exactly what she was writing to my GP and explained blood test results to reassure me. She was easy to talk to and down to earth. I came away with no diagnosis, but a clear plan of action should my condition remain the same or deteriorate. A real asset to your team. I also wanted to thank the nurses from triage to assessment. I was immediately sent to the acute care waiting area and was seen by a nurse within half an hour which well exceeded my expectations.



# Ā mātou kōrero – Our stories

## Kurawaka: Waipapa officially opened

Health Minister Hon Dr Shane Reti officially opened Kurawaka: Waipapa, the new community birthing unit in the heart of Ōtautahi Christchurch last Thursday.

Dr Reti unveiled the plaque commemorating the occasion, then cut the ribbon, declaring the unit open.

Executive Director Maternity and Midwifery Canterbury Waitaha Norma Campbell said this milestone represents the culmination of years of advocacy by the community. "We are proud to offer a culturally appropriate facility that embraces the diversity of our community.

"Through extensive collaboration with the community, Māori midwives, and representatives, we have created a space that honours the kaupapa of te ao Māori which will impact the way we work with our whole population, while also delivering exceptional care."

Honouring the traditions and aspirations of the local community, the name Kurawaka: Waipapa was gifted by Ngāi Tūāhuriri. It was chosen for its profound significance in te ao Māori, symbolising the birthplace of Hine-ahu-one (in the Māori creation narrative, the first woman created by Tāne-nui-a-Rangi at Kurawaka, the sacred place of Papatūānuku who was the mother of Tāne).

Guests at the opening had a tour of the unit which includes four birthing rooms, 20 postnatal rooms, and two dedicated whānau rooms – one in the birthing suite and one in the postnatal area. There is also an education room, six assessment rooms, and a neonatal assessment room.

Its strategic location, just minutes away from Christchurch Women's Hospital (CWH), ensures accessibility for expectant mothers in the central city.

The unit is equipped with modern facilities designed to provide a comfortable environment for māmā, pēpē, and their whānau.

Underpinned by the Canterbury Maternity Strategy and Pae Ora legislation, Kurawaka: Waipapa embodies a holistic approach to maternity care.



Te Taumata Tapu o Ngāi Tūāhuriri, Maaka Tau, speaks during the opening ceremony



Executive Director Maternity and Midwifery Canterbury Waitaha Norma Campbell speaking at the event



Guests gathered at the opening of Kurawaka: Waipapa

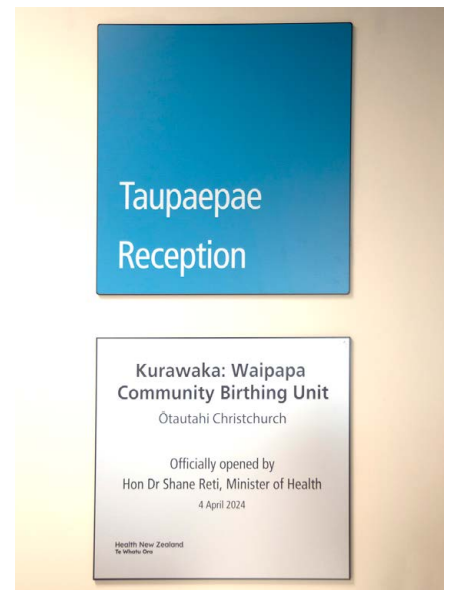
“The facility represents an incredible journey of co-design between consumers, staff and mana whenua, working hand in hand with our Infrastructure team to create an exceptional birthing unit that truly serves our community's needs,” says Regional Head of Infrastructure and Investment Rob Ojala.

Kurawaka: Waipapa expects to see around 2000 births a year. It aims to alleviate pressure on CWH, ensuring that mothers receive timely and appropriate care. Women with low-risk pregnancies are encouraged to start their labour at Kurawaka: Waipapa as their birthing option.

“Many expectant parents prefer CWH for epidural births. If an epidural is necessary, we'll transfer them there.

“However if there are no risk factors, we encourage them to start their labour at Kurawaka: Waipapa to ease the burden on CWH, which can focus on high-risk cases. This ensures efficient use of resources and a balanced distribution of maternity services across the region,” says Norma.

The unit will open its door to the community on 16 April. More information about [birthing options in Canterbury can be found here](#).



The plaque commemorating the official opening



Health Minister Dr Shane Reti



Dr Reti speaks to news media following the opening ceremony



From left, Midwife Manager Kelly Kara, Norma Campell and Dr Shane Reti, checking out the new facilities



Booties awaiting the first arrivals



# Donation of speakers will provide comfort and distraction

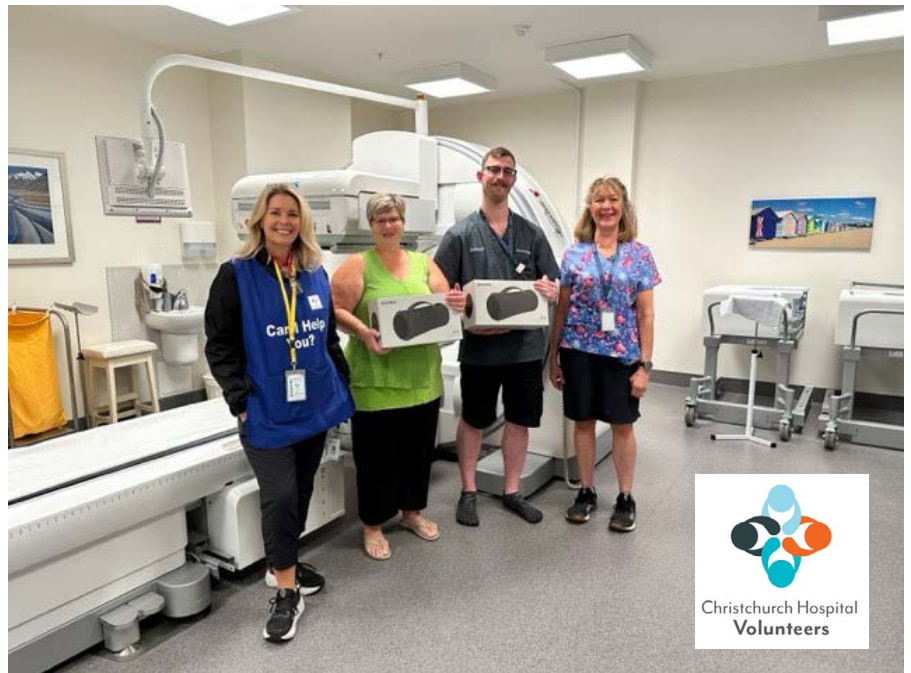
In a bid to enhance the patient experience, especially during the sometimes daunting procedures at Molecular Imaging and Therapy, the Christchurch Hospital Volunteers Inc have generously donated speakers.

The speakers will help to provide comfort and distraction to patients enduring scans which can last up to two and a half hours.

Imagine being in the midst of a scan, feeling anxious, when suddenly calming music fills the room, transporting you to a place of tranquility. Or perhaps, you're listening to an engaging podcast or audiobook, completely immersed, momentarily forgetting about the procedure.

That's the impact of these speakers – not just sound, but solace.

Kudos to the Christchurch Hospital Volunteers Inc for their compassion and thoughtfulness! This donation is more than just speakers; it's a gesture of kindness and support for those going through challenging times.



From left, Christchurch Hospital Volunteers Martine Swann and Nette Flaws, Nuclear Medicine Technologist Alex Fox and Team Leader Nuclear Medicine Christchurch Campus Lynda Murray

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## Simulation Instructor Workshop

**Date/Time:** Tuesday, 25 June to Thursday, 27 June 2024

Start time: 8:30am-4:30pm

Participants must be able to attend all days in full and ensure travel arrangements don't require late arrival or early departure.

**Venue:** University of Otago, Christchurch Simulation Centre  
Level 1, 72 Oxford Tce, Christchurch

**Facilitators:** An interprofessional team including UOC Simulation Centre staff and invited guests.

**Open to:** Health Professionals with an interest in simulation-based education, all disciplines. While those with no prior experience in simulation will be able to manage the course it is designed for individuals already working in simulation.

**Cost:** \$1,900 + GST per person (catering included) 50% discount for University of Otago staff

**Focus and format of the workshop:** includes **active participation and practise** of all components of simulation-based education as well as presentations and discussions of both theory and practice.

- educational underpinnings of simulation-based education
- principles and practice of scenario writing
- best practice in SBE including focus on safety
- approaches to debriefing
- orientation to the human simulators SimMan3G Plus / SimJunior and the simulation environment
- developing and delivering/running a scenario
- participating in scenarios
- reviewing scenario development and delivery practice
- debriefing a scenario
- reviewing debriefing practice (debriefing the debrief)



Numbers are limited to 20 participants. Places will be allocated on a 'first-in' basis and only confirmed once payment is received.

For more information - email [simcentre.uoc@otago.ac.nz](mailto:simcentre.uoc@otago.ac.nz)

*This is an approved College of Intensive Care Medicine (CICM) CPD course.*





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Learn how to spot suspicious emails  
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It could prevent an incident!

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[tewhatauora.govt.nz/phishing-alerts](https://tewhatauora.govt.nz/phishing-alerts)

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