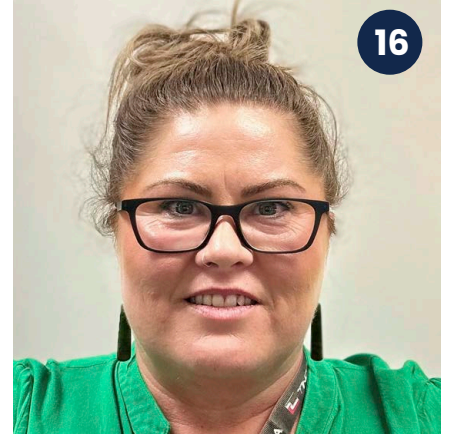


Health New Zealand Te Whatu Ora Canterbury Waitaha Pānui

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Health New Zealand
Te Whatu Ora
Canterbury Waitaha



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Cover photo: Stanley Mcleish, 10, was super excited to receive a visit and a goody bag from his favourite kids TV show What Now? while in the Children's Ward at Christchurch Hospital

Kupu Arataki – Introduction

Free flu vaccinations for staff available this month

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

Around one in four New Zealanders are infected with flu each year – it's a serious illness and can affect anyone.

Canterbury Waitaha staff are encouraged to take up the opportunity to get the vaccine, which is free for kaimahi, contractors, students and volunteers.

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

If you catch the flu, it can make an existing health condition a lot worse. It can be particularly severe for older people, young children, pregnant people and their unborn babies, and people with serious health conditions.

While it is possible to still catch flu after immunisation, your symptoms are less likely to be severe and your risk of complications is reduced.

More information for staff about seasonal flu and vaccination clinics is available on the [Health NZ Canterbury Waitaha intranet](#).



Get your FREE flu vaccine

Protect yourself, patients, colleagues, and whānau.

We're fighting flu together

FLU2024

Health New Zealand
Te Whatu Ora

Unity Week event a marker for reconnection

Sharing kai and meeting new people was a moving and hopeful way to mark the recent anniversary of the 15 March terror attacks in Christchurch.

As part of Unity Week, Te Mana Ora | Community and Public Health hosted a ShareKai event, run by Alysha and Tulasha from the Nepali Cooks Collective and Holly from InCommon.

The gathering was an opportunity for kaimahi to come together as a team, meet some new people and learn the new skill of making momos – Nepalese dumplings.

Unity Week was initiated by seven women who lost loved ones in the 15 March terror attacks. The week serves as a poignant time for Aotearoa to remember and honour the lives lost, while also coming together and reconnecting with each other – as so many did after that dark day.

InCommon and Mahia te Aroha (the Christchurch Invitation) will be hosting more ShareKai events on Friday evenings in April and May and would love others to come along, enjoy some tasty traditional food, share in the diverse cultures and kōrero with new friends.

For more information and details of upcoming events visit www.sharekai.nz



Front left, Health Promoter Jerrad Borodzicz and right, Health Promotion Officer Tegan McGowan, try their hand at making momos with Alysha from Nepali Cooks Collective



Front left, Tulasha from Nepali Cooks Collective and right, Health Promoter Meg Christie at the Unity Week ShareKai event

More features available on My Health Record

New Zealanders who use My Health Record are now able to access more of their health information and update their own National Health Index information.

My Health Record, launched in December 2023, is a secure online tool managed by Health New Zealand | Te Whatu Ora that enables New Zealanders to view their COVID-19 health information and see their wider immunisation records (back to 2005).

From last week, as well as being able to view their immunisation history and submit and view COVID-19 test results, users are now able to log in to:

- > view their National Health Index (NHI) details
- > update their NHI details – preferred name, ethnicity, gender, and physical and postal address
- > view their High Use Health Card and Community Services Card details
- > view their linked children's COVID-19 test results, and
- > view some NHI details for their linked children.

Over time, further health information will be available on My Health Record, such as current and past medications and lab results, complementing the information provided through GP patient portals.



People can log in to <https://my.health.nz/> using their My Health Account login details, which many people set up when they were using My Covid Record.

FIVE WAYS TO WELLBEING



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

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

 Mental Health Foundation
mauri tu, mauri ora OF NEW ZEALAND

Travellers urged to be alert for mumps symptoms

Have you recently travelled on flights from Chennai (India) on to Singapore, then from Singapore to Auckland?

Health New Zealand | Te Whatu Ora is asking anyone who has travelled on these routes recently to be alert for mumps symptoms, after a New Zealander returning home on the same flights became unwell.

The person, who was diagnosed with mumps on Friday (22 March), has now recovered and was unaware that they were potentially infectious while travelling.

The flights taken by the mumps case were on 13 March: Singapore Airlines flight SQ0529 from Chennai (India) to Singapore, and 14 March: Singapore Airlines Flight SQ0281 from Singapore to Auckland, arriving at 11.35pm.

Anyone who was on the flights is asked to be on the lookout for symptoms, which could develop any time up to about 8 April.

If feeling unwell, they should stay home and contact their healthcare provider, or call Healthline on 0800 611 116 for advice and support.

What does mumps look like?

Common symptoms



↘ Swelling of the glands around the face



↘ Pain in the jaw



↘ Fever



↘ Headache

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Aka Whai Ora
Māori Health Authority

Health New Zealand
Te Whatu Ora

Latest performance report highlights progress and challenges

The latest Quarterly Performance Report from Health New Zealand | Te Whatu Ora has noted progress being made in a number of areas while also acknowledging challenges that remain.

The report, which includes 12 Clinical Performance Metrics, covers the period 1 October to 31 December 2023.

Health NZ Chief Executive Margie Apa says the organisation is seeing headway in some areas, such as the focus on reducing the number of people waiting a very long time for planned procedures (more than 365 days).

Some of the other highlights for the period include:

- › The launch of Ka Ora Telecare, a rural clinical telehealth service providing rural communities with after-hours primary care (GP consults and nurse triage).
- › Faster diagnostics for lung cancer patients got a step closer - patients with a high suspicion of lung cancer will, in time, be referred directly for a CT scan first without the need for a referral to a respiratory specialist, ensuring faster treatment.
- › The Aotearoa Immunisation Register (AIR) was launched in December, providing information about immunisation coverage across the population including the type and number of vaccinations received.

Margie says that while there is good progress in some areas, improvement is still needed in hospital settings, including the time it takes to get a first specialist assessment and treatment times for those on the waitlist.

You can read the full report online [here](#).

Easter baking competition helps food bank

The Public Health Nursing Service held a Bake to Donate Easter baking competition last week in support of a local food bank.

Public Health Nurses, Vision and Hearing testers and the administration team provided baked Easter themed goods along with food for donation.

All the baked goods, along with another box full of hot cross buns and Easter treats plus money raised by auctioning an Easter cake, were donated to the Hoon Hay Food Bank



Public Health Nurse Emily Templeton with some of the baked goods donated to the Hoon Hay Food Bank.

World Health Day recognises global right to health

"My health, my right" is the theme for World Health Day in 2024, which marks its 75th Anniversary on Sunday 7 April.

The World Health Organization estimates that at least 4.5 billion people – more than half of the world's population – were not fully covered by essential health services in 2021.

The WHO points to the increasing threat to health from diseases and disasters, while global conflicts are devastating lives, causing death, pain, hunger and psychological distress.

At the same time, the burning of fossil fuels is driving the climate crisis and taking away people's right to breathe clean air, with indoor and outdoor air pollution claiming a life every five seconds.



World Health Day champions everybody's right to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

Find out more about [World Health Day here](#).

Daylight saving ends on Sunday

This weekend we bid farewell to our longer days when daylight saving ends at 3am on Sunday 7 April. On a positive note, you do get an extra hour in bed! Don't forget to set your clocks back one hour when you go to bed next Saturday night.



Ā mātou tāngata – Our people

Mihi whakatau welcomes Kelly Kara and fresh faces at Kurawaka: Waipapa

Staff at Kurawaka: Waipapa, the new central Christchurch birthing unit, were welcomed to the new facility in a mihi whakatau last week.

The ceremony was held to welcome the facility's new Midwife Manager Kelly Kara, along with a gathering of enthusiastic new staff who are set to join the unit's team before its anticipated opening later this month.

Mihi whakatau serves as an expression of welcome, introductions, and the beginning of new ventures.

Kelly and her team were warmly greeted into their new roles by members of Ngāi Tūāhuriri and Health New Zealand | Te Whatu Ora staff.

Kelly acknowledged the weight of responsibility that comes with their roles, but also the boundless possibilities for positive impact.

She expressed her eagerness to lead the team in aligning with the community's needs and aspirations, ensuring that the unit becomes an example of excellence in the maternity care system.

Kaimahi at Kurawaka: Waipapa will include 19 full time-equivalent registered midwives along with a receptionist and hospital aide on each shift.



Midwife manager Kelly Kara speaks at the mihi whakatau for Kurawaka: Waipapa kaimahi



Front, third from left, Midwife Manager Kelly Kara along with her new team

One minute with... Stacey Simpson.

Clinical Nurse Specialist (CNS), General Surgery and Cortex

What does your job involve?

My clinical role involves supporting wards caring for General Surgical patients. I provide a link between the community and the hospital for outpatients particularly for wound care. As the CNS on the Nutrition Support Team I assist in the coordination of care, discharge and ongoing support in the community for those requiring Home Parenteral Nutrition or IV Fluids. In my Cortex (patient administration system) role I provide technical, clinical, and workflow development support. I have recently assisted with the Burwood Cortex rollout and am now looking to help with implementation on the West Coast and in Palmerston North.

What pathway got you to this job?

I was working as a carer in a hospital-level aged residential care facility and one of the fantastic nurses I worked with gave me an application pack for study. I was fortunate to be placed on Ward 16 as a student and found a love for surgical nursing and the ward culture there. I got lucky and was placed there as a new graduate where I worked until I was successful with my application for the General Surgical CNS position.

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

If you love your job, it's not really 'work'. There will be days that will be tough but remember that what you do matters and can have a profound impact possibly beyond your comprehension

on someone. Always answer the phone with a smile, it can be heard on the other end. Your conversations with other nurses around a dinner table will never be boring.

Who inspires you and why?

I'm very fortunate that I work with and know so many inspirational people. I'm most inspired by those who are passionate about making a difference, whether it be during a patient's stay, for a colleague during their day or wanting to make improvements across the health system. On a personal level I'm inspired by a genuine thanks with a smile as I go about my work. I'm grateful for my General Surgical/Surgical Cluster Nursing Colleagues, Saxon Connor and Tina Wright.

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?

As a senior nurse I think it's very important that I role model these values in my day to day work, at the bedside, during meetings, delivering education sessions and during staff interactions. I've also worked really hard implementing processes focussed on valuing patients time with my work in the outpatient space.

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

Sitting on the Manly Ferry in the Sydney Harbour, it is where I find my zen and where my heart is happiest.

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



Stacey Simpson in Central Park, New York

your life, and why?

I joke with my friends that I'm a bit of a Bridget Jones, so I guess we'll go with Renee Zellweger (still waiting for my Mr Darcy to show up however).

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

I think like most people now, we're more aware of the impact our everyday choices could have on the environment. I'm becoming more mindful of what I plant in my garden, recently planting more bee-friendly plants.

What are your hobbies/interests outside of work?

Exploring new places, experiencing different cultures, watching K-dramas (Korean drama shows), attending festivals/concerts, doing aqua jogging and meditation.

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

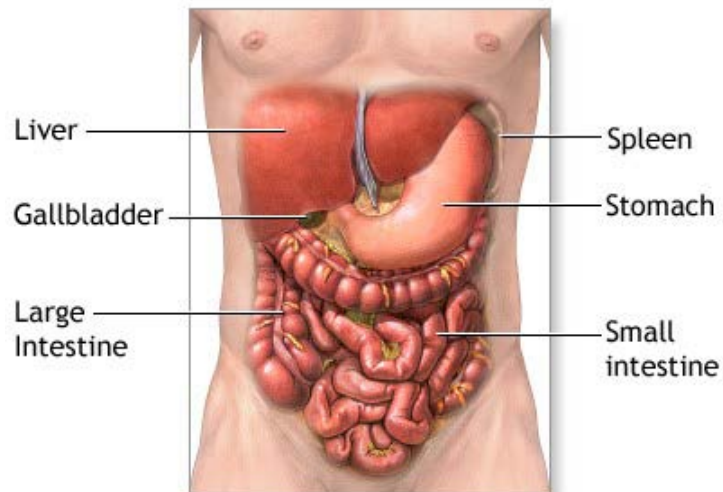
Akoranga WHĀ – Lesson 4

Te Puku – The Abdomen

E ngā maunga whakahī, e ngā awa tapu e rere nei, tēnā anō koutou.

To all the prestigious mountains, to all the sacred rivers that flow, greetings to you all.

This akoranga is going to focus on the puku or the abdomen. We will look at some kupu (words) and also some kīanga or sayings that relate to the puku.



ADAM.

Mate/Issue, illness, disease

Ate	Liver
Hiku whēkau	Appendix
Kōateate	Spleen
Konga Kouawai	Gallstone
Kōpiro koromeke	Small bowel
Kōpiro Pae	Transverse colon
Kōpiro whakaheke	Descending colon
Kōpiro whakahume	Sigmoid colon
Kōpiro whakapiki	Ascending colon
Kōpito	Abdominal pain (gastric)
Kōpū kapu	Constipation
Kūpā	Burp
Mate tikotiko	Diarrhoea
Patero	Fart
Pirau	Pus, rotten, decayed
Pito	Umbilicus, navel
Pokanga	Surgery
Puku ngārara	Small bowel obstruction
Repe taiaki huka	Pancreas infection
Tākihi	Kidney
Tia	Abdomen, stomach
Tūtae	Abuse

He Kīanga – Some Sayings

Kua puta a Pito/Kei waho a Pito

Both sayings are personifying your pito (belly-button) to say that it is poking out – We can use this phrase to say that we are full (of food). It is like saying you are “stuffed” or that you are so full that you could explode.

Nanea ana a Tia

This saying is personifying your tia (stomach), saying that it has been nanea or satisfied. You can use this to say that you are satisfied, you have had enough to eat.

Kua ngau te puku

I have got a stomach ache.

He Whakapātariari – A Challenge

Do you work somewhere that you use these types of words every day? Perhaps you work in a surgical ward? You could re-label an anatomical picture or poster using some of these kupu to learn them. After a period learning the kupu, you could test your hoa mahi (colleagues) on their knowledge.

I mōhio rānei koe? Did you know?

The Māori (Pioneer) Battalion was the only battalion of the New Zealand Expeditionary Force to return from the First World War as a complete unit. This saw thousands of people, both Pākehā and Māori, turn out to make a special effort for their return.

More than 1000 men of the battalion arrived in Auckland on the Westmoreland on the morning of 6 April 1919. As the Westmoreland approached the wharf, guns fired a salute, steamers sounded their sirens and bands were playing.



Kei wareware tātou – Lest we forget

[Maori \(Pioneer\) Battalion returns from war | NZHistory, New Zealand history online](#)

[New Zealand Maori Pioneer Battalion – commemorating 100 years since the return home on 6 April 1919 | WW100 New Zealand](#)



Tēnā koutou – Nā koutou i whakatuwhera i a koutou anō kia ako tonu ai e pā ana ki tō tātou reo taketake.

Thank you – for being open to continue to learn about our indigenous language.

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

Hauora.Maori@cdhb.health.nz

Whakamihi – Bouquets



Cardiology and Outpatients, Christchurch Hospital

I'd like to share my feedback on the fantastic team in Cardiology and Outpatients. Everyone was so knowledgeable and efficient. The team at Outpatients was so great, including the welcoming receptionist/administrators, cheerful and caring Janine, friendly and professional Caitlin, and the fantastic Dr Christina Chan. I'm so grateful to have received such world-class care in our health system that is under such immense strain. Thank you so much for all that you do, it does not go unnoticed!

Ward B5, Christchurch Hospital

I really appreciated the smiley faces and you going out of your way ensuring quality of care and showing dedication to your jobs. I understand your job is a challenging one, however, patience, poise and a professional approach was shown.

Emergency Department (ED) and Orthopaedics, Christchurch Hospital

I would like to pass on my sincere thanks for my care. In ED, specifically the triage nurse who (after taking my details) promptly instructed me to follow the orange dots to Orthopaedics – she was friendly, competent in her role, and a great person to be the first one to greet people. All the staff on duty at Orthopaedics were very helpful and friendly. I had two nurses look after me (one named Emma) and they are both an absolute credit to the whole team with their sense of humour, warm manner, helpful tips for recovery, and reassuring efficiency. Many thanks to you all – please know that your friendly manner and expert care are greatly appreciated.

Plastics, Burwood

My grateful thanks to all the wonderful staff who operated and cared for me while having surgery on my nose.

Minor Surgery, Burwood

You should be very proud of the Minor Surgery team. Amazing service, friendly, efficient, kind, and caring. I am very grateful and impressed.

Community Dental, North Canterbury

To our lovely dental nurses, thank you for your kindness.

Ward B1, Burwood Hospital

Wow, you guys are amazing. Thank you for all did for Mum, everyone was so caring!

Ward B1, Burwood Hospital

Thank you for helping me recover from my broken hip, I was really scared coming out to Burwood, but you all made me feel safe. Your encouragement to get me moving was needed and now I am going home, woo hoo!

ED, Christchurch Hospital

This is an email of thanks for the outstanding level of care I received yesterday. All staff interactions were kind and professional. I was treated in a timely manner given the circumstances and am feeling a lot better. My only concern was the number of tricky customers your staff are having to deal with. I was very surprised at some of the rudeness and aggression shown and your staff response was nothing but kindness. Your people are amazing!

Ward B4, Christchurch Hospital

On my recent holiday to New Zealand, I broke my patella and was taken to Christchurch Hospital to have it repaired. From the moment I arrived the nursing staff were professional and friendly. Nothing was too much trouble, and the food was good. Everything was explained to me before the operation and the care afterwards was excellent. The team who performed my surgery were also excellent, keeping me informed and performing a successful operation. More than this, the help they gave me to obtain a 'fit to fly' certificate was invaluable. Now I am safely back in the UK I would like to say thank you to every member of staff who I encountered during my short stay. I really appreciate what you did for me and will not forget it.

ICU, Christchurch Hospital

My brother-in-law was taken off life support today. The doctor, Jess and the nurses were outstanding. All the nurses were outstanding, but we love the new practitioner nurse, can't remember her name, she has worked as an assistant before for a few years, so fab but they are all fab. We cannot thank you enough.

Eye Outpatients

Thank you so much for your loving care for my husband during his eye scans, injections and Dr Hung's consultation. We are very grateful.

Courtney, Ward B8, Christchurch Hospital

I want to take the time to compliment the care I am receiving from Nurse Courtney. Her actions alone have restored my trust and confidence in the public health system.

ED, Christchurch Hospital

The care I received was amazing. They were all highly professional, capable, and engaging. I was so proud to be a Kiwi benefiting from our brilliant health professionals. Please pass on my thanks and gratitude for the care I received.

Gastroenterology, Christchurch Hospital

I had a colonoscopy at Christchurch Hospital. Right from the beginning everyone who I interacted with was kind, caring and really did their best to keep me calm. I was extremely anxious about the whole thing, but their caring manner really made a huge difference.

Petra, Christchurch Hospital

I wanted to take a moment to express my sincere gratitude for the exceptional support and guidance of Petra Marks, Case Management Coordinator, during my rehabilitation process. Petra's dedication to ensuring my smooth transition back to work has been invaluable and deeply appreciated. Her expertise, compassion, and encouragement has made a significant difference in my journey, and I am truly grateful to have had her as a supportive ally every step of the way. I want to thank Petra for her outstanding commitment to my wellbeing and professional success. She is an asset to Health New Zealand.

Children's Acute Assessment Unit, Christchurch Hospital

Our unexpected trip was made amazing by the best Healthcare Assistant, Jude. Her kindness and support brought tears to my eyes. The kind Nurse Glen supported us until we left – a great team, thank you. Being in health myself I know how important it is feeling supported.

Oromairaki Maternity Unit, Rolleston

We had such an amazing few days here. All the midwives were incredibly caring, supportive, and very capable. From arriving during labour right through to being discharged, we were met with such kindness and patience. They were prompt to respond to any calls and could gauge when we needed a bit of space or some more support. The facilities themselves were also impeccable. We are very blessed to have been able to receive this level of care. Thank you so much.

Birthing Suite, Neonatal Intensive Care Unit (NICU) and Maternity Ward, Christchurch Women's Hospital

Well looked after by all staff during one of the scariest times of my life. They are welcoming and loving people. If I were to have an emergency again, this is where I will request to come to.

Gynaecology Ward, Christchurch Women's Hospital

My mum was treated with respect at all times and all the staff were very kind and helpful. They did this by engaging with both Mum and me as to what they were doing and why. A very professional team. Our thanks.

Children's Day Stay, Christchurch Hospital

I just wanted to say how fantastic the team was who took care of my son. He had a second attempt at a blood test under the care of Diane, Play Therapist, Tanya and Caitlyn on the Children's Day Stay Ward. We had previously come in for a blood test and our son was not having it, but under the guidance of Diane, with her magical powers of distraction, what I was dreading and expecting to be an absolute disaster, was actually the most straightforward process. He was so relaxed for the entire blood test, and he didn't even realise it has happened until afterwards. Not one tear – only smiles. Absolutely nothing but gratitude towards the team – they are so fantastic with the kids, and I am extremely grateful for their ability to work so well as team and their ability to distract and get the job done. Thank you so much!

NICU, Christchurch Women's Hospital

We appreciate everything you all do. Thank you so much from the bottom of my heart.

ED, Christchurch Hospital

Thank you for the care when I fractured my ankle. Nurse Linda was caring to me, as were the doctors. I also wish to compliment the night staff on Ward 11 who took exceptional care of me. I have felt listened to by the people mentioned above and wish you to pass this on to them please.

Whāngai Aroha (formerly C Ward, the Mothers and Babies mental health service), Hillmorton

Thanks to the team for the love and support you gave me, my son, and my whānau during my admission. You have an amazing bunch of staff, who are kind, caring, supportive, encouraging; and who take the time to get to know patients and hear and listen to what is going on for them.



Mental health support is available for free, 24/7
Text or call 1737

Te Aka Whai Ora
Māori Health Authority

GO WELL

Te Whatu Ora
Health New Zealand

Ā mātou kōrero – Our stories

Nurse-led specialist vascular access service launched with new name

Staff and dignitaries gathered on Monday 25 March to welcome the incoming VIVA (Vessel Health Preservation and Intravenous Access) team with an official mihi whakatau.

Clinical Principal Advisor Nursing for Manatū Hauora Rāmai Haeta was present representing Health New Zealand | Te Whatu Ora Chief Nursing Officer Lorraine Hetaraka and Chief Nursing Officer for Te Aka Whai Ora Nadine Gray.

During the mihi whakatau, the te reo name for the VIVA team was ceremonially gifted. The name is Arakato o Tangaroa, which means the flowing pathways of Tangaroa.

According to the Māori creation narrative, it was Tāne who created the first woman at his mother's sacred place, that is the sacred place of Papatūānuku or Mother Earth, says Nurse Coordinator Kylie Clark.

"Kurawaka is the name of that place and Hineahuone is the name of the first woman. Hineahuone was fashioned by Tāne from the red soil of Kurawaka and the atua contributed gifts and offerings towards the creation of the individual parts of Hineahuone."

Tangaroa, as the atua of the ocean, gifted his waters to Tāne. Those waters were then mixed with

the red soil at Kurawaka and what emerged was blood. So as Tangaroa is also the atua of human blood, it is only right that Tangaroa should feature in the name.

"From there, it was decided that the name should relate to the design of the VIVA team's logo, which symbolises both the braided rivers of Waitaha Canterbury and the blood vessels of the human body.

"This is a perpetual acknowledgement to Waitaha, where this team and their work first emerged. This was the inspiration for the word arakato, which means flowing pathways," Kylie says.

The VIVA team, which includes two associate charge nurse managers (one full-time role as a job share position) and seven registered nurses (5.2 FTE), will deliver a seven-day service and prioritise after-hours work.

Most patients admitted to Christchurch Hospital require intravenous access to deliver essential therapeutic treatments. This access includes a



Nurse Coordinator Kylie Clark



Attendees at the launch of the VIVA Team, Arakato o Tangaroa

peripherally inserted venous catheter (PIVC) – a device inserted into a person's peripheral vein, allowing for short term intravenous administration of fluids, blood products and medications.

It was recognised that there is a need for a formal escalation pathway after two failed PIVC insertion attempts, as well as for patients with difficult intravenous access (DIVA). Over a third of adults and up to half of children who present to hospital meet DIVA criteria, which is characterised by non-visible and non-palpable veins, where a highly experienced operator is required with the use of vein location technology to insert a PIVC (about 15,000 patients annually at Christchurch Hospital).

Executive Director of Nursing Becky Hickmott says the formation of this team is an exciting step.

"I'm delighted about how they will provide strong support to our teams clinically, prioritising after hours, but most importantly how the VIVA team will take on a kaitiaki or guardianship role in relation to our patient's blood vessels to ensure the best outcomes are achieved."

\$100k fundraising campaign launched to fit out new Christchurch birthing unit

A Canterbury health charity is aiming to raise \$100,000 to put world-class finishing touches on Christchurch's new central city birthing unit.

The unit, called Kurawaka Waipapa, is being hailed as a gamechanger for the city, which is desperately short of central birthing facilities.

"This new birthing unit will provide valuable space for whānau to spend time together. The \$100,000 we're aiming to raise will fund the fit out of two whānau rooms taking this facility from good to great," says Māia Health Foundation Chief Executive Michael Flatman.

Kurawaka Waipapa also includes four birthing suites and 20 post-natal rooms. The only option for women to birth in the central city is Christchurch Women's Hospital, which was designed for 4,000 births each year. In 2023, Christchurch Women's Hospital saw 5,124 births.

Health New Zealand | Te Whatu Ora Canterbury Waitaha Executive Director Midwifery and Maternity Norma Campbell says many who birth at Christchurch Women's Hospital are immediately transferred to a community-led birthing unit for their post-natal care as there's simply no room for them to stay.

"No one gets the sense that they've had a calm and peaceful experience because it's just a constant



From left, Kurawaka Waipapa Midwife Manager Kelly Kara and Health New Zealand | Te Whatu Ora Canterbury Waitaha Executive Director Midwifery and Maternity Norma Campbell

movement both for those who are high risk and those with no risk factors to ensure we have the beds available for those coming in next."

Canterbury's community-led birthing units are in Rangiora, Rolleston, or further afield in Ashburton.

Kurawaka Waipapa is the final piece of the community birthing unit puzzle, providing a calm and relaxing environment, just five minutes from Christchurch Women's Hospital, says Norma.

Midwife Manager for Kurawaka Waipapa Kelly Kara says the new unit is a massive step ahead of anything she's seen in her decades of working in maternity.

"The addition of the whānau rooms will make a huge difference to so many families supporting their loved ones through birth. Birth is an incredibly exciting time, and a really challenging time too. What we know makes a huge difference is people having their whānau around them in those key first days as they get to know their baby, start recovering from birth and gain confidence together."

"It's amazing what the Māia Health Foundation is adding to Kurawaka Waipapa, ensuring our whānau rooms will be a beautiful space to welcome new life, and a place that feels like home for every whānau, she says.

Melanie Glasson is expecting her second child this year and plans to birth at Kurawaka Waipapa.

"The birthing units in Rangiora and Rolleston are just too far away, so I'm really excited to have a new central city option. I don't want to be in Christchurch Women's if I don't have to be, to free up space for those who need it. But it's a relief knowing if I do need extra care, it's so close to Christchurch Women's Hospital," she says.

Māia Health Foundation is confident the community will rise to the challenge of raising \$100,000 to take the new birthing unit from good to great.

"We know our community want our newest families to experience the best start in life, and Kurawaka Waipapa will help achieve that. Please donate today," Michael says.

Donations can be made at [Maia Health Foundation](#)

Kurawaka Waipapa is due to open for its first births by 16 April 2024.

Māia Health Foundation is a charitable trust launched in May 2016 to enhance health services



Melanie Glasson is expecting her second child this year and plans to birth at Kurawaka Waipapa

in Canterbury. Its vision is to "be the difference" – taking our health services from good to great.

You can listen to Kelly discuss the importance of creating a birthing unit that feels like home [here](#)

What Now? and Cookie Time spreading Easter joy

In a heart-warming collaboration, kids TV programme What Now? teamed up with Cookie Time to spread Easter joy to those in the children's ward at Christchurch Hospital.

Cookie Time also donated 1000 cookies, salvaging offcuts that would have otherwise gone to waste, which were transformed into a piece of Easter art by local street artist Ghostcat. The artwork was unveiled in the Matatiki Hub in the children's ward.

The aim was simple, to bring smiles to the faces of children who may not have the opportunity to partake in traditional Easter festivities, such as egg hunts.

Alongside the cookies, Cookie Time curated special goodie bags for each child, filled with treats and Cookie Time merchandise, including plushies, sunglasses, and fuzzy socks.

What Now? Host Chris Kirk, accompanied by representatives from Cookie Time, visited some of the children on the ward. They were met with excitement and gratitude from the young patients, and the sight of the goody bags brought cheers and wide smiles.

The full story will be available on What Now's [Youtube channel](#) if you missed it last Sunday.



From left, What Now Host Chris Kirk, his team members and the artist Ghostcat



From left, What Now Host Chris Kirk and 13 year old Aisake Labalaba

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A blessing ceremony for the refurbished Parkside Wards

Thursday 27 March marked a significant moment as Wards 16, 17, 19, and 20, on Levels 2 and 3 of the Parkside East Building were blessed in a beautiful ceremony.

This marked the completion of the refurbishments of these wards under the Parkside Ward Enhancements project.

Guided by Te Taumata Tapu o Ngāi Tūāhuriri, Maaka Tau, and Māori Chaplain Maui Stuart, the blessing extended beyond the physical space of the wards to honour the land they grace.

In a whakamoimiti, or thanksgiving ritual, gratitude was offered to all who contributed to the preparation of these wards and to those who would dedicate themselves to the care of the vulnerable within.



Guests at the blessing of the refurbished Parkside wards

Programme Manager Christine Corin expressed gratitude to everyone involved in the refurbishment.

“From the unwavering dedication of the contractor and consultants to the collaborative partnership between the clinical users and the infrastructure project managers, each played a vital role in readying the wards.”

She wished the clinical teams well as they take over the space to provide care and aroha within the wards to the people of Waitaha.

Nursing Director Mark Crawford echoed this sentiment, acknowledging the collective enthusiasm.

“This milestone signifies an advancement in the facilities within which we provide services to those who need it the most,” he says.

Mark also acknowledged the dedicated efforts of the Infrastructure and Investment Group (IIG) and the operational planning and clinical teams, whose input and support have ensured a seamless transition.

The ceremony concluded with a waiata, providing a moment of reflection followed by some kai.



From left, Charge Nurse Manager Margaret Griffiths, Project Manager Donna Wright, Charge Nurse Manager Jo Goodwin, and Charge Nurse Manager Pip Crowther at the Parkside blessing event

Pānui – Notices

Hui Tapuhi Māori – Māori nurses/ midwives meeting

If you are a nurse or midwife who identifies as Māori and are working anywhere within our healthcare system (Waitaha Canterbury or Te Tai o Poutini West Coast), then this rōpū (group) may be for you. Our second hui for 2024 will be held on Wednesday 10th April from 1400-1600 at He Waka Tapu, 161 Pages Road, Wainoni, Christchurch. Please contact Kylie.Clark@cdhb.health.nz if you would like to come along or if you have any questions. Nau mai, tauti mai.

CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now. The monthly newsletter is produced by CHIC at Te Mana Ora Community and Public Health (C&PH). The newsletter highlights new and revised free resources available from your local CHIC office

See it on the Te Mana Ora C&PH website [here](#)



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Smokefree Best Practice

Education for Healthcare Professionals

This one-hour face-to-face course is for healthcare professionals to be updated on current smokefree best practice.

This course will cover:

- Smokefree ABC.
- Subsidised and non-subsidised stop smoking medications.
- Free cessation support options available to patients and their whanau
- What we know about vaping

Register for this course on healthLearn.

Contact Health Promotion Advisor Sue Stevenson for more information:
sue.stevenson@cdhb.health.nz



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